
SOUTH EAST GYMNASTICS TRAMPOLINE COMPETITIVE STRUCTURE 2016



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ARTICLE I. INTRODUCTION

The following pages detail trampoline Competitions for 1st November 2015 to 31st October 2016. Clubs are advised to read it from cover to cover. The SE Competition season has been shifted and many subtle changes have been made to accommodate National and Regional changes.

This SE Handbook supersedes all previously released material. Please feel free to copy this information for anyone who needs it, but please ensure that you copy the entire document and not just individual pages as much of the information is contained on different pages.

Trampolining has grown at an incredible rate following Olympic recognition and this has prompted a continual process of updates in rules, regulations, custom and practice. Clubs are advised to keep a close eye on both our Regional & BG websites www.british-gymnastics.org, www.trampoline.co.uk, and the Regional Club website www.settc.org.uk) as the SE will be asked to adopt major changes in policy and rules immediately – and *may* do so.

On occasion it has been necessary to change details after this document has been published. Whilst we try our best to circulate information regarding venue changes etc, it is inevitable that some Clubs/competitors will not find out until the event is imminent, so continue checking for updates. The SETTC will endeavour to advise Member Clubs when new updates are available for download however, responsibility for remaining updated remains with the Member Club. Clubs should ensure early registrations and memberships as required to avoid missing vital information.

Many of the events listed are not under direct control of the SETTC and therefore unforeseen occurrences, although limited, can happen. Information contained in this document should be viewed as provisional. Membership of British Gymnastics National, Regional & County organisations, and vigilance, will help you to stay fully informed throughout the year.

The organisers would like to thank all Clubs/centres that have hosted events in 2015 and have offered to host in 2016. We are, as always, looking for new venues and would like to hear from any willing hosts. Please talk to Martin Laws if you would like to host a competition in 2016 or beyond.

Section 1.01 MEMBERSHIP

Please note that British Gymnastics requires each Club to be a current affiliate by membership and in addition requires every member of that Club to be an individual member in order for the insurance requirements to be met.

You should refer to the British Gymnastics website for guidance on individual membership requirements to compete in all types of regional events.

In order to enter competitors in a County event, a Club must be affiliated by paid membership to that County. To enter competitors into a SE Regional event, a Club must be affiliated by paid membership to the SE Region. The flow of membership is that you require British Gymnastics National memberships for your Club to become a Regional member and Regional membership to become a County member.

These memberships will also mean that Clubs are eligible for participation at County and Regional events such as courses, squads, training days and conferences, and of course committee and AGM representation etc.

Section 1.02 MEMBERSHIP TRANSFER

Clubs should note that there is a membership transfer process and that all Clubs need to be familiar with the policy. Essentially if a member has at any time in the past been a competitive member of a British Gymnastics Club, transfers need to be completed. The British Gymnastics database and the South East Database will keep records of members and therefore to ensure no duplication happens Clubs must follow the process. Please at the same time as handling any BG transfer also advise South East Competitions SECompetitions@trampoline.co.uk for all competitors so that the Regional database can be updated.

Section 1.03 SOUTH EAST REGIONAL FEES

Due January 1st 2016 subject to SE Gymnastics control - please check before applying.
The region will inform you of the membership fee when it is due.

Please note trampoline Clubs who were members at any point in 2015 must pay affiliations on time or the late fee applies. There are penalties for Clubs not re-affiliating on time or returning at any point after first affiliation.

Clubs failing to pay at the start of the season risk refusal of membership for that year and therefore access to events/courses later in the season etc.

Please be aware that failure to affiliate to the Region will void any result from the NDP events that would have counted towards qualification to the Regional NDP Semi-final.

PLEASE DO NOT WAIT UNTIL YOU WANT TO COMPETE TO AFFILIATE!

Section 1.04	NATIONAL ELITE & NDP 8 SCHEME 01.10.2015
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This document only covers the SE Region events for 2015/16.

A revised National Handbook has been released for 2015/16 which can be downloaded from the British Gymnastics website (www.british-gymnastics.org) detailing the National Competition Structure 2015/16. Under the scheme British Gymnastics plan to instigate NDP grades 1 to 7 events within the Region, and we fully support these events.

The Trampoline NDP grades do not support our existing Regional Competition structure, however DMT is fully matching. The SETTC are retaining our proven Regional trampoline formats established over the last twenty two years, and supplementing in support of the National structure for those who are not serviced by the NDP system.

Trampoline NDP events will be held for Regional competitors who wish to compete within the National system. The Region will be running the full NDP program of three events during 2015/16 season, for Regional competitors who wish to compete within the National system. Details of routine and rules information for those events will be published in the National Handbook, Venues, Dates and Prices only will be held within this document.

Except for those invited competitors, gymnasts who choose to compete in the National NDP trampoline system may not participate in Regional Competitions.

Section 1.05	BRITISH GYMNASTICS POLICIES
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National policies will be adhered to within this Regional scheme and it is the responsibility of the Club to ensure that they meet ALL current standards, and not just what is mentioned in this document. When completing entries for any British Gymnastic event the onus is on the Club to ensure that the Coaches attending are qualified to the participant's performance capabilities. The Coach in attendance takes the ultimate responsibility for safety and accurate support. Note: British Gymnastics Policy on Dress Code and Behaviour applies to Spotters, Coaches and Competitors alike. The SETTC will always adopt National Codes of Practice & Policies where appropriate. The SETTC will also expect all Clubs in SE Regional events to follow the SE Regional Constitution where applicable.

ARTICLE II. GENERAL INFORMATION

Section 2.01 SPECIAL NEEDS

The South East Region has always been at the forefront of special needs development and has provided both inclusive and specific events in the past. Nationally because of legislation this situation is changing and regions and Counties may now put on activity for this membership sector, which we welcome. The Region has chosen to remain with the current inclusive system, whilst also supporting the National Structure for Disability Gymnastics that is now in place. Any Clubs who have interest in competitive activity for special needs members should make themselves known to the Regional TC Competition Co-ordinator, Martin Laws at secompetitions@trampoline.co.uk.

Section 2.02 REGIONAL SQUAD

The Region now has full squad activity in place and will, from time to time, organise Regional training sessions to aid the development of the Region's competitors and also put forward a team to represent the Region at the biennial English Championships. The training sessions will be coached by our Squad Coach and may include "guest" coaches with competitive experience to provide an opportunity for competitors to develop by, hopefully, introducing new training ideas and by mixing in a training environment with their peers from other Clubs.

Competitors' own Coaches are encouraged to attend the development sessions and the Squad Coach will be pleased to discuss any points with a competitor's own Coach at the end of the training session. Invitations for all the sessions are sent by email to the registered Club contact.

Usually the SE Squad training session will be held at Jumpers Rebound Centre. All competitors eligible to attend will be invited to attend directly by the Squad Coach.

Section 2.03 COUNTY CLOSED EVENTS (H&G)

County events now come under County jurisdiction; therefore only County contacts are shown. Clubs should receive information through County affiliation routes. County Competition Secretaries are:

Kent: Dexter Millen dexter@aire.tc
Sussex: Julie Belchamber info@sussexmartletstc.co.uk
Surrey: Lindsay Hedmann rocksteadytc@aol.com

In order to assist we have included suggested dates in this document – but you need to confirm with your County.

