

EDITORIAL

John Beeton

Dear all,

The past two months since the last edition of TRAMPOLINE NEWS has been extremely busy for the trampoline fraternity, with three major events taking part over a four-week period alone. It is to the credit of all, including parents, coaches and gymnasts, that Great Britain featured credibly in the annual Youth Match against German; the World Championships in Eindhoven NED; and the Age Group Competition at the same venue, the following week.

British Gymnastics can be rightfully proud of our achievements and all concerned are to be heartily congratulated.

This issue of Trampoline News contains rather fewer articles than normal. Hopefully the December issue will contain more!
Ed.

Technical Conference Jan 28/29 Trampoline Section

The following are likely to be the topics:

Jack Kelly – on Beijing Quest

Sue Lawton and Robin Atkins - The fun of straight jumping

(Interval training and exercises for all levels of trampolinists from novice to international based entirely on straight jump work. The session will promote 'on trampoline' core stability, raise awareness of the power of referencing and will take the boredom out of straight jumping through interval training and other creative exercises.)

The Olympians - the Olympian experience

Tracy Whittaker - Club Re-Development

Nick Earle - a cross discipline presentation on DMT.

Dave Ross National Coach Canada - the Canadian way

Craig Bellis – the competition structure

Sign up now to be sure of a place

Trampolining Coach Education report for Trampoline News

Cathy Page

Tutor accreditation's

Marie Fisher and **Hilbre Hockenull** are new tutors for trampoline disabilities courses;

Jake Bailey – new coach tutor; **Ron Linton** and **Tamzin Reid** – new Coach examiner;

Ron Linton – new tutor mentor

Code of Practice – a small change to the code of practice has been made to accommodate those centres that leave trampolines out permanently. The trampolines should be secure from unauthorised use.

Equipment handling course

A short course is being developed for those other than coaches who handle trampolines.

Teachers Award

PE Students will be permitted to do the Teachers Award in future although they will not get their certification until they become teachers.

FIG NEWS

The FIG TR TC is *considering* running World Championships on an annual basis.

20mm safety mats around the trampoline will become the norm in the *future*.

Fliffus Cup Results – Top 8 in Final

Sharon Wood

Youth Girls

1 st	Claire Stapenhill	32.2
2 nd	Megan Lillington	32.2
6 th	Adeva Bryan	31.9
8 th	Rhya East	04.3

Youth Boys

3 rd	Joe McAdam	34.0
6 th	Luke Newey	32.3
9 th	Liam Abrahams	54.2
11 th	Steven Williams	53.7

Junior Girls

2 nd	Danielle Pietruszka	35.3
3 rd	Yasmin Gumbs	34.3
5 th	Laura Gallagher	33.6
9 th	Stacey Dann	07.4
10 th	Laura Williams	56.8

Junior Boys

1 st	Tom Lewis	36.4
3 rd	Matthew Wright	34.7
4 th	Luke Rendell	34.5
6 th	Michael Freeman	33.6

Junior Synchro – Girls

1 st	Danielle Pietruszka and Yasmin Gumbs	44.7
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Junior Synchro - Boys

1 st	Michael Freeman and Matthew Wright	44.9
10 th	Tom Lewis and Luke Rendell	43.4

The junior team from Great Britain won a total of **9** medals in the Fliffus Cup, which took place in Ostend, Belgium this weekend. Four of these medals were gold and we heard the national anthem repeatedly. These results have given the team a fantastic boost for the International Age Group Games next month.

All team members gave 100% and there were some outstanding performances notably from **Tom Lewis, Claire Stapenhill** and **Megan Lillington** that were only separated on the count back system. Tom had the highest difficulty in his competition group and led the competition from the outset going on to win the gold medal in an impressive style. Our two-synchro pairs dominated the field. Danielle and Yasmin scored 9.8 desync for their compulsory and 9.7 for their voluntary routines whilst

Michael and Matthew took the early lead, which they maintained! Unfortunately, Laura Williams had to withdraw from the synchronised event due to a knee injury and we wish her a speedy recovery.

The support from the senior team was very much appreciated and then reciprocated during the world cup.

An excellent Team GB performance.

