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## EDITORIAL

John Beeton

Dear Reader,

The first seven months of the year have been particularly busy for Trampoline Sports; and none more so than the run up to the European Championships, which this year were held in the French town of Metz. British Gymnastics were well represented at these championships, winning a large number of medals; and especially our tumbling colleagues, with every member of the senior and youth team winning a medal of sorts. The NTTC have already sent congratulations to team members, but I would personally wish to thank those club/personal coaches who work with our squad members throughout the year. Your efforts are really appreciated by us all. Keep up the good work in producing our current and future stars.

I was unfortunately unable to attend the 2006 National Championships in Birmingham earlier in July but received up to-date reports on my return home and would like to congratulate our podium winners; and especially Claire Wright for winning her 6th National senior title. A report by Craig Bellis on the Nationals appears elsewhere in this edition.

The international scene continues apace this month with FIG World Cup events being held in **Savognin SUI** and **Salzgitter GER**. Hopefully British gymnasts will be able to add to their total World Ranking Points and we will see **Claire Wright**, **Simon Milnes** and **Mark Alexander** in the Birmingham World Cup Finals during the month of November. With a little bit of luck **Jamie Moore** (dependent on how well she and Claire perform in the synchronised events in SUI and GER) could be joining them.

These Finals should be the best yet. All of the top names in our sport are at the head of the Ranking Points List and every event will be keenly contested. I would not be surprised to see a number of new world records set also.

On the subject of international events, 22-26 August 2007 will see the visit to this country of a very strong Canadian team for an international event for seniors and youth in all three of our disciplines TUM TRA and DMT. As an added attraction, we have also decided to incorporate the annual GBR v GER Youth Match into this event Saturday 25<sup>th</sup> August 2007 is the date for your diaries. Sheffield is being earmarked as the venue, but still to be confirmed.

The IOC have now issued the Programme Schedule for the **Beijing Olympic Games** in 2008 and a notable change is that the Trampoline Finals will feature on the same day programme as men's and women's Artistic Gymnastics, in an evening slot on both days. There is also a change to the timings of the preliminaries, with both men and women's events being held on the same day. More on these changes later in this Newsletter.

Another change from tradition is that the Olympic Test Event is now scheduled for November/December 2007, almost immediately after the World Championships in Quebec City CAN., the qualifying event for the 2008 Olympic Games. See schedule in the following pages.

I hope that you are all enjoying the summer and that most, if not all of you, are managing to get away for a well earned break.

Martin Laws sends his best wishes to all members and is very much looking forward to penning the Editorial for the October Newsletter.

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## British Gymnastic Services

If you have not already noticed, BG have enhanced the service they are providing on the web:

Broadband TV:

<http://player.narrowstep.tv/default.aspx?player=GymnasticsTV>

Club Search:

[www.british-gymnastics.org/maps/map.php](http://www.british-gymnastics.org/maps/map.php)

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## FIG on the Move

At the end of 2006 the International Gymnastics Federation Headquarters will move from its present site in **Moutier** to the **City of Neuchatel**. The move has become necessary owing to the heavy taxes that have to be paid in Moutier.

The move also means that the FIG Headquarters will be situated a lot closer to Lausanne, Headquarters of the IOC.

## UEG PRESIDENT'S DISAPPOINTMENT

In his report presented to the President's Board and the EC, last June in Lausanne SUI., **President Dimitropoulos** refers to the Trampoline European (senior and youth) Championships in Metz.

**"The organisation and running of the Trampoline European Championship in Metz was organised in the usual professional way by the French Gymnastics Federation and the OC in Metz. However, the UEG President is disappointed as there are few participants in the double mini-trampoline discipline!"**

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## GREAT BRITAIN TEAM SELECTION

British Gymnastics has recently named teams to represent Great Britain at various international events during the coming months. These are:

### **Nissen Cup, Savognin SUI 23-27 Aug 06 (juniors)**

#### **Girls:**

Katy Ianson – OLGA Poole  
Cara Jamieson – East Kilbride  
Laura Gallagher – High Flyers  
Yasmin Gumbs – NTGA

Danielle Pietruszka – OLGA Poole

**Non travelling Reserve:** Bryony Page – Aerodynamic

#### **Boys:**

Nick Davies – York Artistic  
Andrew Freeman – Kingston Academy  
Michael Freeman – Kingston Academy  
Jack Helme – City of Liverpool

Luke Rendell – OLGA Poole

**Non travelling Reserve:** Tom Lewis – OLGA Poole

#### **Coaches:**

John Beer  
Sharon Wood

### **FIG World Cup, Savognin SUI 23-27 Aug 06 (seniors)**

#### **Men:**

Simon Milnes – Ind/Syn  
Mark Alexander – Ind/Syn  
Jem Camble – Ind (Syn?)  
Phillip Dodson – Ind (Syn?)