Section 2.04 CLUB SANCTIONED EVENTS (& SECTION 2.02) (CLUB I)

Affiliated Clubs may run (Open, Limited Open or Closed) Grade I events and Counties may run Open Grade G & H and/or Open Grade I events along with NDP Club Grades 1 & 2. Such events must be sanctioned in advance by the SE Trampoline Technical Committee.

In order to obtain a sanction for an event, the Club/County must adhere to a number of conditions, which can be found in Appendix 1 including notifying the SE Trampoline Competition Secretary in advance of the event, and providing a copy of the results in Swescore format. If a sanction is requested for an Open event, additional requirements must be met, including not clashing with other local events and meeting the Regional matting guidelines.

Whilst every effort is made on behalf of the Region to ensure the Clubs and Counties hosting sanctioned events comply with all rules and protocols, the Region bears no responsibility for sanctioned events, responsibility rests with those organising the event. Failure to provide events of the correct quality may result in the Club not gaining future sanctions.

Clubs & Counties should apply to the SETTC for sanctions as early as possible, but no later than 28 days prior to closing for events. The Committee reserves the right to send a representative to visit the sanctioned event to confirm that all of the requirements have been met. Details of sanctioned events may be listed on www.trampoline.co.uk and/or www.segymnastics.org.uk once sanctioned.

Section 2.05 REGIONAL GRADES / COMPETITIONS

Regional Competition Open-F Grades will run by the Region. Regional Competition grades Open and D are considered 'Elite' competitive levels and below that, grades are considered Competitions levels, thus the lack of finals etc.

The SETTC will hold three Regional Open – F events and three Club G - I events per year. Therefore, in accordance with Section 2.02, the SE Region requires competitors to enter the scheme at Grade H prior to competing at Grade G.

It is not compulsory to start at Grade I although the SETTC recommends this is a good starting point where valuable Competition experience can be gained under more relaxed conditions.

The SE Region scheme requires competitors to have competed at Grade H (or met the requirement to be fast tracked from Grade I) before competing at grade G. The South East Region permits Grade I events to be run at Open or Closed Club events and Grade G & H events to be run as County events, subject to the sanction requirements stated in Section 1.07 and Appendix 1.

Club I events will be held as Club/County "invitational" events to allow "local" progression. Club I events may be Closed, Limited Open (open to the host Club and invited others) or Open (open to all Clubs in the County or Region, where additional requirements will apply). The host Club must apply for the sanction in accordance with section 1.07, and circulate the details. Open events held in the same area, in the same period of time are unlikely to receive a sanction in which case sanctions will be issued on a first come first served basis. SE competitors are required to enter the Competition scheme at the equivalent grade they competed at last year, or grade H or I for Trampoline and NDP levels as per the National Handbook if they have not competed before.

Please note below some specific Competition information:

The SE Competition scheme normally requires trampoline competitors who have not competed previously to take part in a minimum of one grade H or I Competition and achieve the recommended qualification scores or achieve the recommended fast track score, before moving to grade G.

If you are planning to enter an experienced competitor for a Competition and they did not compete in a graded Competition during the 2015 season, you must apply for a grading status in the new scheme. To do this for grades F and above please contact secompetitions@trampoline.co.uk in the first instance. Your application may need to be referred to the SETTC for a final decision so please allow plenty of time before entry.

Section 2.06	DMT COMPETITIONS
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The Region will run the National NDP system with no alterations. The information for these events will come from the National NDP Structure and clubs should gain a copy of the National document. Regional event dates are published later in this document.

We would like to remind all coaches that they should not stand on the landing area during Competitions, in particular, not inside the landing zone. Should a gymnast get into difficulty and you have to assist, then the pass will be interrupted at the point at which you make contact. The premise is that a gymnast should be capable of completing the skills they are performing without assistance.

Please note the rule below from the British Gymnastics Code of Points:-

9.1.3 The Chair of the Judges may ask a competitor to remove a skill from a routine which in the opinion of the Chair is deemed to be unsafe. Failure to do this will lead to the disqualification of the competitor.

Section 2.07	TIME OF FLIGHT ("TOF" & SYNCHRONISATION SCORE)
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The SETTC are introducing electronic ToF and Synchronisation into the Regional competition system for 2015/16 at levels D & Open/Elite. This is seen as a trial to encourage competitors and coaches to see the importance and effect of this element of scoring. See section 4.01&2 for detail

Section 2.08	SOUTH EAST MINIMUM AGES
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In order to compete at County Grade Competitions I, H & G each coach should assess the readiness and psychological strength before entering young competitors. There is no age restriction, but the first part of LTAD is Jump start which requires enjoyment rather than success as its base.

To compete in Regional Competition E & F – Minimum Age is 6 in the year of the competition

To compete in Regional Competition D & Open – Minimum Age is 9 in the year of the competition

There is no maximum age to compete at any level.

This applies to SE events only and not the BG NDP events which may have different age requirements please refer to the national NDP Handbook for age requirements of these events.

Section 2.09 AGE GROUP TABLE: (2016 DATES) APPLICABLE 01.01.2016

Type of Event	AGE GROUPS AND DATES PER EVENT										
REG Age Group	U9	U11	U13	U15	O15	U17	17+	U19	O19	Open M/L	
Year of Birth	2008	2006/7	2004/5	>02	<01	2000/01	< 99	>98	<97	< 05	
COUNTY I	✓	✓	✓	✓		✓	✓				
COUNTY H		✓		✓				✓	✓		
COUNTY G		✓	✓	✓				✓	✓		
REG E/F			✓	✓				✓	✓		
REG D/Open		✓	✓	✓				✓	✓		
REG CHAMPS		✓	✓	✓				✓	✓		✓
REG SYNCH				✓	✓						

To be older the year will be < say 2000 i.e. 99/98 To be Younger, the year will be > say 2000 i.e. 2001 etc.
This chart should be used in conjunction with the minimum ages for competition (section 2.11)

Section 2.10 SOUTH EAST DATABASE

The South East has chosen to develop a database holding all the information on these grades. Therefore, it is vital that we are informed of changes to Clubs, British Gymnastics numbers, or qualifications outside of our own remit, i.e. competitors transferring into the region. The database will check every single entry, and therefore, to avoid disappointment and possible sanctions, Clubs are advised to ensure the accuracy of every entry.

You will need to IN ADVANCE advise the Regional Competition Secretary those you wish to go the NDP route by email to SECompetitions@trampoline.co.uk so these can be set-up for you to make the online entry work for your club. We would recommend two weeks prior to any closing date as the MINIMUM notice. You will ALSO need to provide the membership number (See the Membership section).

Section 2.11 FAST TRACKING / LEAPFROGGING

The Regional Scheme permits a process called “leapfrogging” which help’s talented gymnasts fast track through the grades to assist the “Talented Gymnast Pathway”. It is the recommendation of the SETTC that serious thought is put into this process, before it is done, and the Coach considers carefully the needs of the competitor (LTAD) above the desire to move swiftly through the scheme.