World Cup Ostend BEL

Great results for the ladies, with **Claire Wright** finishing in 5th place on 37.4 points. **Irina Karavaeva RUS (40.2)** was the clear winner, with **Natalia Chernova RUS (38.7)** in second place, followed by the two Chinese gymnasts **Shansham Huang (37.7)** and **Xingping Zhong (37.4)** in third and fourth place respectively. **Katherina Driscoll** had another solid performance (9th) just missing out on a final's place, with an overall score of 64.9. **Jamie Moore** is also beginning to climb the world-ranking ladder steadily with another fine performance, finishing in a very credible 15th place with a score of 64.4. **Lauren Allen** put in another good display, after her excellent result in Krasnodar RUS the week previous to finish in 36th spot with a score of 57.9. There were 46 starters in this event.

In the ladies synchronised event, we had two ladies pairs finishing in the top five places, but with only one pair being able to participate in the final, **Katherine** and **Lauren** had to drop out in favour of **Claire** and **Jamie**, who then went on to take third podium place, in this, their second international match as a synchro pairing. An excellent effort by all four ladies.

Unfortunately, the men did not fare as well as the ladies, with only **Gary Smith** showing any kind of form, finishing in 23rd place in a field of 59. Other men's results were **Simon Milnes (39th)**, **Jem Camble (56th)** and **Paul Noblett 58th**.

INTERNATIONAL PROGRAMME 2006

The 2006 program is beginning to take shape, but there is uncertainty about the proposed world cup event in China and the visit of the Chinese to the UK during the first half of the year. Once we have confirmation of both, all will be informed accordingly.

In the meantime, British Gymnastics have confirmed participation in the following events:

28-30 Apr: 4 xCountries, Lisbon POR

26-30 Apr: World Cup, Ghent BEL

03-07 May: World Cup, Krasnodar RUS

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12-14 May: 4 x Nations, South Shields GBR
22-28 May: European Championships, Metz FRA
23-27 Aug: World Cup, Savognin SUI
30 Aug-03 Sep: World Cup, Salzgitter GER
00-00 Sep: GBR v SWE v POR U15s
23-26 Nov: World Cup Final, Birmingham GBR

DOPING AT WORLD GAMES

All negative!

All doping controls carried out in the Gymnastics competitions at the recent World Games in **Duisburg** (GER) came out negative.

The information was released by the Medical Commissions of the International World Games Association (IWGA), official body in charge of doping and controls. The report mentions that all the 21 urine samples did not contain any forbidden products.

Let us be reminded that the FIG applies all directives fixed by the International Olympic Committee (IOC) and the World Anti Doping Agency (WADA) in terms of doping controls. In Duisburg, Gymnastics displayed 4 of its 7 disciplines, with 294 gymnasts! The FIG was the largest participation federation of the Games.

2006 FIG COUNCIL

All *proposals* for the amendment of the FIG Technical Regulations are to be forwarded to the FIG by the **20th December 2005** (date of receipt in Moutier SUI).

Therefore, all proposals for amending the TRA Section of the Regulations have to be forwarded to the Chair of the NTTC by 1st November 2005 so that these can be forwarded to BG by 1st December 2005. The 2006 edition of the FIG Technical Regulations can be found at their Website www.fig-gymnastics.com

Competition Rule Changes for 2006

Craig Bellis

The **Competition Structure Booklet** – will be shortly made available at www.bg-coaches.org and the British Gymnastics Website. They will no longer be automatically sent

By post unless a self-addressed A5 envelope, with stamps to the value of £1 is sent to:

Monica White, 24 Ash Grove, Stapleford, Nottingham, NG9 7GL.

Competition Details – will be made available online at www.bg-coaches.org. They will no longer be automatically sent by post unless it is **specifically requested** on the competition entry form.

Brief synopses of changes that will be made from 1st January 2006 are as follows:

Final round – all finals will consist of a maximum of 8 competitors. At Grade 1 and Grade 2 competitions, the number of finalists will be 2/3rds the number of competitors on the start list to a **MAXIMUM of 8 (eight)** competitors. The final round of the men's / ladies group **ONLY** will have the scores returned to zero.

Bye to the British Championships – anyone who competes for a British Gymnastics trampoline team during the time from February to June will receive a bye to the British Championships (see the Competition Structure Booklet for the exact details).

Seniors Tariff Rules – the 2 nominated moves should have a combined minimum tariff of 2.3. If the routine is incomplete, the value of any nominated completed moves will be allowed.

Grade 1 competitors must be a minimum of 9 years of age in the year of competition, to be eligible to compete. Under 9's may compete in the Under 11 age group at Grade 2.

Age Groups – Grades 6 to 3 – U9, U11, U13, U15, U17, 17+. Grade 2 and 1 – U11, U13, U15, U17, U19, 19+. Apart from Grade 3 (see below) the U17, U19, 17+ and 19+ groups will use the existing U18/18+ routines.