#### **Ladies:**

Jamie Moore – Ind/Syn  
Claire Wright – Ind/Syn  
Stacey Dann – Ind/Syn  
Lauren Allen – Syn only  
Natalie O'Connor – Ind only

#### **Coaches:**

Jack Kelly  
Sue Bramble

### **FIG World Cup, Salzgitter GER 30 Aug- 03 Sep 06 (seniors)**

#### **Men:**

Simon Milnes – Ind/Syn  
Mark Alexander – Ind/Syn  
Jem Camble – Ind  
Garry Smith – Ind

#### **Ladies:**

Jamie Moore – Ind/Syn  
Claire Wright – Ind/Syn  
Lauren Allen – Ind/Syn  
Stacey Dunn – Ind/Syn

#### **Coaches:**

Jack Kelly  
Nigel Rendell

### **Great Britain v Germany Youth Match Rottenbach GER 29-30 Sep 06**

#### **Girls Under 15:**

Sophie Singleton – City of Liverpool  
Sophie Burr – Skydivers  
Katie McKenzie – NTGA

**Non travelling Reserve:** Rhya East - Spirals

#### **Boys Under 15:**

Steven Williams – City of Liverpool  
Nathan Bailey – Ringwood & Bournemouth  
Scott Gregory – Brentwood

**Non travelling Reserve:** Mark Pennell – Team Trampoline Promotions

#### **Girls Under 18:**

Cara Jamieson – East Kilbride  
Danielle Peitruszka – OLGA Poole  
Yasmin Gumbs – NTGA

**Non travelling Reserve:** Katy Ianson – OLGA Poole

#### **Boys Under 18:**

Andrew Freeman – Kingston Academy  
Michael Freeman – Kingston Academy  
Luke Rendell – OLGA Poole

**Non travelling Reserve;** Nick Davies – York Artistic

#### **Coaches:**

John Beer  
Sharon Wood

#### **Physiotherapist**

Belinda Smith

The NTTC wish all selected team members the very best of luck in their particular event. Ed

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**British Gymnastics Annual Technical  
Conference will be held at the  
National Sports Centre, Lilleshall  
26<sup>th</sup> – 28<sup>th</sup> January 2007**

# 8<sup>th</sup> FIG WORLD CUP FINAL Trampoline & Tumbling BIRMINGHAM

**25 November 2006**  
**National Indoor Arena**  
**Tickets 0870 366 6543**

## Ticket Prices

**Adult Gold: £13**

**Adult Silver: £9** *Concession £7*

**Adult Bronze: £6** *Concession £4*

*Concessions = U16, Students, Passport to Leisure holders, Senior Citizens over 60.*

There will be a booking fee for each ticket that you purchase plus a transaction fee of £1.50.

Disabled customers are advised to book early.

Discounts are available for group bookings.  
Freephone 0800 378 985.

**Every ticket holder will also be entitled to a free British Gymnastics radio, on which you will be able to hear full commentary on the event.**

**\*Ticket Hotline: 0870 366 6543**

**Online bookings: [www.necgroup.co.uk](http://www.necgroup.co.uk)**

**Programme:** the action will start at 1.30pm and the events will take place in the following order:

**Women's Synchronised Trampoline**

**Men's Synchronised Trampoline**

**Women's Tumbling**

**Men's Tumbling**

**Women's Individual Trampoline**

**Men's Individual Trampoline**

\* Tickets are on sale now and can be purchased by telephone, online or in person at the ICC or NEC box offices.

## WANTED

A host to organise the 2007 4 Nations annual international match between GBR DEN CZE and POR during the month of June. There is a substantial financial package available to the successful club / organiser.

Please contact the Editor in the first instance, where further information can be obtained.

