



NORTHWEST GYMNASTICS ASSOCIATION

TRAMPOLINE & TUMBLING TECHNICAL COMMITTEE

COMPETITION HANDBOOK

2022

VERSION 2

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Version History

This booklet is an addendum to the rules. All existing competition rules not covered by this document remain in force until further notice. Please refer to the current British Gymnastics Code of Points for competition rules.

The NWGATTC reserves the right to make amendments to the handbook in light of changes enforced by British Gymnastics or for any other reason. Every effort will be made to communicate the changes at least 2 weeks before a regional event. Changes will be communicated through the NWGATTC website at www.nwga.org.uk, with the updated version made available to download.

All versions will be listed on this page, with reference to any amendments made.

Version	Effective from	Amendments
1	1 st December 2021	Version 1
2	2 nd January 2022	Version 2



Changes made to Document

1. Additions to the Tumbling Programme
2. Location of the 2022 Competitions added
3. Change of name, dates, and venue for Regional Final competition
4. Commu8nciation emails throughout the document



Definition of Terms

NWGA means: Northwest Gymnastics Association

NWGATTC means: Northwest Gymnastics Association Trampoline and Tumbling Technical Committee

Event means: any Regional or National competition and Championships

Organiser(s) means: the NWGATTC Competition Organiser

FIG means: Federation International de Gymnastique.

Code means: Code of Points used for the competition, from which technical information and regulations are taken from BG code of points

Championships means: Northwest Closed Championships organised by the NWGATTC

Supervising Coach(es) are those coaches submitted in the online/paper entry process and who are responsible for the gymnast(s) for the entire event. Any changes to the supervising coach(es) submitted on the Online/paper Entry System must be notified to the NWGATTC coordinator, prior to the event and in exceptional circumstances if changes are required during the event, these must be notified to the Organisers.

TRI means Trampoline Individual.

TRS means Trampoline Synchronised.

DMT means Double Mini Trampoline.

DIS means Disability Trampoline.

TUM means Tumbling.

Where no specific point is addressed in the Regulations, the current FIG Rules apply. However, the Technical Committee and its appointed officials reserve the right to define any Regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Contact Information

NW Trampoline & Tumbling Technical Committee:

Chairman:	Stephen Wood Email: cityofsalfordtc@btconnect.com
Secretary:	Emma Spurling Email: nwttcsecretary@outlook.com
Treasurer:	Cathy Page Email: cath.page@phonecoop.coop
Judging Co-ordinator (TRI, DMT):	Lynzi Mullen Email: northwestjudging@outlook.com
Judging Co-ordinator (TUM):	(Vacant) Email:
Competition Organiser (TRI, DMT):	Wendy Skelhorn Email: wendy.skelhorn@outlook.com
AOR (TRI, DMT, TUM):	Jay Schouler Email: Liverpool_trampolineing@hotmail.com
Squad Development Officer (TRI):	(Vacant) Email:
Squad Development Officer (DMT):	(Vacant) Email:
Squad Development Officer (TUM)	(Vacant) Email:
Disability Development Officer (DIS)	TBC Email:
Regional Schools Officer	TBC Email:

Introduction

This booklet contains information for all Northwest Gymnastics Association Trampoline & Tumbling Technical Committee (NWGATTTC) competitions for 2022 season. 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. The organisers accept no responsibility for entries being late or sent to the wrong place due to lack of information being passed on. The NWGATTTC will adopt any changes to the National Competition Structure as required, and so updates of this document will be circulated as necessary.

