
A FOREWORD FROM THE ORGANISERS

The 2019/2020 competition season represents a paradigm shift for the West Midlands Trampoline Competitions – all new venue, all new equipment & all new processes designed to improve the experience for all competitors, spectators, coaches and officials. Please pay careful attention to this handbook and the general changes noted.

We hope you enjoy this competition season and if you are interested in continuing to further the region please speak to one of the facilitation team about getting involved.

Social Media

Please encourage all members to follow our West Midlands social media channels for more information and updates around competitions and events.



Version History

Version 1.0 – Initial Document 11/07/2019

OVERVIEW OF CHANGES

Improved environmental impact –

In an effort to reduce the amount of plastic we waste we are implementing a no plastic cups or bottled water for judges & officials, instead we are encouraging officials to bring a refillable water container or thermos to use during the event as there will be water and hot drinks available for competition officials to use.

Reduced printing – results will no longer be printed, instead they will be displayed on LCD screens around the centre and available online using the new WMAGA scoring system (more information is available on the facebook page and website) – please note these are provisional until confirmed as official on the screen.

Online entry and payment process

New for 2019/2020 season we are moving to an online entry system. In preparation for the new season you will need to create a club profile, register all your competitors and your officials. Available events will then become available for selection via a drop down menu. Payments are also going online and as of October 2019 you will only be able to pay for competitions via the online entry system using a bank/credit card.

After a sustained period of no increase in entry fees, it has been necessary to increase the fees from this season. The additional monies are being used to fully support the regional team's attendance at the 2020 NDP Regional Team Finals and to raise the standard of the safety matting and trampoline equipment being provided at regional events.

Please note that you will be required to register your club with British Gymnastics and the West Midlands Amateur Gymnastics Association and all competitors on the system will require current BG membership. New for this coming season is British Gymnastics now requires all competitors entering the regional team finals in June to have Silver membership. Please keep this in mind when registering your performers with British Gymnastics.

Venue

This year we have taken the decision to move the events round the region instead of remaining in one location. We have chosen to do this in order to support clubs in terms of travelling time and costs. Our longer-term goal

is to visit more venues around the region and welcome clubs nominating centres that would serve as great venues.

New equipment

The region have secured the use of a complete competition set of Eurotramp 4mm x 4mm Ultimate trampolines, a 6mm Eurotramp double mini trampoline and 200mm matting to be used at the events. This will enable the highest quality of equipment to promote the best performances in the region. This will facilitate good development pathways and those at the peak of the sport to truly show their potential.

Events Calendar				
Competition	Date	Venue	Entry Opening Date	Entry Closing Date
Regional Team Series 1 (TRA & DMT)	19/10/2019	Perdiswell Leisure Centre	01/09/2019	14/09/2019
West Midlands Championships	20/10/2019	Perdiswell Leisure Centre	01/09/2019	14/09/2019
Regional Team Series 2 (TRA only)	08/12/2019	North Solihull Leisure Centre	21/10/2019	10/11/2019
West Midlands Schools	08/12/2019	North Solihull Leisure Centre	TBA	TBA
Regional Team Series 3 (TRA & DMT)	19/01/2020	Perdiswell Leisure Centre	09/12/2020	30/12/2020
Regional Team Qualifier (TRA & DMT)	08/03/2020	Perdiswell Leisure Centre	28/01/2020	09/02/2020

COMPETITION HANDBOOK

Eligibility

Gymnasts

Membership level must be at least Bronze, Coach or Life Members of BG in order to enter a WMTTC Event.

In normal circumstances, gymnasts should also be a member of a BG registered club. In exceptional cases, where a gymnast does not belong to a BG registered club they must contact the Events Department and request entry into the Event. If granted such gymnasts will be given the classification as being Unattached. In such circumstances the gymnasts must nominate a Supervising Coach and must also meet all other membership requirements. For all Grades competitions, gymnasts must hold current BG membership at the time of Regional Preliminaries. Anyone discovered to have been without the correct level of membership for these competitions will be disqualified.

