



# Domestic Competition Structure

## Trampoline National Development Plan 2020

Trampoline National Technical Committee – Final Version 16<sup>th</sup> 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 1<sup>st</sup> October to 30<sup>th</sup> 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 1<sup>st</sup> October 2019 and 28<sup>th</sup> February 2020 that will form part of a qualification process to a Regional NDP Compulsory Final. This event must be run on or before 31<sup>st</sup> March 2020.

In the Regional NDP Compulsory Events, gymnasts should enter the age group that they will be eligible for on 1<sup>st</sup> 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.

### Changes for 2020

1. Removal of NDP Finals as a separate event.
2. Individual NDP Final is now incorporated into the Regional Team Final
3. FIG Development Level is now amalgamated at FIG Level
4. Change to routines at NDP Level 5 (due to changes at FIG level)
5. Change to age groups
6. Out of age and waiver to the Adult British Championships (see link for event details)
7. A new event has been introduced - British Club Teams and Synchronised event

**Please refer to the National Competition Handbook for further information**

## TRA NDP Physical Preparation Requirements

RANGE & CONDITIONING	
NDP Levels 1-6, All Age Groups	
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

Physical preparation is required at all NDP Levels

## TRA NDP Technical Requirements

Age Groups	CLUB Level 1	CLUB Level 2	CLUB Level 3
	<b>Compulsory x 2</b>	<b>Compulsory x 2</b>	<b>Compulsory x 2</b>
7-8yrs	Front Landing	½ Twist To Front Landing	Full Twist
9-10yrs	To Feet	To Feet	Straddle Jump
11-12yrs	Straddle Jump	Straddle Jump	½ Twist to Seat Landing
13yrs+	Seat Landing	Seat Landing	½ Twist to Feet
<i>OR as determined by Clubs or Regions</i>	To Feet	½ Twist To Seat Landing	½ Twist Jump
	½ Twist Jump	½ Twist To Feet	Pike Jump
	Tuck Jump	Tuck Jump	Back Landing
	Pike Jump	Pike Jump	½ Twist to Feet
	Back Landing	Back Landing	Tuck Jump
	To Feet	½ Twist To Feet	Front s/s (T)

NDP Level 1		
	Compulsory A	Compulsory B
7-8yrs*	Full Twist	Back s/s (T)
9-10yrs	Straddle Jump	Straddle Jump
11-12yrs	½ Twist to Seat Landing	½ Twist to Seat Landing
13-17yrs	½ Twist to Feet	½ Twist to Feet
18+yrs*	½ Twist Jump	½ Twist Jump
	Pike Jump	Pike Jump
	Back Landing	Back Landing
	½ Twist to Feet	½ Twist to Feet
	Tuck Jump	Tuck Jump
	Front s/s (T)	Front s/s (P)

\*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 2		
	Compulsory A	Compulsory B
7-8yrs*		
9-10yrs	Back s/s (T)	Back s/s (T)
11-12yrs	Straddle Jump	Straddle Jump
13-17yrs	½ Twist to Seat Landing	Barani (T)
18+yrs*	½ Twist to Feet	Tuck Jump
	½ Twist Jump	Back s/s (T) to Seat Landing
	Pike Jump	½ Twist to Feet
	Back Landing	½ Twist Jump
	½ Twist to Feet	Pike Jump
	Tuck Jump	½ Twist to Front Landing
	Front s/s (P)	To Feet

\*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 3		
	Compulsory A	Compulsory B
7-8yrs*		
9-10yrs	Back s/s (T)	Back s/s (S)
11-12yrs	Straddle Jump	Straddle Jump
13-17yrs	Barani (T)	Back s/s (T)
18+yrs*	Tuck Jump	Barani (T)
	Back s/s (T) to Seat Landing	½ Twist Jump
	½ Twist to Feet	Tuck Jump
	½ Twist Jump	Back s/s (T) to Seat Landing
	Pike Jump	½ Twist to Feet
	½ Twist to Front Landing	Pike Jump
	To Feet	Front s/s (P)

\*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 4		
	Compulsory A	Compulsory B
7-8yrs*		
9-10yrs	Back s/s (S)	Back s/s (S)
11-12yrs	Straddle Jump	Straddle Jump
13-17yrs	Back s/s (T)	Back s/s (P)
18+yrs*	Barani (T)	Barani (P)
	½ Twist Jump	½ Twist Jump
	Tuck Jump	Tuck Jump
	Back s/s (T) to Seat Landing	Barani (T)
	½ Twist to Feet	Back s/s (T)
	Pike Jump	Pike Jump
	Front s/s (P)	Front s/s (P)

\*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 5		
	Compulsory A	Compulsory B
9-10yrs		
11-12yrs	Back s/s (S)	Back s/s (S)
13-14yrs	Straddle Jump	Barani (S)
15-21yrs	Back s/s (P)	Straddle Jump
*22+yrs	Barani (P)	Back s/s (P)
	½ Twist Jump	Barani (P)
	Tuck Jump	Tuck Jump
	Barani (T)	Barani (T)
	Back s/s (T)	Back s/s (T)
	Pike Jump	¾ Front s/s (S)
	Front s/s (P)	½ twist to feet <b>OR</b> Ballout Barani (T) (no bonus)

\*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 6		
	Compulsory A	Compulsory B
11-12yrs		
13-14yrs	Back s/s (S)	¾ Back (S)
15-21yrs	Barani (S)	Cody (T)
*22+yrs	Straddle Jump	Straddle Jump
	Back s/s (P)	Barani (P)
	Barani (P)	Back s/s (S)
	Tuck Jump	Full Twisting Back s/s (S)
	Barani (T)	Barani (T)
	Back s/s (T)	Back s/s (T)
	¾ Front s/s (S)	¾ Front s/s (S)
	Ballout Barani (T)	Ballout Barani (T)

\*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

## TRA NDP Level Events

### Regional NDP Compulsory Events

A minimum of 2 x British Gymnastics 'sanctioned' regional competitions held between 1<sup>st</sup> October 2019 and 28<sup>th</sup> February 2020 for NDP Levels 1-6. 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 TRA activity in the regions.

