



Domestic Competition Structure

Double-Mini Trampoline National Development Plan 2020

Trampoline National Technical Committee – Final Version 16th July 2019

NATIONAL TRAMPOLINE TECHNICAL COMMITTEE - National Competition Structure 2020

The British Gymnastics (BG) National Trampoline Technical Committee (NTTC) is responsible and accountable to BG for the development and direction of all Trampoline, Double Mini-Trampoline and Tumbling for all BG members.

Any 'Open' competitions organised under BG membership/insurance must be authorised by the NTTC.

Any regional activity providing opportunity for members of the region must be authorised by the relevant Regional Executive Committee and in consultation with the NTTC.

The competition seasons are from 1st October to 30th September.

Gymnasts and Coaches may select their competition pathway and entry level. After the appropriate level has been selected and competed at, a gymnast cannot change levels during the same competition season *(See note below with regards Regional NDP Compulsory Events).

Regions will be required to run a minimum of two sanctioned Regional NDP Compulsory Events between 1st October 2018 and 28th February 2019 that will form part of a qualification process to a Regional NDP Compulsory Final. This event must be run on or before 31st March 2019.

In the Regional NDP Compulsory Events, gymnasts should enter the age group that they will be eligible for on 1st January 2020. The Regional NDP Compulsory Events may be used as 'Test' events, which will enable gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to qualify and enter at the Regional NDP Compulsory Final.

Range and Conditioning, for all disciplines at NDP Levels 1 to 5 and FIG Development Level will form part of the qualification process and will be required at the Regional NDP Compulsory Final 2020.

Regional NDP Compulsory Events

A minimum of 2 x British Gymnastics 'sanctioned' regional competitions held between 1st October 2019 and 28th February 2020 for NDP Levels 1-5 and FIG Development Level. The purpose of these competitions is to give gymnasts the opportunity to 'try out' the appropriate entry level and to gain qualification to the Regional NDP Compulsory Final. Gymnasts may try different levels to find the appropriate level for the remainder of the season.

See National Trampoline Technical Committee information on organising and hosting any other DMT activity in the regions.

Regional NDP Compulsory Final

1 x British Gymnastics 'sanctioned' regional qualifying competition, held on or before 31st March 2020 and for NDP Levels 1-5 and FIG Development Level leading to the NDP Individual & Regional Team Final. Once a gymnast has entered a level at this event they must remain there for the remainder of the competition season.

*Regions may run 'out of age' groups (see age groups under Technical Requirements) however gymnasts competing in 'out of age' groups are not eligible to qualify for the NDP Individual & Regional Team Final or NDP Final. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians*

Notice of main changes to the National Competition Structure 2020

All gymnasts entering the NDP or FIG Pathway should refer to the membership section on the BG website for level of membership required (gymnast/gymnast membership/ BG NDP structure)

NDP DMT

- Compulsory passes changed at all NDP levels
- NDP levels condensed into 5 levels plus FIG development
- Age category change at NDP 5
- Qualification standards increased at all NDP levels
- FIG Development Level updated to include age related requirements
- Update to tie break rules for Regional Compulsory Final
- Removal of NDP Finals as a separate event. Individual NDP final incorporated into the Regional Team Final
- New event – British Synchro Championships and Club Team Competition

Further details on ALL changes can be found in the Competition Handbook and the Domestic Competition Structure Appendix for each discipline.

DMT
NDP Regional Compulsory Events and
Regional NDP Compulsory Final

NDP Levels 1 to 5

Compulsory Round 1

Compulsory Round 2

- Pass one and pass two, in both compulsory rounds must be competed in the order stated below. Failure to do so will result in a zero 'DNF' score
- Incomplete passes (or ones are different from the requirements listed below) will result in a zero 'DNF' score
- Medals for gymnasts receiving a zero 'DNF' score will be at the discretion of the Region
- A nominated panel (Member of Regional TC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

FIG Development Level

Compulsory Round 1

Optional Round 2

- Pass one and pass two, in the compulsory round must be competed in the order stated below. Failure to do so will result in a zero 'DNF' score
- The combined DD of pass three and four, (the optional round), must equal or exceed the minimum DD stated below. Failure to do so will result in a DD score for pass 4 being zero
- Incomplete passes (or ones that are different from the requirements listed below) will result in a zero 'DNF' score
- Medals for gymnasts receiving a zero 'DNF' score will be at the discretion of the Region
- A nominated panel (Member of Regional TC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

NDP Level 1-5 and FIG Development Level
Physical & Technical Requirements

RANGE & CONDITIONING	
NDP Levels 1-6, & FIG Development	
Forward Roll to Dish Shape (SL) - hold for 2 seconds	
4 x 1 Leg Alternate V Sit (2 x left & 2 x right)	
Back Support – hold for 2 seconds	
Straddle Fold – hold for 2 seconds	
Pike Fold – hold for 2 seconds	
Left Splits, Right Splits	
Back Arch – hold for 2 seconds	
Press up to Front Support – hold for 2 seconds	
Burpee to Long Stand with Arms Overhead	
Standing Shoulder Flexibility – hold for 2 seconds	
Minimum Standard to qualify to NDP Individual & Regional Team Final	70% pass mark

NDP Level 1									
Age Groups: 9-10yrs, 11-12yrs, 13+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Straddle Jump	½ Twist Jump	0.2	1	-	Tuck Jump	Front ss (T)	0.5
2	-	Tuck Jump	Full twist Jump	0.4	2	-	Pike Jump	Front ss (P)	0.6
Combined round DD				0.6	Combined round DD				1.1
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 109.7				
Minimum Standard to qualify to NDP Individual & Regional Team Final					Compulsory Round 1 & 2				
					Total score of 112.1				