Coaches and Officials

i. Lead Coaches

Coaches should have the appropriate qualification to sign in the gymnasts that are competing for their club.

The lead coach **must** sign their club in prior to any club member engaging in any trampoline gymnastic activity at the competition venue.

ii. Assisting Coaches

Assisting coaches must have Assistant Coach (if Level 1), Coach Membership level or be Life Members of BG before being allowed to participate in a BG Event. Coaches must also have a current safeguarding certificate. Please see Safeguarding section. Assisting Coaches cannot be responsible for the Gymnasts.

Judges

Club, County and Regional Judges' must have Judge membership or be Life Members of BG while National and Brevet Judges are required to hold National/Brevet Judge membership of BG before being allowed to officiate at a BG Event. Judges must also hold a judging award for the current cycle (Cycle 2017-2020)

Competition Entries

Entry Process

Entry to all WMTTC Regional Events are Online only. Complete instructions for submitting the entry at in appendix I. All entries must be fully submitted electronically to WMTTC by the stipulated closing date and time.

Prior to the event, an entry may only be amended by the person making the original entry.

Guests

If a gymnast wishes to compete as a guest at a WMTTC event the club/coach should contact the competition organiser in the first instance before the closing date.

Guest gymnasts will be placed on a waiting list. Following the competition closing date a decision will be made by the Technical Committee as to whether the entry can be accepted. If the entry is accepted.

Methods of Payment

Payment can be made by Debit Card or Credit Card. Payments will be required to be completed at the point of submitting an entry. Entry fees are non-refundable after the closing date.

Late Entries

Late entries will only be considered in exceptional circumstances and only up to 7 days after the closing date.

In the unlikely event of a late entry being accepted, payment of three times the normal entry fee stated for the competition will be required for individuals. Late entries must be made in writing to the WMTTC Competition Organiser and will then be referred to the committee for consideration. The Organiser and WMTTC committee will have absolute discretion whether to accept a late entry.

Withdrawals & Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Entry fees are non-refundable after the closing date.

No amendments will be accepted after the closing date (this includes corrections to spelling).

Provision of officials

A fine of £100 will be imposed for each missing official/judge (unless your club is under 2 years old and you have judges booked onto the next available judging course)

Entries will only be accepted providing enough officials/judges have been provided or the appropriate fine paid.

Officials/Judges are expected to sign in and attend a briefing 15 minutes before the start of the first general warm up. Any club who has an official not arrive may have a £100 fine per official imposed and / or risks having their next entry into a competition refused.

Switching any official through the day can only be done once and after agreement with both the competition organiser and the chair of the panel.

(Switching can only occur in-between competition categories)

Number of competitors	Number of Officials Required
1-2	No officials Required
3-8	One (must be a qualified judge)
9-14	Two (minimum of one suitably qualified judge)
15-19	Two (minimum of two suitably qualified judges)
20-24	Three (minimum of two suitably qualified judges)
25-29	Four (minimum of two suitably qualified judges)
30-34	Five (minimum 3 qualified judges)
Additional Officials Gratefully Accepted	

Clubs are reminded that they are responsible for training marshals and recorders. These are an important part of a competition and can seriously delay an event if untrained.

General Regulations

Entry to venue

All competitors, nominated coaches and nominated officials will be allowed free entry to the competition venue for the day on which they are competing, coaching or officiating.

Spectator entry fee will be applicable at each venue. A ticket will be provided which will include additional event information. Any charges will be notified in with the competition information.

Programmes will be distributed electronically in advance of the event – no physical copies will be made to reduce environmental impact.

Access to the competition floor

Access to the competition floor will be limited to the appropriate number of Coaches, non competing club members will be asked to leave the competition floor.

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

Chewing gum is not allowed

Babies and young children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children (under the age of 6) are not permitted to enter the warm up hall or field of play, even if they are being supervised by an adult.

Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at a WMTC events are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person. Medals will only be distributed at events not by post and only to the award winning gymnast, not a proxy.