### Regional NDP Compulsory Final

1 x British Gymnastics 'sanctioned' regional qualifying competition held on or before 31<sup>st</sup> March 2020 and for NDP Levels 1-6 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.

### NDP Individual Final & Regional Team Final

1 x British Gymnastics Final competition for NDP Levels 1-6 Individual & Regional Teams.

It is recommended that 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.

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. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.

## TRA Regional NDP Compulsory Events

A series of qualification events leading to the Regional NDP Compulsory Final. The Regional NDP Compulsory events may be used as 'Test' events, enabling gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to try and qualify for the Regional NDP Compulsory Final.

Gymnasts should enter the age group that they will be eligible for on 1<sup>st</sup> January 2020

All gymnasts at NDP Levels 1-6 will be required to perform:

- 1 x Compulsory 'A' Routine (1<sup>st</sup> routine)
- 1 x Compulsory 'B' Routine (2<sup>nd</sup> routine)
  - 2 round cumulative score will determine the ranking
  - Time of Flight **will not** be included
  - Incomplete routines (routines with fewer than 10 counting elements) and incorrect routines will result in a zero 'DNF' score

### Qualification to the Regional NDP Compulsory Final

All gymnasts who achieve a minimum standard, 2 round score of 46.0 are eligible to qualify to the Regional NDP Compulsory Final (at the appropriate level the minimum score was achieved).

### Tie Breaks

In case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both routines prevails
2. The gymnast with the higher sum of the HD-score of both routines prevails
3. If there is still a tie, the tie will not be broken.

## TRA Regional NDP Compulsory Final

A final event held in the region leading to the NDP Individual & Regional Team Final.

All gymnasts at NDP Levels 1-6 will be required to perform:

- 1 x Compulsory 'A' Routine (1<sup>st</sup> routine)
- 1 x Compulsory 'B' Routine (2<sup>nd</sup> routine)
- 1 x Range & Conditioning Routine
  - 2 round cumulative score will determine the ranking
  - Time of Flight **will not** be included
  - Incomplete routines (routines with fewer than 10 counting elements) and incorrect routines will result in a zero 'DNF' score

Range & Conditioning:

The Range & Conditioning score is not included in the ranking (other than ties) BUT a gymnast must achieve a 70% pass mark to proceed to the ranking list to be eligible to qualify for the NDP Individual & Regional Team Final (see tie break statement).

### Qualification to the NDP Individual & Regional Team Final (NDP 1 to 6)

The top **2** ranked gymnasts, per age group, per level, per gender will qualify to the NDP Individual & Regional Team Final, providing the minimum score of 48.0 and the range & conditioning pass mark of 70% have been achieved at the Regional NDP Compulsory Final.

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:

## Tie Breaks

In case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both routines prevails
2. The gymnast with the higher sum of the HD-score of both routines prevails
3. The gymnast with the higher R&C score prevails
4. If there is still a tie, the tie will not be broken

## TRA NDP Individual & Regional Team Final

An Individual and team final event.

### NDP Level 1-4

All gymnasts at NDP Levels 1-4 will be required to perform:

- 1 x Compulsory 'A' Routine (1<sup>st</sup> routine)
- 1 x Compulsory 'B' Routine (2<sup>nd</sup> routine)
  - 2 round cumulative score will determine the ranking
  - Time of Flight **will** be included

### NDP Level 5

All gymnasts at NDP 5 will be required to perform:

#### 9-10yrs

- 1 x Compulsory 'A' Routine (1<sup>st</sup> routine)
- 1 x Compulsory 'B' Routine (2<sup>nd</sup> routine)
  - 2 round cumulative score will determine the ranking
  - Time of Flight **will** be included

#### 11-12yrs, 13-14yrs 15-21yrs

- 1 x Compulsory 'B' Routine (1<sup>st</sup> Routine)
- 1 x Voluntary Routine (2<sup>nd</sup> Routine)
  - 2 round cumulative score will determine the ranking
  - Time of Flight **will** be included
    - Maximum of 1 body landing allowed (all ages groups). Performing more than 1 body landing will be deemed an interruption.
    - Difficulty will be capped at 1.0 per element for 11-12yrs, 1.1 per element for 13-14yrs, 1.3 per element for 15-21yrs
    - The performing of triple somersaults is prohibited and will result in disqualification

### NDP Level 6

All gymnasts at NDP Level 6 will be required to perform:

1 x Compulsory 'B' Routine (1<sup>st</sup> Routine)

1 x Voluntary Routine (2<sup>nd</sup> Routine)

- 2 round cumulative score will determine the ranking
- Time of Flight **will** be included
  - Maximum of 1 body landing allowed (all ages groups). Performing more than 1 body landing will be deemed an interruption.
  - Difficulty will be capped at 1.1 per element for 11-12yrs, 1.3 per element for 13-14yrs, 1.5 per element for 15-21yrs
  - The performing of triple somersaults is prohibited and will result in disqualification

Ties will not be broken at this event

A nominative Panel (member of NTTCC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during warm-up or competition) that is deemed to be unsafe at any time