The SETTC is now offering the conditional option of stepping over a grade (and thus two grades). This can only be done as far as grade D. There is now the option of moving two grades provided they are of the minimum age in the year of competition. This is to ensure they do not reach grades too early for the National Development Plan. The scores required are:

- I to G: If a score 43.6 is achieved (aged 6 and above)
- H to F: If a score of 45.6 is achieved (aged 7 and above)
- G to E: If a score of 47.7 is achieved (aged 8 and above)
- F to D: If a score of 50.3 is achieved

The “leapfrog score” must be used at the next Competition that the performer competes at or else the qualification ‘expires’.

Section 2.12 FURTHER HELP

If you have any problems interpreting any of the enclosed information or need any more information, please contact Martin Laws on 01634 855507. Also the web site www.trampoline.co.uk will be regularly updated with information on Competition, courses etc within the region and possibly beyond.

Please remember that all SETTC members are volunteers, and we are always looking for more support. Whilst all the committee members are totally committed to assisting the development of trampolining, they are not on 24hr call and do not have subsidised telephone bills. Please be polite, don’t expect the world and call at reasonable times, these people support you because they care.

Finally, we would like to wish you all success in the season ahead and we look forward to seeing you at Competitions.

Martin Laws
South East Competition Coordinator secompetitions@trampoline.co.uk

Regional Open – F (1,2 &3):

Sunday 7th February @ Jumpers Rebound Centre, Mill Road, Gillingham Kent ME7 1HN Tel: 01634 855507. Entries must reach SE Competitions by 23.59hrs Saturday 09.01.

Sunday 3rd April @ Jumpers Rebound Centre, Mill Road, Gillingham, Kent ME7 1HN Tel: 01634 855507. Entries must reach SE Competitions by 23.59hrs Saturday 05.03. **INCLUDES QUALIFIERS.**

Sunday 5th June @ Jumpers Rebound Centre, Mill Road, Gillingham Kent ME7 1HN Tel: 01634 855507. Entries must reach SE Competitions by 23.59hrs Saturday 07.05

Regional NDP 1-7:

Sunday 1st November 2015 @ Jumpers Rebound Centre, Mill Road, Gillingham Kent ME7 1HN Tel: 01634 855507. Entries must reach SE Competitions by 23.59hrs Saturday 03.10.

Sunday 7th February 2016 @ Jumpers Rebound Centre, Mill Road, Gillingham Kent ME7 1HN Tel: 01634 855507. Entries must reach SE Competitions by 23.59hrs Saturday 09.01.

Sunday 6th March 2016 @ Jumpers Rebound Centre, Mill Road, Gillingham Kent ME7 1HN Tel: 01634 855507. Entries must reach SE Competitions by 23.59hrs Monday 06.02.

Regional Championships:

Sunday 16th October @ Jumpers Rebound Centre, Mill Road, Gillingham Kent ME7 1HN Tel: 01634 855507. Entries must reach SE Competitions by 23.59hrs Saturday 17.09

County Events (Suggested Dates):

County G - I: March.

County G - I: May

County G - I: September.

County Closed Competitions October.

Where County and Clubs run sanctioned Club G, H & I events one copy of the results in Swescore database format MUST be emailed to the Regional Competition Secretary within two weeks after the event. Following this ratification, they may be published as accepted results.

Counties may also run the NDP CLUB 1 & 2 events as per the national handbook

Section 3.01 INTERNATIONALS

David Ward-Hunt Cup - 4-6th Nov 2016

Section 3.02 NATIONAL ROUTINES

Please see the National Competition Handbook downloadable from www.british-gymnastics.org.

ARTICLE IV. SE REGIONAL GENERAL INFORMATION**Section 4.01 CONTACTS**

The British Gymnastics SE Secretary is:

Sue James: 01932 349705 southeast@regions.british-gymnastics.org

SE membership runs from January 1st to December 31st.

The Kent Membership Secretary is:

Peter Griffin: 01622677371 pg@petergriffin.f2s.com

Kent membership runs from January 1st to December 31st.

The Sussex Secretary is:

TBA

Sussex membership runs from 1st April to 31st March

The Surrey Secretary is:

Barbara Carpenter: surreygymnastics@aol.com

Surrey membership runs from 1st September to 31st August.

Section 4.02 2012-13 SE TRAMPOLINE TECHNICAL COMMITTEE

SE Chairman	Martin Laws	01634 855507	Chair@trampoline.co.uk
SE Vice Chairman	Mike Phillipson	01304 825686	mikeptramp@aol.com
SE Secretary	Tony Fricker	07973 541893	Tony@thefrickerfamily.com
Finance	Julie Belchamber	01634 855507	info@sussexmartletstc.co.uk
Competition Co-ordinator	Martin Laws	01634 855507	secompetitions@trampoline.co.uk
Squad Co-ordinator TRA	TBA		
Coach Course Co-ordinator	Charlie Wells	0845 1297129 Ext 2328	Charlie.wells@british-gymnastics.org
Judging Co-ordinator	Mike Phillipson	01304 825686	mikeptramp@aol.com
Judging & Swescore Course Co-ordinator	Liz Laws	01634 855507	liz@trampoline.co.uk
Coaching Co-ordinator	Martin Laws	01634 855507	martin@trampoline.co.uk
Regional News & Communications Officer	Matte Hart	01424 213779	matte@1066gym.co.uk
Kent Representative	Dexter Millen	07833 473412	dexter@aire.tc
Sussex Representative	Julie Belchamber	01903501798	info@sussexmartletstc.co.uk
Surrey Representative	Lindsay Hedmann	07825 033289	rocksteadytc@aol.com
Schools Representative	Ian Rainbow	01825 713278	ian.rainbow@virgin.net

Section 4.03 AFFILIATIONS, COMPETITION ENTRY AND OFFICIALS

SE Region requires ALL Club members to be affiliated to British Gymnastics BEFORE Clubs are eligible for entry into Regional events and it is important that Clubs understand that British Gymnastics strictly monitor this process. Clubs MUST gain a British Gymnastics number BEFORE making entries. Clubs risking entry without adhering to this policy risk expulsion from ALL events for the whole Club. Affiliation information can be obtained from British Gymnastics on Tel 0845 1297129.

The SE online Competition entry system (see Section 4.05) has been designed to make the requirement for officials easier to manage. If enough officials are not nominated, competitors will only be accepted up to the maximum number for the nominated officials. Ideally all officials will be trained and qualified plus holding membership and therefore insurance etc. SE Region request that first consideration is given by Clubs to qualified Coaches as Marshals etc. It is no longer reasonable to expect parents to undertake these tasks, especially if untrained. The SETTC system checks to see that anyone put forward for an official task has a current Regional Validation in place. It is the responsibility of the Club to ensure that its nominated officials have the relevant training for the post proposed. Clubs found abusing

this process may have floor access removed for all Coaches. Clubs now validating officials will be expected to sign to state what training has been received. Please select your judges on the entry system in the order in which you would like them to be used. i.e. if you have someone who needs to work at their difficulty judging and really wants to judge to help their development put them high up on your judges entry list and specify what job they want to do.

There is an entry form available for download on www.trampoline.co.uk - please use only if your Club has not yet received approval to use the SETTC online system for Regional events.

We would like to thank all those officials who make the Competitions possible by giving up their time and allowing themselves to be nominated. We are aware that, at some Competitions, not all nominated officials are used, although this is now becoming less common as we are using more people in an official capacity. It may seem unfair that there is a requirement to nominate officials when all the nominees may not be used, but until all entries are received, we do not know how many panels are going to be required and therefore how many officials are needed. The Officials panels for the Competition are made available about a week before the event. It is up to the club to make sure that their officials know they are selected (even the reserves) and that they are at the Competition on time and in the correct uniform for their duty.