Competition dates:

Date	Event	Entry Opening Date	Entry Closing Date	Other info
5th February 2022	Regional Challenge Cup Qualifier No 1	13 th December 2021	Noon 14 th January 2022	TRI, DMT, DIS
6th February 2022	Schools Zonal Competition	See Schools Documentation	See Schools Documentation	TRI, DIS
19th & 20th March 2022	Regional Challenge Cup Qualifier No 2	7 th January 2022	Noon 18 th February 2022	TRI, DMT, DIS, TUM
14th & 15th May 2022	Regional Challenge Cup Qualifier No 3	25 th March 2022	15 th April 2022	TRI, DMT, DIS, TUM
2nd – 3rd September 2022	Trampoline and Tumbling Inter Regional Challenge Cup Finals	10 th June 2022	22 nd July 2022	TRI, DMT, DIS & TUM
8th & 9th October 2022**	Northwest Closed Championships 2022	12 th August 2022	Noon 16 th September 2022	TRI, DMT, DIS & TUM
4th December 2022***	Regional Schools Qualifier (2022)	See BSGA Handbook	See BSGA Handbook	TRI, DMT, DIS, Tariff

** See separate handbook for this event.

*** This is run by BSGA they issue handbook and entry notifications separate to this handbook.

The region will hold three events as part of the challenge Cup Series, the gymnasts will be ranked as per BG Competition structure document found at the BG website. Events will be run in individual trampolining (TRI), double-mini trampolining (DMT), Disability Trampoline and Tumbling. Levels 1-4 in accordance with the British Gymnastics Regional Challenge Cup Series. The Region will run two other competitions in 2022, these are The Northwest Closed Championships and Regional Schools competition.

Venue

Salford Gymnastic Centre
Camp Street
Salford
M7 1ZT

Telephone Number: 0161 792 5969
Email address: cityofsalfordtc@btconnect.com

Membership

- All gymnasts and clubs, who wish to compete within the Regional Competition Series, must be affiliated with the Northwest. **You must be an affiliated member before you complete the entry form for the competitions**
- It is a requirement of entry into any NWGATTC competition that every member entered (coaches, judges, and gymnasts) have paid their membership of British Gymnastics. Gymnasts **MUST** be a Silver Level Membership. Coaches and officials must be at the appropriate level of membership bronze or gold dependant on qualifications.
- Coaches must hold a valid DBS (Disclosure and Barring Service) with British Gymnastics, as well as have attended safeguarding training, Coaches maybe asked to prove they have these before being allowed onto the floor.
- All participating Gymnasts **must have Silver Membership** if they wish to attend The Regional Challenge Cup Championships.
- It is essential that coaches who are in control of the gymnasts are qualified to supervise the performance of the skills of their gymnasts. The onus is on the coach to ensure that gymnasts under their control meet all necessary BG membership requirements.
- NWGATTC reserves the right to check that these rules have been adhered to. Anyone found not to have complied with the membership and qualification rules mentioned above will be asked to leave the competition floor and the matter will be referred to the NWGATTC for further investigation.

Coach Requirements:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline/12339-lead-coach-guidance-2021-2022-7/file>

Regional Competition Entries

Entries:

- Entries must be made via the distributed Excel spreadsheet. This will be sent out to all clubs that have agreed to be contacted via the Northwest Clubs distribution list. The completed Spreadsheets must be returned to wendy.skelhorn@outlook.com before the closing dates.
- Performers may change their level of competition between each of the qualifier. Any scores previously secured will not count towards qualification if they choose to change levels.
- It is the responsibility of the Club to ensure that their gymnasts are entered into the correct competition level. By completing the entry form, the club accepts this responsibility.
- After the closing date, **NO Gymnast will be allowed to change their competition level.** As above it is very important that the clubs make sure that the entry is correct before submission.
- Please note that the competition organisers are unpaid volunteers. Whilst the competition organiser is happy to answer any queries regarding a club's entry, the answer to most questions will be found in this handbook so please check first. Note: there are no 'office hours and the organisers may not always be able to respond to a query immediately.

Entry fees:

- The entry fees for Regional Challenge Cup Qualification Series Competitions in 2022 are as follows:

➤ First discipline:	£20.00
➤ Second discipline:	£10.00
➤ Third discipline:	£10.00
- Payment should be made by bank transfer; monies must be transferred on or before the closing date. Use the NWGATTC account details found on the competition entry form using your clubs name as the reference. No cheques or cash will be accepted.
- There will be no refunds after the closing date.