NDP Level 2									
Age Groups: 9-10yrs, 11-12yrs, 13+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Tuck Jump	Barani (T)	0.7	1	-	Back ss (T)	Front ss (T)	1.0
2	-	Pike Jump	Barani (P)	0.7	2	-	½ Twist Jump	Back ss (T)	0.7
Combined round DD				1.4	Combined round DD				1.7
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 111.1				
Minimum Standard to qualify to NDP Individual & Regional Team Final					Compulsory Round 1 & 2				
					Total score of 113.5				

NDP Level 3									
Age Groups: 9-10yrs, 11-12yrs, 13+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Back ss (T)	Front ss (P)	1.1	1	Barani (T)	-	Back ss (T)	1.2
2	-	Back ss (P)	Front ss (T)	1.1	2	-	Barani (T)	Arabian Front ss (T) *	1.4
Combined round DD				2.2	Combined round DD				1.9
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 112.8				
Minimum Standard to qualify to NDP Individual & Regional Team Final					Compulsory Round 1 & 2				
					Total score of 115.2				

NDP Level 4									
Age Groups: 9-10yrs, 11-12yrs, 13+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Back ss (P)	Barani (P)	1.3	1	Barani (S)	-	Back ss (S)	1.3
2	Barani (P)-	-	Arabian Front s/s (P) *	1.4	2	-	Back ss (S)	Barani (S)	1.3
Combined round DD				2.7	Combined round DD				2.6
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 113.3				
Minimum Standard to qualify to NDP Individual & Regional Team Final					Compulsory Round 1 & 2				
					Total score of 115.7				
<p>* An Arabian Front ss is defined by the half twist being completed within the first 180° of somersault rotation. Failure to meet this requirement will result in a zero score for the pass.</p>									

NDP Level 5									
Age Groups: 13-14yrs, 15-16yrs, 17+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Back ss (S)	Rudi	1.8	1	Barani (T)	-	Double Back s/s (T)	2.7
2	Barani (S)	-	Full	1.6	2	-	Full	Barani (S)	1.6
Combined round DD				3.4	Combined round DD				4.3
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 115.7				
Minimum Standard to qualify to NDP Individual & Regional Team Final					Compulsory Round 1 & 2				
					Total score of 118.1				

FIG Development Level									
11-12 yrs									
Compulsory Round 1					Optional Round 2				
	Mount	Spotter	Dismount	DD					
1	Barani (S)	-	Back ss (S)	1.3	Gymnasts will perform 2 voluntary passes of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a DD score of zero for round 4. Passes and skills cannot be repeated from the compulsory round passes. Repeat passes or skills will result in a loss of DD for that skill or pass.				
2	Barani (T)	-	Full	1.6					
Combined round DD				2.9	Minimum combined round DD				2.9
Minimum Standard to qualify to Regional NDP Final					Compulsory Round 1 & Optional round 2				
					Total score of 113.8				
Minimum Standard to qualify to Regional Team Final					Compulsory Round 1 & 2				
					Total score of 116.2				

FIG Development Level						
13-14 yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)	-	Full	1.6	Gymnasts will perform 2 voluntary passes of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a DD score of zero for round 4. Passes and skills cannot be repeated from the compulsory round passes. Repeat passes or skills	
2	Barani (T)	-	Double Back ss (T)	2.7		
Combined round DD				4.3		
Minimum Standard to qualify to Regional NDP Final					Compulsory Round 1 & Optional round 2	
					Total score of 116.6	
Minimum Standard to qualify to NDP Individual & Regional Team Final					Compulsory Round 1 & 2	
					Total score of 119.0	

FIG Development Level						
15+ yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	Barani (S)	-	Double Back ss (P)	3.1	Gymnasts will perform 2 voluntary passes of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a DD score of zero for round 4. Passes and skills cannot be repeated from the compulsory round passes. Repeat passes or skills	
2	-	Back ss (T)	Half out (T)	2.9		
Combined round DD				6.0		
Minimum Standard to qualify to Regional NDP Final					Compulsory Round 1 & Optional round 2	
					Total score of 120.0	
Minimum Standard to qualify to NDP Individual & Regional Team Final					Compulsory Round 1 & 2	
					Total score of 122.4	

Qualification to NDP Individual & Regional Team Final

Top 2 ranked gymnasts from each region, per age group, per level, per gender will qualify to the NDP Individual & Regional Team Final, providing all passes competed are as stated above and the minimum total score is achieved.

No more than **2** gymnasts may progress to the NDP Individual & Regional Team Final. In the event of a tie for a qualification place, the following tie-break rules will be used:

- (1) The gymnast with the higher total E-score prevails
- (2) If there is still a tie, the gymnast with the higher E-score from the final two passes prevails
- (3) If there is still a tie, the gymnast with the highest 'pass score' in the range & conditioning will qualify;

DMT NDP Individual & Regional Team Final

NDP Levels 1 to 5

Compulsory Round 1

Compulsory Round 2

- Pass one and pass two, in both compulsory rounds must be competed in the order stated above. Failure to do so will result in a penalty of 3.0 by the Difficulty Judges
- 7-8 Years are not eligible for the NDP Individual & Regional Team Final
- A nominated panel (Member of TC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

FIG Development Level

Optional Round 1

Optional Round 2

There are no compulsory passes at the NDP Individual & Regional Team Final for this level. It is up to the Coach and Gymnast to create appropriate passes to maximise the total score. There is no minimum DD requirement at this competition.

All 4 optional passes must be different; any repeated element will result in a loss of DD for that element.

Competition Format at all Levels:

- FIG rules will be applied (except there will not be a top 8 final)
- 2 round cumulative score (4 passes) will determine the ranking
- A nominated panel, (Member of NTTC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

Ties will not be broken