The SETTC has decided that any Club arriving at an event without their officials and being unable to provide a suitably qualified substitute will be fined in the first instance, and that the Club may be disqualified if there are further instances. Whilst we realise that this may be a hard line, we feel that it is only fair on those Clubs who constantly provide ample officials and always volunteer extras when needed. Should a club not be able to provide an official or there is a change to the official selected please try and let the judging organiser know in advance so he can rearrange the officials positions if necessary. Only Validated officials or coaches are accepted by the online system.

Section 4.04 EMAIL

It is now compulsory to supply a contact for your Club and update it wherever possible with the SE Competition Secretary (secompetitions@trampoline.co.uk). Email is the quickest, cheapest and easiest method for information circulation. Competition information will only be circulated via email or placed on the web page www.trampoline.co.uk or the regional club website www.SETTC.org.uk Please monitor these websites on a regular basis. All Competition results may be placed on the above mentioned websites instead of paper copies being handed to each Club. ALL other methods are subject to the goodwill of the people involved.

It is absolutely vital that Clubs and officers keep the SE Competition Secretary up to date with email addresses and MANDATORY for validated officials.

Section 4.05 ONLINE ENTRY & VALIDATION APPLICATIONS
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The SETTC Online Entry System will again be used in 2015/16 for Regional Competition entries and validations. This system ensures that competitors can only be entered into grades for which they have qualified, and officials can only be selected for roles for which they are qualified.

Remember:-

Online Competition entry closes four weeks before the event.

You will need to submit a validation at least 6 weeks prior to an Competition entry close if you wish to use that official at that Competition - as the application has to be approved, and the online entry system updated, before you can select the official. Validations can only be picked up at end of the Team Managers meeting for each event – they will not be posted out.

Overall, the online system ensures the competitors can only be entered into their correct grade/level Competitions and officials and coaches all meet the Regional and National Validation criteria. The entry and validations systems are accessed using your Club login area of the SETTC website.

Entry fees should be paid using Banks Automated Clearing System "BACS" (using the following info: Account name: SE T Competitors; Sort Code 60-60-08; Account Number 47102683). All payments must be sent by the closing date of the Competition (please allow up to 5 working days for transfers to be made as not all bank transfers are instant). Any payment not received within 5 working days of the closing date means the entry will be declined.

On the rare occasion that a paper entry is required, the current forms should be used but this should only be necessary for Clubs who have not yet been added to the Regional system. If a paper entry is sent a £10 surcharge will be applied to the club entry for processing.

You may email the entry form to secompetitions@trampoline.co.uk with the cheque payment for entries (made payable to SE Trampolining) to be received within 2 days of the closing date. SETTC will acknowledge any entries received via email, and unless you have received this please pursue this with the committee. Emailing to any other email address will not be acknowledged or accepted.

Section 4.06 REGIONAL SCHOOLS EVENTS

The Schools competitions come under the direction of the BSGA (SE). Please contact your Schools' Competition Organiser, Ian Rainbow ian.rainbow@virgin.net for more information. Please note that age groups for these events differ from the National or Regional age groups.

Information on schools competition is available on the web site www.bsga.org
BSGA SE affiliation officer:- Please contact Mark Gill for information. mark.segym@btinternet.com

Section 4.07 ENTRIES

ENTRY DATES:

The online entry system will refuse to take entries after the closing date/time. If you have to use a paper entries please allow extra time for delays! The normal standard closing date for Regional Competitions is 4 weeks before the event unless stated otherwise.

SE EVENT ENTRY FEES:

£12.50 per individual - this includes all team entries (no additional entry fee for teams unless specified). Please settle using the BACS system. No refunds will be given after the closing date or for incorrect entries or withdrawals. The entry fees cover the costs for facility and equipment hire, trophies and associated costs with the Competition organisation.

BG TRAMPOLINE NDP EVENTS IN THE SE REGION:

£12.50 per individual entry. The region is unable to contribute to the Regional Finals team event this year, as the team is potentially so large. Hence the subsidy is removed from this years NDP events and individuals involved will now be expect to pay in full.

BG DMT AND SYNCHRONISED EVENTS IN THE REGION.

The SE TTC wishes to develop both DMT and Synchronised disciplines, the entry fees will be £12.50 for DMT & £25 for Synchronised

OFFICIALS NOT LISTED (paper entry only):

Competitors entered on the entry form below the last nominated official will not be accepted or notified. Please put your judges down on the entry form in the order in which you would like them to be used.

MEMBERSHIP:

Clubs and competitors must have the appropriate membership and affiliations in accordance with Section 2.05 be licensed as per British Gymnastics and British Gymnastics SE policy.

VALIDATING:

Some officials nominated are required to hold a current British Gymnastics DBS prior to receiving SE Validation (see Section 4.11). This obviously requires much longer planning times and Clubs are recommended to plan ahead for a season. However, it is the responsibility of the Club to ensure their officials hold current DBS's where required.

LOW ENTRIES

If any group should be less than 10 in total the SE Competition Coordinator reserves the right to merge groups for competition as it sees necessary. Finals may also be run together, but scores separated.

Section 4.08 COMPETITION AREA DEFINITIONS

EVENT ARENA:

This comprises of the spectator, the event area, warm-up, and marshalling areas. The event arena is accessible to any person holding a valid ticket, pass or official accreditation.

EVENT OR COMPETITION AREA (FIELD OF PLAY):

Those areas associated with the event, including apparatus area, marshalling area, judging podium/seating, competitors seating area, scoring/event secretariat. The event/Competition area is accessible to event organisers, competitors or participants, accredited coaches, judges, team managers, runners, event officials/marshals, floor managers, announcers, equipment staff, official photographers, medical/first aid staff and others invited officially by the SETTC for specific tasks. These persons must hold official validation passes. Please refer to the Officials, Validation and Accreditation Section I.

WARM-UP AREA:

The restricted/designated area for event warm-ups may be integral with or adjacent to the event/Competition area and should only be accessible to those accredited for the event area and warm-up area supervisors.

Section 4.09	STANDARD REGIONAL COMPETITION EVENT GUIDELINES
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TEAMS:

A team consists of a minimum of 3 and a maximum of 4 persons. Every member of the team performs up to 1 compulsory and up to 1 voluntary routine. Team members must be entering the same group at the same Competition. Please note the British Gymnastics ruling regarding team members wearing uniform dress.

SUBSTITUTIONS:

A substitution is only permitted if it is for the same sex, the same age group, and the same Competition and from the same Club as the original entry, and requires the same eligibility requirements.

TRAMPOLINES:

6mm, 6x4mm, 5x4mm or 4x4mm beds may be available, FIG string beds may also be used. British Gymnastics events should only use FIG certified equipment. Where the FIG changes their certification, this automatically reflects in the SE system, for example, the introduction of 4x4mm beds and the removal of 15mm as a Competition bed.

AGE GROUPS:

As per year of birth – see Age Group Table (Section 4.08)

ESTIMATED STARTING TIMES:

It is planned for a 8am warm-up for DMT events and 9am for all others; however, we reserve the right to alter times to reflect entries, particularly as regards DMT.