Sanctions

Funds must be received within 24 hours of the closing date of the competition. In the event this does not happen the following will take place:

- If payment has not been received within the time frame above, the club will be given a £100 fine which must be paid with the entry fee in total within 7 days of the notification of the fine.
- If cleared funds including penalty payments are not received within 7 days of the notification, the club will be ineligible for the competition and all future competitions.
- The club will remain ineligible for all future competitions and all NWGATTC events until cleared funds for all outstanding fees, including penalty charges, are received.
- Any club refusing to pay the outstanding entry fees will be reported to Northwest Gymnastics Association (NWGA) and British Gymnastics as defaulting payment.

Results:

- The results from all NWGATTC competitions will be distributed by email to all clubs who have registered with the NWGATTC mailing list. Results will also, where possible, be posted on the NWGATTC website at www.nwga.org.uk.

Regional Challenge Cup Series:

- It is the responsibility of the clubs and coaches to select the appropriate entry level of competition for gymnasts.
- Gymnasts will be ranked from all three qualification events with their highest two exercise scores from one event counting. If the Gymnast fails to hit the minimum DD where one exists, then the score will not be counted. If the gymnast fails, to complete the routine required then the scores will not count.
- 'Gymnasts may change levels during the RCC series, enabling gymnasts to try one or more levels (at different competitions). If a gymnast chooses to change levels, then any previous scores will be deleted and will not count towards a place at the Regional Challenge Cup Finals in Sheffield.

Range and Conditioning:

Range and Conditioning is compulsory for the gymnast to be able eligible to enter the Regional Challenge Cup Finals. The top 5 from each age group, in each level, in each discipline will be required to complete Range and conditioning, which will take place on the day of the competition. The pass mark is required to qualify to the Regional Challenge Cup Finals in Sheffield.

The committee holds the right to change or add extra dates if it sees the necessity to do so.

School's competition

The school's competition is under the direction of the British Schools Gymnastic Association (BSGA). The 2022 competition season, the Northwest Regional round is organised by the Northwest Regional Schools Competition Organiser and supported by the NWGATTC. Please refer to www.bsga.org for more details.

Regional Competition Structure and Routine Information

Please see the link's below to BG's website where you can download all the details and Routines required for taking part in the pathway.

Trampoline:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline/12052-tra-regional-challenge-cup-series-final-2022-updated-08-06-2021/file>

Trampoline Club Competition:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline/12016-tra-club-cup-series-championships-final-16-05-2021-pdf/file>

Disability Trampoline:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline/12061-dis-tra-technical-requirements-2022-pdf/file>

Double Mini Trampoline:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline/12012-dmt-regional-competition-structure-2022-v1-1-pdf/file>

Double Mini Trampoline Club Competition:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline/12011-dmt-club-cup-series-final-16-05-2021-pdf/file>

Disability Double Mini Trampoline:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline/12062-dis-dmt-technical-requirements-2022-pdf/file>

Tumbling:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/tumbling/12022-tum-regional-series-final-16-05-2021/file>

Tumbling Club Competition:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/tumbling/12021-tum-club-cup-series-final-16-05-2021/file>

Tumbling Disabilities:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/tumbling/12063-dis-tum-technical-requirements-2022-pdf/file>

Regional Competition Procedures

Warmups:

- For individual and synchronised trampolining there will be an allotted time for a general warm up or a minimum of 4 Warmups
- Gymnasts are expected to form an orderly queue for warmups
- Gymnasts should warm up both their routines within the time allotted
- A separate one touch warm up will be taken before the first compulsory routine
- There will be no further warmup before the second routine.
- Where required, there will be one further warm-up for final routines, and a two touch will be allotted if there is more than one flight in the preliminary rounds.
- For DMT levels 1 – 4 there will be a general warm up of an allotted time. The competitors will then receive a one-touch warm up before completing the first 2 passes, there will be a further two-touch before completing the second two passes.
- Tumblers will receive a specific warmup time before competing all required passes

Competition Equipment:

- Each Panel will be equipped with Eurotramp Ultimate 4x4 or 4x4 Premium Trampolines. Double Mini Trampoline will be the Eurotramp Ultimate 6x6. The Tumble Track is a GymNova carbon fibre rob track.