For marching on and medal presentations, competitors must be in competition attire.

Tenure of Trophies

Perpetual trophies are the responsibility of the winning club. The club is responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Competition Organiser prior to the competition the following year by either;

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition organiser at least one week prior to the competition.

Failure to do this or loss of a trophy will incur a cost to the individual / club.

Video, Film and Photography

If you agree for your club to enter you into a WMTC competition, we will use your personal information to confirm you have been entered into the correct category and to enable you to participate in the event. All WMTC competitions are large events where filming and photography by WMTC accredited photographers and the media will be taking place. In some cases, the events will be videoed and/or live streamed on social media. Images taken at our events may be used by WMTC for the purposes of promotion, education and development of the sport. They may also be shared with relevant third parties organisations for journalistic/promotional purposes. The results of WMTC competitions are published on the WMTC website. Although it is not always practical to manage the content of live streamed footage, we will ensure any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the BG Photography at Gymnastics Events policy. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites.

Clubs may publish some photos but this may only be done in accordance with BG Safeguarding & Protecting Children Policy. Flash may **not** be used at any time while gymnasts are warming up or competing. If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the WMAGA appointed Welfare Officer at the event.

Competition Cards

It is the coach's responsibility to ensure that the Competition cards are completed correctly and submitted at the start of the gymnast's flight.

Where competition cards are required, they should be completed in FIG notation or written in clear english

All cards must be signed by the appropriately qualified Supervising Coach in order to be valid.

Scoring System

Swescore will be the utilised scoring system – screens and an online scores will be used at event from 2019 – it should be noted that the scores are not final until the result has been signed off by the chair of judges.

Under no circumstances will any WMTC committee member or events team accept an enquiry from a parent or competitor, in line with the inquiries section all should come from a qualified coach.

Competition Attire

Gymnasts

Gymnasts must wear the attire as described in the BG Trampoline BG Code of Points

Advertising on attire must adhere to FIG rules

Coaches

Coaches must wear a tracksuit with full length tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes.

Long hair should be braided or tied back so as not to obscure vision.

Coaches will not be allowed on the competition floor if wearing ANY jewellery.

If it is impossible to remove items of jewellery they should be taped. Exceptions are as per BG Body Piercing and Adornments policy.

Spotters

Spotters must wear the attire as described in the BG Trampoline BG Code of Points

Long hair should be braided or tied back so as not to obscure vision.

Spotter will not be allowed on the competition floor if wearing ANY jewellery.

Non-compliance may result in removal of the coach/spotter and consequently, for Health and Safety reasons, their gymnast from the competition.

Judges

Male: Navy blazer or suit, navy trousers, white shirt, BG, FIG or plain navy tie, black shoes

Female: Navy blazer or jacket, navy skirt or full length trousers, white blouse, black shoes (without heels)

Recorders, computer operators and other officials who may be working alongside the judges should dress similarly.

Inquiries

A coach may only inquire about the Difficulty Score, in accordance with the principles of the FIG Code of Points.

In addition in Trampoline, a coach may also inquire if they believe the Time of Flight score to be inaccurate. Inquiries can be made only for the Club/Region's

own Gymnasts. The Supervising Coach for the Club/Region of the competing gymnasts makes the Inquiry with the Chair of the Judges Panel. No inquiries can be made about Execution scores, or other penalties.

A verbal inquiry should be made after the publication of the score and at the very latest before the end of the group.

The TC cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the Chair of the Judges Panel for the benefit of every competitor.

Competition Apparatus

Competition apparatus will be Eurotramp Ultimate 4x4mm and 6x6mm Eurotramp Ultimate DMT

British Gymnastics matting provisions will be met at all competitions

EVENTS

Regional Team Series 1

Date: 19/10/2019

Venue: Perdiswell Leisure Centre Bilford Road, Worcester, WR3 8DX

Opening Date: 01/09/2019

Closing Date: 14/09/2019

Disciplines

- Trampoline
- Double Mini Trampoline
- Disability Trampoline

- Please refer to the British Gymnastics competition handbook and NDP competition structure for further details around competition routines & qualification. <https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline>
- The region will run out of age group (7-8) years for NDP levels 1 & 2 at the qualifiers, they can progress through to the regional team qualifier but CANNOT qualify for the regional team.
- Competitors achieving the qualifying score will be offered the opportunity to complete their range and conditioning at this competition – this score will be carried for to the regional team qualifier.