PS this would be an ideal international event for one of our home countries to host. **Ed.**

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## GREAT BRITAIN WORLD CUP TEAMS FOR SWISS AND GERMAN EVENTS

Jack Kelly

The trampolinists selected for these events are from the 2005/2006 World Class Programme and future selections will come from the new squad structure currently being formulated. With the World Cup final being held in **Birmingham** this November the Brits are keen to get the maximum representation and the Swiss and German events provide the opportunity for last minute points gathering.

**Simon Milnes** makes his first appearance with **Mark Alexander** since the 2005 worlds as they bid to secure a final place in the synchro. **Claire Wright** and **Jaime Moore**, although teaming up only recently have already made an impact in the women's event having won the Belgian event and reached the final of the Europeans. They too have a chance of making the final in Birmingham.

Claire Wright has accumulated sufficient points so far in the individual competition to give her a finals chance if she can produce two sound performances in Switzerland and Germany. The steadily improving Jaime Moore probably has too much to do to gain a final place but will use the two events to consolidate her position as one of the performers to watch.

**Stacey Dann** and **Lauren Allen** get two more chances to confirm their place as our no.2 pairing but capable of testing the best. Lauren will also have the opportunity to demonstrate her progress as an individual in the German event. **Philip Dodson** is selected to give him international experience after showing much more consistency this season and his experimental partnership with **\*Nick Joyce** could be interesting. \*replaced by Jem Camble

The team for Germany sees the welcome return of **Gary Smith** who is returning after the leg surgery which kept him out of the nationals and **Natalie O' Conner** makes her first full international since her heroics at the World Championships.

**Jem Campbell** although taking time to adjust to his new training environment at Loughborough comes in for the German event

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## Beijing Test Event Schedule Announced

The Chinese have announced the Competition Schedule/s for the Olympic Test Event due to be held in Beijing in 2007. Trampoline schedule is as follows:

### Proposed Programme

28 Nov (Wed) arrival of delegations  
29 Nov (Thu) training / orientation meeting / drawing of lots  
30 Nov (Fri) women's podium training / qualification + men's podium training / qualification  
01 Dec (Sat) Rest day  
02 Dec (Sun) Women's Final  
03 Dec (Mon) Men's Final  
04 Dec (Tue) departure of delegations.

### Invited Gymnasts

(Gymnasts will be invited according to the results of the 2007 World Trampoline Championships.)

- **Places 01-08:** gymnasts will be invited according to the individual ranking in the finals (a maximum of 2 gymnasts per federation).
- **Places 09-13:** gymnasts will be invited from the federations which are not represented in places 1-8, according to the ranking in the qualifying round.
- **Additional 3:** gymnasts from China.

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## Beijing Olympic Games Competition Schedule 2008: Trampoline Sports

### Saturday 16<sup>th</sup> August 2008

1100-1135 hrs: women's **TRA** qualification – first routine  
1136-1211 hrs: women's **TRA** qualification – second routine  
1214-1249 hrs: men's **TRA** qualification – first routine  
1250-1325 hrs: men's **TRA** qualification – second routine

### Monday 18<sup>th</sup> August 2008

1930-2111 hrs: men's / women's **ART** finals  
2112-2136 hrs: women's **TRA** final  
2141-2149 hrs: women's **TRA** medal ceremony

### Tuesday 19<sup>th</sup> August 2008

1930-2111 hrs: men's / women's **ART** finals  
2112-2136 hrs: men's **TRA** final  
2141-2149 hrs: men's **TRA** medal ceremony

### Wednesday 20<sup>th</sup> August 2008

TBD: FIG Gala

## NATIONAL CHAMPIONSHIPS

Craig Bellis

The British Trampoline Championships took place over the weekend of 15<sup>th</sup> & 16<sup>th</sup> July at the National Indoor Arena in Birmingham. 222 competitors took part in the age groups and 34 contested the senior men's and ladies titles. All competitors had qualified for the finals in at least one of the Grade 1 events held during 2006.

The preliminary round took on a new format this year with all performers competing in flights. On Saturday, the competitors for each flight marched on and had a one touch warm up prior to competing. This format worked very well and received many positive comments. The top eight in each group qualified for Sunday's finals. This was done in the usual domino style on two panels.

In the under 11s, **Natasha Short** (City of Liverpool) and **Zachary Sheridan** (OLGA) continued their dominance of these events this season and won the titles.