Rules:

- All rules for NWGATTC competitions will be taken from the current British Gymnastics Code of Points for Trampoline, DMT and Tumbling. Any local rule changes will be stipulated with the entry information for that competition.

Coach / performer qualification:

- On arrival at the competition, the lead coach should check in their club at the check in desk where they can inform the competition organisers of any withdrawals
- Coaches signing in competitors must be qualified in the relevant discipline TRI, DMT, DIS & TUM. A gymnast who is a qualified coach may not sign themselves in.
- All gymnasts must be under the supervision of a suitably qualified coach who is a full member of British Gymnastics. Persons not designated as officials and non-BG members are not allowed on the field of play. The field of play is the area beyond the floor barriers.
- Gymnasts are only allowed to perform those moves that lie within the syllabus of the coaching level of the coach who has signed to take responsibility for that club. The coach must be on the field of play whilst the gymnasts are competing. The field of play is taken to mean the competition area. **NOT** the audience section in the same hall.
- Failure to have a suitably qualified coach present on the field of play, would mean that none of a club's gymnasts will be allowed to warm up or compete. Unless a suitably adequately qualified coach has been found and agrees to supervise, gymnasts may not participate.
- Failure to have an adequately qualified coach present may mean gymnasts will have to withdraw.

Difficulty cards:

- Difficulty cards **are required** at all levels for TRI.
- Difficulty cards **are required** for all levels for DMT.
- Difficulty cards **are required** for level 4 of TUM.
- Difficulty cards should be fully completed in FIG notation, including difficulty marks where appropriate.
- Anyone who does not submit a difficulty card when required to do so will not be able to compete until a difficulty card has been submitted. It is a requirement for a suitably qualified coach to sign difficulty cards. Gymnasts cannot sign their own difficulty card even if they are a qualified coach.
- Required skills (where applicable) must be asterisked on the difficulty card or there will be a deduction of 0.2 from each missing asterisk in the relevant routine.
- All elements that require a difficulty mark should have this written on the sheet before the card can be accepted.

Tie-break rule:

- All NWGATTC competitions will follow the tie-break rules in BG appropriate handbooks, (links are above).

Team managers:

- The team manager is responsible for the behaviour of his/her club members, coaches and parents. Any aggressive or abusive behaviour will not be tolerated from any member of a club, and may result in:
 1. The individual being dismissed from the event
 2. Withdrawal of all the associated club's gymnasts for that competition, without financial reimbursement
 3. A ban on the individual from future NWGATTC events and / or a temporary suspension of club activities within the region
 4. A formal complaint submitted to NWGA and / or British Gymnastics, followed by a formal investigation
- Northwest Photographers may be present at NWGATTC events and may publish images taken at the event. By entering the event there is acceptance that the child/participant may be photographed. The Club/Coach is advised that they should inform the entrant, parent, or guardian.
- It is the responsibility of all individuals who attend NWGATTC competitions to ensure their belongings are always kept safe at the competition venue. The NWGATTC will not accept any responsibility for loss or damage to property or persons. Team Managers are to ensure that all attendees are aware of this and to instruct their members accordingly.
- When submitting entries for a British Gymnastics event the onus is on the club, coaches, and team manager to ensure that the coaches attending to the gymnasts are qualified to the Assessment of the gymnasts' performance.

Complaint's procedure:

- If you have a complaint about any aspect of a competition it must be raised, in writing, through your club secretary as the Competitions Sub-Committee will not respond to complaints from gymnasts, coaches or parents. Please send the complaint to the Sub-Committee care of the Regional Competition Organiser. Complaints will be acknowledged within fourteen days of receipt.