New Competition Routines – the Grade 3 Under 15 routine will be replaced by:

Back S/S straight
Piked Straddle Jump
Back S/S piked
Barani piked
1/2 twist jump
Pike Jump
Back S/S tucked
Tuck Jump
Crash Dive straight
½ Twist to Feet

Grade 3 U17/17+ will be replaced by:

10 different skills to include:

see Page 4

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JUDGING

Mike Phillipson

The International Judging Course at **Gillingham** went very well. **John Beeton** and **Vladimir Zemen** FIG Trampoline Gymnastics Technical members ran the course. There were 5 upgrades (4 TRA and 1 DMT) and one new International Judge from the course. Difficulty Judging proved "difficult".

We now have **14 International Judges** in Great Britain:

TRAMPOLINE

Cat 1 – **1** Cat 2 – **6** Cat 3 – **6** Cat 4 – **1**

DOUBLE-MINI TRAMPOLINE

Cat 1 – **1** Cat 2 – **3** Cat 3 – **5**

TUMBLING

Cat 1 – **1** Cat 2 – **1**

Course Results 2005

Intercontinental Course Prague CZE: Jan/Feb

Peter Heames: **TRA – 2 DMT – 3**
Claire Thompson: **TRA – 2 DMT – 3 TUM – 2**
Mike Phillipson: **TRA – 2 DMT – 2**

International Course Gillingham GBR: May

Bruce Craig: **TRA – 3**
Kevin Dixon-Jackson: **TRA – 3**
Donna Grist: **TRA – 3 DMT – 3**
Stephen Grist: **TRA – 3 DMT – 3**
Tony Hull: **TRA – 4**
Martin Laws: **TRA – 3 DMT – 3**
Bill Leach: **TRA – 3 DMT – 3**
Bert Scales: **TRA – 2**
Elizabeth Scales: **TRA – 2**
Sally Slinger: **TRA – 2 DMT – 2**

BG Code of Points: the BG Code of Points for TRA & DMT is being re-written to include the new FIG changes and bring it closer to the FIG code. It is at the moment $\frac{3}{4}$ complete, and should be available for the Judge Seminar in October, when it will be given to clubs when they attend their regional seminars.

International Events: I have received reports on several recent international events (World Cups) from the officials who represented us there. As was informed of everybody on the FIG courses, the Chair of Judges position has been taken by the International Judges at Cat 1 or 2 rather than the FIG Technical Committee members, on a number of occasions. **Claire Thompson** has already experienced this at the World Cup in Paris and the World Games in Duisburg on TUM panels. Cat 2

judges need to be aware of this and be prepared to take on this role if selected to do so.

Competition Rule Changes cont.

1. **7 skills** with a minimum of 270° of somersault rotation.
2. Either one skill from 1) landing on either the front or back **and from this skill** one somersault with a minimum of 450° of rotation. Or one somersault with a minimum of 360° of somersault **and** 360° of twist.

Tariff Caps will be changed as follows:

Under 11 – Grade 4 - 4.0, Grade 3 - 4.5, Grade 2 – 4.5, Grade 1 – 5.5

Under 13 – Grade 4 – 4.0, Grade 3 – 4.5, Grade 2 – 5.5, Grade 1 - 8.5

Progression through Grades – competitors will be allowed to remain at Grade 4 for as long as they wish. However, all qualification scores to move from Grade 4, Grade 3 and Grade 2 will only be valid for the year of attainment, and the following year, after which, the competitor will have to re-qualify to move up a grade. All qualification scores gained in 2004 are cancelled from 1st January 2006.

World Championships – Doping

The FIG have just announced that all Doping controls in **Eindhoven NED** have proven negative.

WORLD CHAMPIONS 2006

Results were:

TRA – Men Alexander Rusakov RUS
TRA (TEAM) CHI
TRA – Ladies Irina Karaveava RUS
TRA (TEAM) CHI
TRA (SYN) – Men Vladimir Kakorko / Nikolai Kazak BLR
TRA (SYN) – Ladies Natalia Chernova / Irina Karaveava RUS
TUM – Men Jiexu Wang CHI
TUM (TEAM) CHI
TUM – Ladies Anna Korbobeynikova RUS
TUM (TEAM) RUS
DMT – Men Radostin Rachev BUL
DMT (TEAM) CAN
DMT – Ladies Silvia Saiote POR
DMT (TEAM) POR

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