Under 13 girl **Emma Britton** (Kingston Trampoline Academy) established a lead of over a whole mark in the set routine and she continued to perform well to take 1<sup>st</sup> place. In the under 13 boy's event, **Jordan George** (OLGA) was a clear winner by over three marks.

The under 15 girl's event was a close race with only 0.6 separating the top three. **Sophie Burr** (Skydivers) emerged as the winner. **Steven Williams** (City of Liverpool) had dominated the under 15 boy's event all season and took the title having led each round of the competition.

The under 17 girls was a close fought contest with **Yasmin Gumbs** (NTGA) emerging as the winner. The under 17 boys was another close contest until **Nick Davies** (York Artistic) turned out a superb final to take the title by almost two marks.

**Stacey Dann** (High Flyers) led the under 19 ladies through all rounds to take the title by three marks despite having only completed nine skills in her 1<sup>st</sup> voluntary. **Andrew Freeman** (Kingston Trampoline Academy) took the under 19 men's title just 0.2 ahead of his twin brother.

**Claire Wright** (OLGA) was lying 2<sup>nd</sup> going into the over 19 ladies final but she did a solid final routine to take the title by over three marks. **James Higgins** (NTGA) led the over 19 men's group through all three rounds to win by over two marks.

### BRITISH AGE GROUP CHAMPIONS

**U11G: Natasha Short, City of Liverpool**

**U11B: Zachary Sheridan, OLGA**

**U13G: Emma Britton, Kingston Trampoline Academy**  
**U13B: Jordan George, OLGA**  
**U15G: Sophie Burr, Skydivers**  
**U15B: Steven Williams, City of Liverpool**  
**U17G: Yasmin Gumbs, NTGA**  
**U17B: Nick Davies, York Artistic**  
**U19G: Stacey Dann, High Flyers**  
**U19B: Andrew Freeman, Kingston Trampoline Academy**  
**19+L: Claire Wright, OLGA**  
**19+M: James Higgins, NTGA**

The Senior Men's and Ladies competitions had their scores returned to zero for the final. The Ladies event was won by **Claire Wright** (OLGA) by just 0.1 from **Jamie Moore** (NTGA). **Danielle Pietruszka** (OLGA) took 3<sup>rd</sup> place.

The Men's event was won by **Simon Milnes** (Kirklees Rebound), who had been absent for most of the season whilst completing his degree. 2<sup>nd</sup> place went to **James Higgins** (NTGA) who has returned to the sport this season, and 3<sup>rd</sup> place to **Mark Alexander** (Edgbarrow).

## BRITISH CHAMPIONS

**Ladies: Claire Wright, OLGA**  
**Men: Simon Milnes, Kirklees Rebound**

### Paul Luxon Award

The **Paul Luxon** award is given to the competitor who achieves the highest form score over the preliminary rounds; Tariff is not counted in the calculation of this award. It is given in two categories, Under 15 and Over 15, The winner in the Under 15 was **Sophie Burr** (Skydivers), the Over 15 winner was **Claire Wright** (OLGA)

Praise and thanks must go to the organising committee and all the volunteers who gave their time to make this event a success.

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## The Future

John Beer

With the new funding issues leading to less performers able to join a World Class programme, and standards for entry to a programme being raised, it has meant looking closely at performer's potential to get medals in the coming years.

British Gymnastics are very conscious that it is difficult for everyone to agree on all points but the tighter system being used at present does mean those involved will need to be committed to improve year on year. I have been looking at those that will be eligible for the **2012 London Olympic Games** and who have been showing progress. Some of these performers have not, for one reason or another this year fulfilled the criteria to be accepted on a World Class Programme. This does not mean they won't in the coming months or years, start taking the places of those on a programme. This is healthy competition and will mean everybody will need to keep on his or her toes!

Looking at the groups I feel the strongest and most contested is the ladies 15 - 19 where we have a group of young ladies who are capable of pushing each other and raising the standards very quickly, they are already starting to make inroads on our ladies, but still a way to go to catch our top two.

Given the rate of progress over the past year or so, and the fact that the London Games is still 6 years away, I am excited at the prospect of having a large group contesting for the places. This is not to say we can't do the same with the men but I don't see as many younger performers, of the same age, showing through at the moment, but there are a few who have all the potential to go all the way.

Exiting times to come. But, there's always a but. We have to do well next year at the World Championships to qualify for the 2008 Games and then do well in Beijing to assure funding for London, to give these youngsters the chance. So whilst BG is investing in the future they also have to become very focused on a very small, identified, group to do well in China.