Regional Competition Rules

Competition attire for gymnasts:

- In all competitions the wearing of jewellery or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped. Body piercings that cannot be removed must be taped. Bandages or support pieces must not be in colours and must be of a skin colour or white if they are around the ankles to match the foot covering.
- All attire rules can be found at the following link:
<https://www.british-gymnastics.org/docman/footer-menu-items/governance-documents/11936-clothing-attire-at-events-policy-v1-0/file>

Jewellery and body piercing:

- Please see the policy at: <https://www.british-gymnastics.org/documents/regions-and-home-countries/england/7828-bg-body-piercing-adornments-policy/file>
- This applies to all gymnasts and coaches in training and in events at home and abroad. Failure to comply with the policy will prohibit the individual gymnasts on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance with this policy.

Competition attire for judges and officials:

All judges, recorders and computer operators must wear BG uniform as below:

Men: Navy or dark coloured suit jacket / blazer / jumper, navy or dark coloured trousers (not track suit/jogging bottoms), white shirt (not T-shirt), black shoes suitable for a gymnasium floor. Judges are encouraged to wear a BG, NWGA, or dark, single colour tie to present the professional image that NWGA show at competitions.

Ladies: Navy or dark coloured blazer and/or jumper, navy or dark coloured skirt or trousers (not track suit/jogging bottoms), white blouse, black shoes suitable for a gymnasium floor.

If it is cold in the centre and you need to wear a coat or warm jacket, please try to ensure it is a dark colour.

Marshals: warm-up marshals and spotters should wear track suit or similar and trainers.

Failure to arrive in the correct attire may result in being stopped from judging and club will receive a fine of £50 payable before the next entry will be allowed.

Judges and Officials

Judging provision:

- Please note that the requirements for supplying officials for NWGATTC competitions differ from national requirements.
- The NWGATTC requires any club entering these competitions to provide officials for the full duration of the event. The minimum requirements are stated on each entry form. Clubs may offer extra officials if desired.
- The requirement for officials for DMT and synchronised trampolining differs from individual. Please see the relevant entry forms for details. Judges offered for DMT should be qualified in that discipline.
- All nominated officials must be members of British Gymnastics. Membership numbers must be quoted.
- Nominated officials should not be registered as gymnasts, as it is difficult to schedule the timetable to accommodate these people. Any gymnasts who would like to officiate whilst they are not competing should be nominated as extra officials and they will be used if possible. Alternatively, they may replace one of their club's chosen judges for half a day (with the approval of the Judging Secretary).
- New clubs without suitably qualified officials will be allowed to enter 2 events without supplying qualified officials at the discretion of the committee. It is the club's responsibility to source suitable judge courses, you can find out more about these by emailing the judge co-ordinator at: northwestjudging@outlook.com The NWGATTC cannot guarantee to have a suitable course at any given time, so candidates may need to look outside the region for courses. New clubs must, however, supply the correct number of unqualified people to match their entry as above.
- In the case of an official not showing on the day without justification or a replacement of equal and approved calibre being offered, the club will be required to pay a fine of £50 or find a replacement for each missing official. No further entries would be accepted from that club until the surcharge has been paid. The committee reserves the right to withdraw any club from the competition that does not supply their nominated official(s) on the day.
- Unqualified officials can be expected to be used as competition marshals, manual recorders or lunch assistants but please note that all officials may be used in any capacity and must appear correctly dressed. If an unqualified official is selected, it is the team manager's responsibility to ensure that the person is competent of performing the required duty. On the spot training at competitions is not an option. Failure to provide competent officials / judges will be viewed as failure to meet the competition requirements for officials / judges.
- Gymnasts listed after an empty 'official's name' box on the entry form will not be accepted. It is not acceptable for clubs to write 'A N Other' or another similar wording for an official. Please supply a name for each official that your club is required to nominate so that they can be used in an appropriate capacity.
- Clubs are notified of selected officials with their competition information. It is the responsibility of the club manager to relay this information to their selected officials.