WARM-UP

For each competitor there will normally be 2 general warm-ups or 2 passes for DMT, PLUS a controlled warm-up for the compulsory routine, a controlled warm up for the voluntary routine and one warm-up or two passes for DMT for the final routine if appropriate). If time permits, more warm-ups may be allowed. For certain events the 'Flight' system may be used.

CODE OF POINTS

The general rules unless specified otherwise in the event information are the current British Gymnastics Code of Points

TEAM MANAGERS MEETINGS

There will be a Team mangers meeting (unless specified otherwise in the event information) 15 minutes prior to the start of the first warm up of the day. This will be the forum to discuss any issues clubs have and the specific information for the event. Team Managers are expected to be present and, if not, may miss important information. This is also where Validations Passes can be collected.

TIME OF FLIGHT ("ToF")

The SETTC are introducing ToF into the Regional competition system for 2015/16. This is seen as a trial to encourage competitors and coaches to see the importance and effect of this element of scoring.

ToF will be used in the Regional D and Open Individual competitions and the Elite Regional Finals only (but the score will not be taken into account for the purposes of Grade qualification from Regional D to Open this year). Only "outside" trampolines can use this equipment.

SYNCHRONISED SCORE

The SETTC are introducing machine measured Synchronisation into the Regional Synchronised competitions system

for 2015/16 using ToF equipment. This is seen as a trial to more closely align with International quality events. Only "outside" trampolines can use this equipment.

SHORTS

Female competitors at Regional and County events **only** from grades E and below follow the old BG rules allowing girls gymnastic shorts of the same base colour to be worn during the competition. This does NOT apply to NDP or Grades above E events which follow the National Code of Points.

SPOTTERS

At all times spotters should be used as per the BG Code of points. Where a push-in mat is used, this MUST be done by a L2 or above coach.

SPECTATORS

All non-official and non-competitive persons over the age of 5 entering the Competition event arena will be expected to pay a spectator entry fee of £1.50. Clubs are held responsible for the behaviour of their spectators at all events.

FINALS

Where there are less than 5 competitors no final round will be held and the result will be decided on the preliminary rounds.

Where finals are run, and nothing different is specified in that event information, the default is a zero final.

Warm Ups

In all regional events warm up on competition equipment will be provided before preliminary rounds.

Where nothing different has been specified in the event information, the default is a general warm up then competition with a specific one touch per routine (controlled warm up). Where flights are used in large groups these warm up periods may be combined. For DMT 2 warm up passes per pass following a short general warm up is the default, but as above these may be merged.

PRESENTATIONS

Clubs are asked to ensure competitors are trained to march-on and manage themselves professionally in front of an audience. Club track suits is the desired dress, however it is understood that not every Club has tracksuits in which case competition attire is the only other acceptable clothing.

Competitors not presenting themselves at the appropriate time in the appropriate way are being disrespectful of other Coaches, Competitors and Officials who maintain high standards. Therefore anyone not attending the presentations at the appropriate time and in the appropriate dress will NOT be presented with an award. Awards will not be given out before presentation ceremonies and anyone who has failed to be presented will not receive the award later, however this will not affect the final positions.

PHOTOGRAPHY

Flash photography is not permitted anywhere in the Competition arena whilst competitors are performing (warm-ups included). They may only be used during presentations when performers are not competing.

British Gymnastics has produced a new photography policy which the region has implemented. This policy may be found on the British Gymnastics website www.british-gymnastics.org. These rules have been introduced to protect our competitors from child abuse as recommended by Social Services and the Police.

Section 4.10	OFFICIALS
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Please note that this Region requires every Club entering these Competitions to provide officials for the duration of the event. The MINIMUM required is: -

Number of competitors entered.	Officials required
1	1 officials of not needing to be qualified.
2 to 6	2 officials of which 2 need to be qualified.
7 to 10	3 officials of which 2 need to be qualified.
11 to 16	3 officials of which 3 need to be qualified.

17 to 24	4 officials of which 3 need to be qualified.
25 to 30	4 officials of which 4 need to be qualified.
31 to 35	5 officials of which 4 need to be qualified.
36 to 40	6 officials of which 4 need to be qualified.
41 to 50	7 officials of which 4 need to be qualified.
51 to 60	8 officials of which 4 need to be qualified.
61 to 70	9 officials of which 4 need to be qualified.
71 to 80	10 officials of which 4 need to be qualified.
81 to 90	11 officials of which 4 need to be qualified.
91 to 100	12 officials of which 4 need to be qualified.

Only fully Qualified Swescore computer operators may be used as one qualified official space, the remainder must be qualified judges.

These criteria apply only to Regional events unless specifically stated otherwise. Counties are able to adjust their own requirements for officials accordingly to their respective needs.

Clubs are encouraged to nominate extra officials. Nominated officials should not also be competing as it is impossible to schedule timetables to accommodate. Competitors who would like to officiate whilst they are not competing should be nominated as extra officials and they will be used if possible. Please note that a synchronised pair or a competitor entered for an age group plus Open Men's/Ladies counts as 2 competitors.

OFFICIALS DRESS:

Coaches and arena floor Officials (marshals etc) should be dressed appropriately under the same regulations as competitors and spotters as per the current British Gymnastics Code of Practice. Judges should follow the current British Gymnastics judging code.

NEW CLUBS: New Clubs will be allowed to enter 2 events without supplying qualified officials as long as they have submitted at least one name to the courses' organiser for a judge course. After 2 events they will be allowed to continue to enter events without providing qualified officials, if the region has been unable to offer their nominee a place on a course. New Clubs must however, supply the correct number of unqualified people to match their entry as above.

OFFICIALS SURCHARGE: Clubs are not allowed to pay a surcharge for officials and MUST provide the required officials. In the case of an official not showing on the day without a suitably qualified replacement being offered, the Club will be charged a surcharge of £35.00 and no further entries will be accepted from that Club until the surcharge has been paid. Repeated offences risk further penalties as the Competition committee reserves the right to disqualify any Club who does not supply their nominated officials on the day.

UNQUALIFIED OFFICIALS:

Unqualified officials can be expected to be used as Competition marshals, warm-up marshals, door managers or manual recorders. Clubs may also be asked to provide Floor managers or door managers for the day.

These roles ALL require Validation, and therefore cannot be arranged at the last minute. Clubs are duty bound to ensure that all their officials are adequately trained. There will be job descriptions released and continually updated for any of the unqualified positions, BOTH Club and official will need to sign that this has happened prior to Validation. Without a Validation pass, entry to the Competition floor will not be permitted and therefore the Club will be issued with a fine.

Please note that all officials may be used in any capacity and must appear correctly dressed, there is a minimum age of 15 for Validation. Any Club failing to arrive at the required time with their officials, or with officials incorrectly dressed or not validated, can be withdrawn. All officials must wear full competition attire and behave as stated in British Gymnastics Code of Conduct.

All officials must be members of British Gymnastics at the appropriate levels, trained or qualified, attended a current "Safeguarding Children (SPC)" course and most roles require a current DBS check.

GENERAL:

Affiliation is membership of the governing body, the organising group and the Club of your first association.

VALIDATION

Validation is a permit to operate within the confines of competitive activity.