Are you up for the challenge, can you be one of Great Britain's very top performers? If so get out there and prove it. Don't be in the 'grey zone'.

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## FIG TR TC UPDATE

The FIG TR TC have been discussing a number of future issues, amongst which are:

**World Championships** – to be held annually.

**Spotter/Spotter Mats** – only two spotters (coach/other) per bed, with spotter mat/s.

**Grand Prix** – to be held bi-annually with top 8 gymnasts.

**World Cups** – revert to previous system but with 8 in Final. Fresh start with maximum of 10 events in each cycle. Points 8-1.

**What do you think? Let me know. Ed**

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# SPOTTING

Cathy Page

## INTRODUCTION

Spotting is the use of suitably sized and trained participants (or others), placed around the trampoline to assist trampolinists who may fall from the trampoline. The practice of 'spotting' has been a requirement since the inception of the sport, but injuries to spotters and various changes within the sport have prompted a review of the guidelines for the use of spotters. Trampolining is attracting an ever-increasing number of participants, from recreational bouncers to international performers – the needs of whom differ considerably.

The majority of injuries occur on the bed of the trampoline, due (for whatever reason), to poor landing and the following rebound, but accidents and injuries do occur due to people falling from the trampoline. There is evidence which suggests that participants fall, or depart more frequently from the ends of the trampoline.

## REDUCING THE RISK THROUGH GOOD COACHING PRACTICE

Experience has shown that the adoption of good coaching practice and the creation of a safe environment can greatly reduce the risk of injury or incidents.

The important good practice guidelines include:

- Ensuring good physical and mental preparation
- The use of safe, gradual, progressive skill to teach new elements
- Allowing time to develop consistency and confidence – consolidation
- Developing a wide vocabulary of foundation skills upon which more advanced skills can be safely built
- Developing the participants' awareness of their body and position in space

## APPROPRIATE AND SAFE TRAMPOLINE SET-UPS

The risk of injury can be reduced by providing a safe environment and the following guidelines are recommended:

- (a) **Providing Protection to the ends of the trampoline**
- For multi-trampoline set-ups, place trampolines end on and cover the adjacent ends with a safety mat
  - Position 'end decks' or similar constructions at the open ends of the trampoline and cover with a purpose made mat or conventional safety mat

Provide additional non-slip matting on the floor at the end of the trampoline or behind the end decks. Ideally, the floor matting at the end of the trampoline would be 1.2 metres width minimum, and a minimum depth of 25mm

(b) **Providing Protection at the sides of the trampoline**

- For multi-trampoline set-ups, place the trampolines side by side and cover the adjacent sides with suitable matting or padding
- It is recommended that non-slip matting of minimum width of 1 metre and minimum depth of 25mm and suitable density and absorbency be used to cover the area at the sides and corners of the trampoline
- If spotters are to be used at the sides of the trampoline, the floor matting should provide a stable base for them to stand on

**Note 1:** When placing trampolines end on, or side by side, the height of the trampolines should be the same – they should be 'jacked up' on blocks to ensure that the beds are of the same height.

**Note 2:** When using floor matting, ensure that the matting will not slip. Place thicker mats on non-slip thinner mats, to reduce the risk of the mats slipping.

(c) **CONSIDERATION FOR THE USE OF SPOTTERS**

Once the above guidelines have been implemented to reduce the frequency or risk of falls, the use of spotters as a line of defence should be considered.

- (i) Factors which make spotting less effective include: the height of the trampoline, the height of jumping, the advanced nature of the skills being performed and the weight of the trampolinist.
- (ii) Factors which may not make spotting a more effective solution include: the height, weight and level of fitness of the spotter and their trampoline experience. It is difficult to train spotters to be more effective without placing both themselves and the performers at risk.

(d) **GENERAL GUIDANCE TO SPOTTERS**

- (i) Instruction to pay attention to the trampolinist at all times when spotting. This is essential for their own safety, whether they are assisting a faller or not.
- (ii) Instruction to move out of the way of a falling trampolinist if they feel unsure or unable to assist i.e. a trampolinist falling with great momentum. Often, an experienced trampolinist is best placed to make adjustments to minimise the impact of a fall, without placing the spotter at risk.