- Reserve officials are expected to be at the competition, in the appropriate uniform, and report for duty at the required time. If the reserves are not required at the start of the event, they must be available to be called upon at any time during the competition day.
- To assist those who wish to gain experience at judging, clubs may request for any qualified judge to sit alongside a panel as a shadow judge (subject to availability of space). The shadow judge would be required to judge all routines and complete the judge attendance record sheet. The NWGATTC would recognise this as a valid competition for those wishing to progress to the next judging qualification. A shadow judge's marks would be used in the case of a judge being absent from the panel.

Selection of Officials:

To help the committee in selecting these volunteer members of the coaching team and judging team we would like you to refer to the attached document on **page 16**. This application form has been created for you to apply for a role on the: Trampoline and Tumbling Inter Regional Challenge Cup. Please note that applying does not guarantee you a place on the team. Applications will be examined by a selection committee of the Northwest Trampoline Technical committee. Applicants should show their experience, ability to organise and be able to commit to the training days as well as the competition weekend. Most importantly they should have the ability to work within a team environment, creating a happy productive environment for the gymnasts to thrive. Return application to: Salford TC @ The HUB, 50 Rigby Street, Higher Broughton, Salford, M7 4BQ or to nwttcsecretary@outlook.com by the 12th of April 2019.

Contesting a selection decision:

Once a decision has been made by the selection panel it will be given to the committee for final approval. We will publish the final selection on the website after the selected team has been informed of their acceptance onto the team: www.nwga.org.uk. This will be published by no later than the 27th of May 2022. Contesting the selection will not be accepted, but if you would like to contact the committee you may do so at the following email address: nwttcsecretary@outlook.com

Photography:

- It is no longer necessary for people to register their intention to take photos and/or videos. However, please see the BG policy at: <https://www.british-gymnastics.org/documents/departments/membership/safeguarding-compliance/safeguarding-and-protecting-children/7769-safeguarding-children-safe-environment-06-2016/file>
- Only designated photographers are allowed to take photographs or videos on the field of play.

Appendix 1.

Application to Represent the Region as an Official at the Team Regional Finals

Name: _____

Club: _____

BG Membership No: _____ Club BG No: _____

Is your club North West Affiliated: Yes / No

DBS Expiry date: _____

Position applying for: Coaching Team / Judging Team

Coaching / Judging Qualifications:

Reason for applying for this role:

What can you bring to the team?

Will you make yourself available to the two training camps: Yes / No

Signature: _____ . Date: _____

Appendix 2.

Club's judge and official Selection Form

To reduce the issue of having to have a quota of judges to competitors we would like all clubs to volunteer judges and officials to help run the competitions within the Region. We accept that within the Region we have varying sizes of clubs. We ask all clubs to supply either:

- 5 judges and 3 officials or
- 3 judges and 5 officials

It is the club's responsibility to make sure that the Judges are free on the date of the 3 Regional qualification events (dates found on page 5). If you need to change a selected judge or official, it is the club's responsibility to find a substitution and then inform the Region's Judge Coordinator 2 weeks before the closing date of the competition. Any club that does not comply with this requirement will be required to pay a fine of:

- £50 per judge
- £25 per official

This money will be used to pay for an independent judge to fill the remaining spaces.

Club Name: _____

1. Judge Name: _____ BG Number: _____

Judge Qualification: _____ Preferred Roll: _____

2. Judge Name: _____ BG Number: _____

Judge Qualification: _____ Preferred Roll: _____

3. Judge Name: _____ BG Number: _____

Judge Qualification: _____ Preferred Roll: _____

4. Judge Name: _____ BG Number: _____

Judge Qualification: _____ Preferred Roll: _____

5. Judge Name: _____ BG Number: _____

Judge Qualification: _____ Preferred Roll: _____

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1. Officials Name: _____ Preferred Roll: _____

2. Officials Name: _____ Preferred Roll: _____

3. Officials Name: _____ Preferred Roll: _____

4. Officials Name: _____ Preferred Roll: _____

5. Officials Name: _____ Preferred Roll: _____

Club Head Coach: _____

I have accepted the terms above and my club will abide by the rules as stated in the above in the Region handbook.

Signature of Head Coach: _____ Date: _____



NWGA
North West Gymnastics Association