ACCREDITATION

Accreditation is the right to be in certain places at any one given competitive event.

AFFILIATION:

Clubs should note that ALL persons taking any responsibility in the Competition area MUST be registered with British Gymnastics. A minimum of Club Officer membership of British Gymnastics is required for all decision making unqualified personnel and qualified as per the dictates of their qualification. Coaches and Judges in particular are usually registered by British Gymnastics with their first Club of their association and that Club has first claims over them. Although it is permitted for Coaches and Judges to work for other Clubs, this is only with the EXPRESS PERMISSION of the associated Club. Where an official is independent the nominating Club is still responsible for checking arrival, affiliation, Validation and accreditation. Where changes occur it should be reported to both British Gymnastics and the SE Competition Secretary.

DBS:

British Gymnastics has changed its policy on the requirement of DBS and has currently limited the roles requiring DBS – see pages 9-11 of BG Criminal record check policy & guidelines document. The SE TTC recommendation is always to DBS check where in any doubt. You cannot carry out any coaching or Supervisory roles without DBS, therefore the only roles suitable during competition are: Competition marshal, W/Up marshal, floor manager & door manager, recorder & swescore operator. These roles will still require Safeguarding (SPC, see below) and will also need to fill out a self declaration form as well a Validation pass. These validation passes will be issued annually (see below).

SAFEGUARDING:

BG no longer require non DBS officials to hold safeguarding, but do still recommend it as good practice for all concerned. The SE TTC have decided that ANYONE wishing validation, should at least hold a valid Safeguarding certificate regardless of BG requirements.

VALIDATIONS:

Please note the Validation is synchronised to the expiry date of each DBSs (or where no DBS is required, the end of the competition year in which the application is made) All Validated Officials will also be required to have attended a current "Safeguarding Children" (SPC) course, as British Gymnastics require. The system captures all required information, as well as requiring a photo to be uploaded, for each applicant. The photo should be like a passport type photo – head and shoulders only with a plain background and in focus. This application will be submitted to the Competition Coordinator electronically for approval. If successful, a floor pass will be made available for collection at the next Regional Competition. Validations can only be picked up at end of the Team Managers meeting for each event – they will not normally be posted out. If for some reason you require this to be posted, (upon agreement of the SE Competition Coordinator) you will be required to pay for a recorded delivery in advance. Changes to validated details will require re-application via the system (such as new DBS expiry date, Coach or Judge qualification change etc)

For 2015/16 the Validation application cost is £1.50 for a new or updated pass. Lost passes will invoke a £5.00 cost for the first replacement and £10.00 for any subsequent lost pass. Officials who arrive at a Competition having forgotten their pass will be charged a £5 penalty fee.

Unqualified and non DBS validations will require annual validation from 1st November each year and a self declaration of no criminal barring from working with children must be obtained by the Club for each application. These will be issued red or yellow (Swescore) passes and cannot coach or use a spotter mat etc. (as per section 4.13 below).

ACCREDITATION IN THE COMPETITION AREA:

Each person who wishes to be permitted entry to the Competition area must:

For a Coach/Judge/Official: be both Validated and hold an event accreditation.

For a Competitor hold an event accreditation

Accreditation is only granted to officials and competitors via the Competition entry system and changes on the day are at the discretion of the SETTC.

Coaches, Judges and other Officials should clearly display their Validation pass at all times whilst in the Competition area. Specific Accreditation passes are not issued, but random spot checks will be undertaken at all SE events. Clubs with unaccredited people found on the Competition floor, at any time, will risk penalties therefore it is vital that you inform your parents and spectators of these rules.

All personnel on the Competition area MUST be fully registered members of British Gymnastics. British Gymnastics expects Clubs to provide adequately trained personnel at events, and Clubs who make an event entry are committing to this. The Club is responsible for ensuring that the validated Coaches in the Competition area are of sufficient qualification and are familiar with the performer's requirements.

Coaching (in the fullest terms) at Competition is not allowed. Adequate Competition training should result in a competitor who understands the process as well as what the Club/Competition expects of them, and is capable of achieving the desired result. A number of sports have gone as far as banning Coaches from the Competition floor; we have no wish to do this. Coaches however, should thoroughly understand their role at Competitions.

Coaches on the Competition floor are expected to:

- Provide moral support and encouragement for all competitors.
- Support the organising committee/organisation
- Contribute to a safe and friendly environment controlling competitors around them.
- Control behaviour
- Provide safety supervision, such as spotter mats etc.
- Ensure those around them are observing rules such as drink or food, Validation etc.

Clubs should train their competitors (who are capable) on spotting techniques (as per the current Code of Practice) and ensure Coaches are correctly qualified, validated and DBS checked where required. In the past many Coaches, parents etc have become nuisances on the Competition area getting in the way of competitors and refusing to spot for those who were not part of their Club etc. All Coaches/officials on the Competition area are required to validate as above, qualifications etc may be checked at any time. Clubs should list accompanying validated Coaches on the Competition entry system and make suitable substitutions in the same way as they currently do for the other officials and competitors. Coaches on the Competition area are asked to manage themselves into teams with Coaches from other Clubs to support and provide spotting and giving themselves time to attend to their own performers. Any Coach on the Competition floor should be actively spotting, be it for their own performer or that of another Club. Any Coach not seen to be doing so may be asked to leave the Competition floor and can risk their validation being withdrawn. This self-regulating system will hopefully raise the safety standards at events, however if clubs do not co-operate with each other further restrictions will need to be applied. When coaches/officials/competitors are uninvolved in the event, they must leave the Competition floor and join the spectators

COMPETITORS:

Competitors are only accredited to be in the Competition area when their Competition is running - anyone not involved found in the Competition area will immediately risk a £50 fine and if abused team disqualification.

COACHING NUMBERS:

The following is the MINIMUM/MAXIMUM expected:

A minimum of 1 qualified, validated and accredited Coach. In addition a maximum of one validated and accredited Coach per panel that the Club has competitors involved in, plus if a Club has more than 10 competitors on any panel in that round then 1 extra validated and accredited Coach per 10 competitors over the first 10 is required

Clubs must ensure there is always a MINIMUM of 1 validated and accredited Coach present (within the Competition area) with a team no matter how small or large their numbers, competitors arriving without a validated and accredited Coach will not be permitted to compete.

Once details are released on the number of panels, Clubs with validated Coaches may decide how to deploy Coaches on the Competition floor at any time to comply with Competition requirements.

These Coaches are expected to spot and control the gymnasts and general safety during the whole time they are on the Competition floor as per the accreditation section above. When not working or competing, ALL personnel are asked to leave the Competition floor.

ARTICLE V. REGIONAL COMPETITIONS SPECIFIC INFORMATION

Section 5.01 GRADES AND CHAMPIONSHIPS

The Regional Championships in all disciplines – TRA individual, TRA Synchronised and TRA DMT will be the Elite events ONLY and these are split male & female. All other grades remain Graded events, so will produce a graded age winner. Eligibility for all sections are listed below and only where the Elite competition is over 25 competitors that group may be (by the SETTC) split to a Junior (Under 15yrs) and a Senior (Over 15yrs) Championships. This large entry only tends to happen in TRA, but the rules exists for all disciplines in case they grow larger.