- (iii) spotter at risk.
- (iv) If the coach feels the spotter is capable of assisting a falling performer, a simple explanation and demonstration of assistance should include:
  - Advice to reach as high as possible, to contact the chest or shoulders if possible
  - Make contact as early as possible, if this will reduce the momentum of the falling trampolinist
  - Advice to only attempt to slow down the performer

**Note:** Experienced, suitably large and strong coaches may occasionally be able to provide greater, more effective assistance.

- (v) **Groups of less experienced/novice participants**  
Where participants are not suitable for providing assistance as spotters, it is recommended that they are occupied and kept warm by another coach or assistant coach, doing other relevant activities. In this situation, adults may be trained to act as spotters, but should there be no spotters available, matting must be provided along the side of the trampoline (1m wide) and at the end of the trampoline (1.2m wide). The matting must be at least 25mm thick and of appropriate density and absorbency.

- (vi) **Groups of Advanced Trampolinists**  
Where trampolinists jump at a height at which the coaches assess the spotters to be at more risk than their ability to assist justifies, they may be advised to move out of the way of a falling trampolinist. They should keep warm by doing alternative, relevant exercises away from the trampoline. In situations where effective spotting is deemed not to be feasible, end decks and floor matting should be provided alongside the trampoline (1m wide) and around the corners and behind the end decks (1.2m wide).

#### SUMMARY

The provision of a safe environment and the adherence to good coaching practice should minimise the risk of accidents. The guidelines described above will serve to reduce the consequences of a trampolinist falling from the trampoline. It is the responsibility of the coach to risk assess each situation and ensure that appropriate and reasonable precautions are implemented

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## COACH EDUCATION

Cathy Page

The tutors and examiners seminar will take place on Sept 2/3. If you haven't already applied do so as there are a limited number of places left. It is open to trainee tutors as well. Contact Shirley Kozyk at Coach Education if you haven't yet

booked your place.

**The programme will contain the following:** UKCC – Roland Portsmouth/ Bill McLoughlin; Twisting techniques - mechanics– Jake Bailey /Richard Ollerenshaw; Forward and backward rolls/handstands – Bill McLoughlin; Technical Priorities –?who?; Robin Atkins/Jake Bailey DVD on jumping exercises; Ray Bevan on educational taxonomy; Biz Scales – empowering pupils;; Phil O'Reilly – the future competition structure; Log books – Cathy. Open forum including 'splats';

**IPC/HPC exams** - For those waiting an HPC or IPC exam please let Cathy Page know what dates, between now and Christmas, you are available. [cath.page@ntlworld.com](mailto:cath.page@ntlworld.com)

**Technical Conference January 2007:** The programme for the Trampoline section of the Technical Congress on the last w/e in January is now being put together. Please let Cathy know what topics you would be interested in, or any speakers you know who would be good.

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## INTERNATIONAL EVENTS 2007

Up dated list (as at 31 July 06) of international events for 2007 are as follows:

**Mar 16-18: Aalsmeer Flower Cup, Aalsmeer NED**  
**Mar 21-25: FIG World Cup, Quebec CAN Cat (B)**  
**Mar 28-31: FIG World Cup, New York USA Cat (B)**  
**Apr 13-15: 4 Countries GBR FRA GER POR, Lisbon POR**  
**Apr 25-29: FIG World Cup, Kunshan CHN Cat (A)**  
**Jun 08-10: 4 Nations GBR CZE DEN POR, Great Britain**  
**Jun 20-24: FIG World Cup, Sofia BUL Cat (B)**  
**Aug 23-26: GBR v CAN TRA TUM DMT senior / youth**  
**Aug 23-26: GBR v CAN v GER Youth Match**  
**Aug 25-29: FIG World Cup, St Petersburg RUS Cat (B)**  
**Aug/Sep 29-01: FIG World Cup, Zielona Gora POL Cat (B)**  
**Oct/Nov 28-03: FIG World Championships, Quebec CAN**  
**Nov 05-11: FIG IAGC, Quebec CAN**  
**Nov/Dec 26-03: Olympic Test Event, Beijing CHN**

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## FIG EC NEWS

Three federations are candidates for organizing the 2008 FIG Congress: **FIN (Helsinki or Tampere)**, **GBR (London)** and **ROM (Bucharest)**.

**World Records** will no longer be recognised at FIG competitions. Ed.

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