In order to qualify for the Regional Graded Competitions, scores from each Competition event **preliminary rounds** will be compiled to produce a high score ranking list from which the top eight highest scoring competitors in each age group will qualify to compete in the Regional Championships. In addition, the next two ranked competitors will be Reserves in case any of the 8 automatic qualifiers declines their entry. No-one placed lower in the ranking system will be considered.

If a competitor that has qualified for the Regional Championships enters at a higher grade following achieving a promotion score in the same competition year, they forfeit qualification and can only qualify to Regional Championships at the higher grade.

Section 5.02 REGIONAL CHAMPIONSHIPS AND GRADED AGE GROUPS – INDIVIDUAL TRAMPOLINE

Competitors competing inside the Region in National NDP events **are no longer eligible** to compete in the SE Regional Graded Competition as they have access to the National Regional Finals.

Competitors in NDP 8 and Elite grades may be invited to compete in the Regional Championships by the SETTC up to a maximum approximate figure of 20 male and 20 Female PLUS the top 8 posted in Regional Open grade and this will form the Elite Finals from which the Regional Champions will come. Entry for those invited is made via the same regional entry systems and advance warning should be given to SE Competitions (min 2 weeks before entry closed) to allow these competitors into the system.

ELIGIBILITY

Competitors must enter their Regional grade (see grades below).

TARIFF LIMITS

All groups as per corresponding Regional limits for the age group. Where limits are set for the number of rotational skills, if this is exceeded the routine terminates at the extra skill. Difficulty limits may be exceeded but only the maximum will be given.

AGE GROUPS

As per Regional Grades (Qualifiers only). Separate groups for boys and girls. The organisers reserve the right to merge the groups if there are less than 5 entrants.

ENTRY FEES

£12.50 per competitor inclusive of teams

GRADES

The top 8 qualifiers from each grade, F to D, will be invited to final for the title "Age Group Winner"

The Elite category will be invited from the top 8 qualifiers from Regional Open, PLUS those competing at NDP 8 and the Elite pathway – Maximum number will be applied of approximately 20 Male and 20 female. Should the numbers exceed this, the SETTC may decide to reduce qualification or invites as applicable.

ROUTINES

Please see Appendix 2 attached hereto.

COMPETITION FORMAT:

All Graded gymnasts F-D will compete one Voluntary routine, starting from zero as a "Finals of the Championships" in each grade. The Elite category will compete a 3 round competition with a zero final of 8 competitors. The first round (Prelims) will be the same as that for the Regional Open grade.

Please contact the SE Trampoline Competition Secretary for advice and assistance.

Synchronised Regional Championships will take the top 8 scores posted at the march regional qualifying event. Competitors in NDP 8 and Elite grades synchronised may be invited to compete in the Regional Elite Championships by the SETTC up to approximate figures of 20 male (10 pairs) and 20 Female (10 pairs)

ELIGIBILITY

Performers must enter the equivalent of their Regional Grade (see groups for Regional Championships). Performers may partner someone in an older age group but the age entered is determined by the oldest of the pair. Performers may partner someone one grade higher (Regional E may partner Regional D etc) but the grade is determined by the highest ranked of the pair.

TARIFF LIMITS

Tariff limits are decided as per corresponding Regional limits for the highest ranking of the pair. Limits may be exceeded but only the maximum will be given.

AGE GROUPS

Elite competitors will only have 1 group. The oldest of the pair determines the age group in which they compete. Separate groups for boys and girls. Age groups determined by year of birth – see Age Group Table under Section 5.04. The organisers reserve the right to merge the groups if there are less than 5 entrants.

GRADES

Elite (Regional Open), and Intermediate (grades Regional D/E/F).

ENTRY FEE

£25.00 per pair (£12.50 per individual). Where the two partners come from different Clubs, one Club only must ensure that the pair is entered with the correct officials and the complete fee paid. Where full payment is not received, the entry will not be accepted.

ROUTINES

Intermediate must use the appropriate regional routine. The Elite group must use the REG C routines. See set routines for detailed routines. The oldest and highest ranked of the pair determines the routine that shall be used.

FINALS

Finals for the Elite group only (as per the Finals section).

Competitors competing inside the Region in National NDP events **are no longer eligible** to compete in the SE Regional Championships as they have access to the National Regional Finals. Competitors in NDP 8 and Elite grades will be invited to compete in the Regional Elite Championships by the SETTC up to approximate figures of 20 male and 20 Female

The South East has always been at the forefront of DMT development and this is intended to continue. We are actively encouraging Clubs to venture into DMT competitive training and activity. Where Clubs require support in terms of Coaching and training they should contact the SE Region Competition Secretary for advice and assistance.

DMT Grades

Participation in the Regional DMT Championship will be by invitation only to competitors in the National system from levels NDP 8 and Elite only.

ENTRY FEE

£12.50 per competitor inclusive of teams

OFFICIALS

As per Trampoline with the exception that DMT Judge specific qualification may be waived to assist development.

ARTICLE VI. 2015/16 CALENDAR OF EVENTS IN THE REGION

2015			
October	Sunday 4th	County Event	
	Sunday 18 th	Regional Championships 2015	Jumpers Rebound Centre
November	Sunday 1 st	Regional Open – F	Jumpers Rebound Centre
	Sunday 1 st	2016 Regional NDP 1-7 (Q1)	Jumpers Rebound Centre
		County Events	
December			
2016			
January			
February	Sunday 7 th	2016 Regional NDP 1-7 (Q2)	Jumpers Rebound Centre
	Sunday 7 th	Regional Grades 1	Jumpers Rebound Centre
March	Sunday 6 ^t	Regional NDP Semi-Final	Jumpers Rebound Centre
	Sunday 6 th	Regional Synchronised	Jumpers Rebound Centre
	?	County Events	
April	Sunday 3rd	Regional Grades 2	Jumpers Rebound Centre
	Saturday 15 th /17 th	SES 1	Ricoh, Coventry
May	6-8 th	SES 2	Sheffield
	27-29 th	Regional Team Finals	London Copperbox
	?	County Events	
June	Sunday 5th	Regional Grades 3	Jumpers Rebound centre
July	30 th June to 3 rd July	British Champs	Liverpool
	8-10 th	NDP Finals	Telford
August			
September	?	County Events	
October	Sunday 16th	Regional Championships 2016	Jumpers Rebound Centre
	?	County Championships	
November	Friday 4/5/6th	David Ward-Hunt	Jumpers Rebound Centre
December			

National Events Regional Events County Events

All sanctioned G-I & Club/County NDP 1-2 Competition information will be published once a sanction has been received, by that body. Please ensure any events you are entering are sanctioned events!
County events are under the control of the county concerned and the months shown here are for suggestion only so that competition circuit flows advantageously for county competitors.

ARTICLE VII. APPENDIX 1 - SANCTIONED EVENTS WITHIN THE SOUTH EAST REGION

Guidance from the SETTC

General Conditions

Grade I, H & G events must be sanctioned in advance by the SE TTC as per Section 1.07.
Grade H & G events may only be organised by County Technical Committees.
Sanctions must be requested by email to Tony@thefrickerfamily.com.
Grade I events may be run internally within Clubs with only the Club's own personnel officiating, however, the SE committee recommends that at least one judge is provided from outside the Club if possible.
An open event (one that invites entries from all the Clubs within the County or SE region) will only gain sanction if it is not within 2 weeks of another open County or Region event.
The SE Competition Coordinator reserves the right to conduct spot checks on sanctioned events without notice.

Information Required on Your Sanction Application

All events needed to provide the following information in order to gain a sanction:
The name of the fully qualified Welfare officer for the event (This person must not be a Coach responsible/working with a Club entering the Competition if they are the welfare officer for the event).
The date, time & Venue of the event.
The entry fee (if applicable) for the event.

Competition Organisation

It is recommended that a sanctioned event is "open" to the County or Region or kept "closed" internal to the organising Club only. However, Clubs within the region may combine to organise a closed event.

The organising Club/county must ensure that, for a sanctioned Competition:
All British Gymnastics equipment guidelines are complied with in full.
Results must be provided to the SE Coordinator in the Swescore database system format (MS Access mdb).
If the event is an Open Competition, the Swescore start list (with British Gymnastics numbers) .xls export file must be sent to Tony@thefrickerfamily.com asap but no later than 14 days in advance, to check all competitors are eligible to take part
This is not required for closed Club events, however competitor eligibility will be checked after the event.
That electronic results exported from Swescore in .xls format, complete with all competitor British Gymnastics numbers in the remark column (column BJ) must be sent to SEcompetitions@trampoline.co.uk within 7 days of the Competition.
Entry fees (if applicable) must be payable to a Club or county account.
British Gymnastics & SE Regional Competition scheme rules must be fully complied with.

TRI Routines 2016 – Club & County Competition G – I

Regional I

<p>Compulsory:</p> <p>Jump (arm set)</p> <ol style="list-style-type: none"> 1. Jump to seat landing 2. To feet 3. Half twist jump 4. Jump (straddled) 5. Full twist jump 6. Jump (piked) 7. Half twist jump 8. Jump (tucked) 9. Jump to front landing 10. To feet 	<p>Voluntary:</p> <p>Jump (arm set)</p> <ol style="list-style-type: none"> 1. Jump to seat landing 2. To feet 3. Half twist jump 4. Jump (straddled) 5. Full twist jump 6. Jump (piked) 7. Half twist jump 8. Jump (tucked) 9. Jump to front landing 10. To feet <p>No difficulty will be awarded.</p>
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Regional H

<p>Compulsory:</p> <p>Jump (arm set)</p> <ol style="list-style-type: none"> 1. Half twist jump 2. Jump to front landing 3. To feet 4. Jump (piked) 5. Half twist jump 6. Jump (straddled) 7. Jump to back landing 8. To feet 9. Jump (tucked) 10. Full twist jump 	<p>Voluntary:</p> <p>The voluntary routine will have a maximum difficulty score of 1.5 and a maximum of 360° of somersault rotation.</p> <p>No difficulty will be awarded.</p> <p>(This allows the gymnast to use the Compulsory routine of the next grade as their Voluntary routine).</p>
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Regional G

<p>Compulsory 1:</p> <p>Jump (arm set)</p> <ol style="list-style-type: none"> 1. Back somersault (T) 2. Jump (straddled) 3. Half twist to seat landing 4. Half twist to feet 5. Half twist jump 6. Jump (piked) 7. Full twist jump 8. Jump (tucked) 9. ¾ front somersault (SL) 10. To feet 	<p>Compulsory 2:</p> <p>Jump (arm set)</p> <ol style="list-style-type: none"> 1. Half twist to front landing 2. To feet 3. Jump (straddled) 4. Full twist jump 5. Jump (piked) 6. Jump to back landing 7. Half twist to feet 8. Jump (tucked) 9. Half twist jump 10. Front somersault (T) 	<p>Voluntary:</p> <p>The voluntary routine will have a maximum difficulty score of 2.0 and a minimum difficulty of 1.4 and a maximum of 360° of somersault rotation.</p> <p>(This allows the gymnast to use the Compulsory routine of the next grade as their Voluntary routine).</p>
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Where difficulty limits are set (Max or Min) but difficulty is not given, going over/under in a full routine is a penalty of 1.0 for missing elements.

Regional Competition F - Open

Regional F

<p>Compulsory 1:</p> <p>Jump (arm set)</p> <ol style="list-style-type: none"> 1. Back somersault (T) 2. Jump to seat landing 3. Half twist to feet 4. Jump (tucked) 5. Barani (T) 6. Jump (straddled) 7. Jump to front landing 8. To feet 9. Jump (tucked) 10. Front somersault (T) 	<p>Compulsory 2:</p> <p>Jump (arm set)</p> <ol style="list-style-type: none"> 1. Barani (T) 2. Half twist jump 3. Jump (straddled) 4. Back somersault (T) 5. Full twist jump 6. Jump (tucked) 7. Jump to back landing 8. Half twist to feet 9. Jump (piked) 10. Back somersault (P) 	<p>Voluntary:</p> <p>The voluntary routine is subject to a 3.5 difficulty limit and 450° somersault rotation limits.</p>
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Regional E

<p>Compulsory 1:</p> <p>Jump (arm set)</p> <ol style="list-style-type: none"> 1. Back somersault (S) 2. Jump (straddled) 3. Full twist jump 4. Jump (tucked) 5. Back somersault (T) 6. BSS to seat landing (T) 7. Half twist to feet 8. Half twist jump 9. Jump (piked) 10. Barani (SL) 	<p>Compulsory 2:</p> <p>Jump (arm set)</p> <ol style="list-style-type: none"> 1. Barani (P) 2. Jump (straddled) 3. Back somersault (T) 4. Barani (T) 5. Half twist jump 6. Jump (tucked) 7. 1½ twist jump 8. Jump (piked) 9. ¾ front somersault (S) 10. To feet 	<p>Voluntary:</p> <p>The voluntary routine is subject to a 5.5 difficulty limit and 630° somersault rotation limit</p>
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Regional D

<p>Compulsory:</p> <p>Ten different elements with at least seven somersaults of at least 270° somersault rotation to include <u>one</u> of the following three elements: one element of at least 270° of somersault rotation, landing on front or back, followed by an element of at least 450° somersault rotation <u>or</u> a back somersault with 360° somersault rotation and a full twist <u>or</u> a front somersault with 360° somersault rotation and 1½ twists Please asterisk this one element or combination</p> <p>Voluntary: The voluntary routine is subject to 8.5 maximum difficulty and 720° somersault rotation limits.</p> <p>Finals from zero, if 5 or more competitors</p>

Regional Open

<p>Compulsory:</p> <p>Ten different elements with at least nine somersaults with a minimum of 270° somersault rotation to include:</p> <ol style="list-style-type: none"> 1. At least one somersault of least 270° somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation. 2. And one of the following: <ul style="list-style-type: none"> • a back somersault with 360° somersault rotation and a full twist <u>or</u> • a front somersault with 360° somersault rotation and 1½ twists <u>or</u> • a double somersault. <p><i>Please asterisk the combination which fulfils item 1 and the element which fulfils item 2</i></p> <p>Voluntary: The voluntary routine is not subject to a difficulty limit Finals from zero, if 5 or more competitors</p>
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SOUTH EAST REGION SCORES CHART 2016

BG NDP Equivalent

REGIONAL CHAMPS, and Regional Age Winners

NATIONAL REGIONAL FINALS,