Entry Fee:

- £18.00 per gymnast for each individual discipline entered

Affiliations

- Members should hold a minimum of British Gymnastics Bronze membership
- Members should be linked with a club affiliated with the West Midlands (WMAGA)
- All clubs registering to compete must be affiliate with the West Midlands at the time of entry and at the time of the event. (Failure to do so may result in disqualification)

Code:

- BG Code of points

Regional Team Series 2

Date: 08/12/2019

Venue: North Solihull Leisure Centre, Conway Road, Birmingham, B37 5LA

Opening Date: 21/10/2019

Closing Date: 10/11/2019

Disciplines

- Trampoline
- Disability Trampoline

- Please refer to the British Gymnastics competition handbook and NDP competition structure for further details around competition routines & qualification. <https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline>
- The region will run out of age group (7-8) years for NDP levels 1 & 2 at the qualifiers, they can progress through to the regional team qualifier but CANNOT qualify for the regional team.
- Competitors achieving the qualifying score will be offered the opportunity to complete their range and conditioning at this competition – this score will be carried for to the regional team qualifier.
- This competition is part of 2020 season and therefore age groups for competitors need to be for 2020

Entry Fee:

- £18.00 per gymnast for each individual discipline entered

Affiliations

- Members should hold a minimum of British Gymnastics Bronze membership
- Members should be linked with a club affiliated with the West Midlands (WMAGA)
- All clubs registering to compete must be affiliate with the West Midlands at the time of entry and at the time of the event. (Failure to do so may result in disqualification)

Code:

- BG Code of points

Due to space constraints no DMT will be offered at this event.

Regional Team Series 3

Date: 19/01/2020

Venue: Perdiswell Leisure Centre Bilford Road, Worcester, WR3 8DX

Opening Date: 09/12/2019

Closing Date: 22/12/2019

Disciplines

- Trampoline
 - Double Mini Trampoline
 - Disability Trampoline
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- Please refer to the British Gymnastics competition handbook and NDP competition structure for further details around competition routines & qualification. <https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline>
 - The region will run out of age group (7-8) years for NDP levels 1 & 2 at the qualifiers, they can progress through to the regional team qualifier but CANNOT qualify for the regional team.
 - Competitors achieving the qualifying score will be offered the opportunity to complete their range and conditioning at this competition – this score will be carried for to the regional team qualifier.
 - This competition is part of 2020 season and therefore age groups for competitors need to be for 2020

Entry Fee:

- £18.00 per gymnast for each individual discipline entered

Affiliations

- Members should hold a minimum of British Gymnastics Bronze membership
- Members should be linked with a club affiliated with the West Midlands (WMAGA)
- All clubs registering to compete must be affiliate with the West Midlands at the time of entry and at the time of the event. (Failure to do so may result in disqualification)

Code:

- BG Code of points

Regional Team Qualifier

Date: 08/03/2020

Venue: Perdiswell Leisure Centre Bilford Road, Worcester, WR3 8DX

Opening Date: 28/01/2020

Closing Date: 09/02/2020

Disciplines

- Trampoline
 - Double Mini Trampoline
 - Disability Trampoline
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- Please refer to the British Gymnastics competition handbook and NDP competition structure for further details around competition routines & qualification. <https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline>
 - The region will run out of age group (7-8) years for NDP levels 1 & 2 at the qualifiers, they can progress through to the regional team qualifier but CANNOT qualify for the regional team.
 - Competitors achieving the qualifying score who have not already completed the range and conditioning must complete the range and conditioning routine at this competition to be eligible for the regional team.
 - This competition is part of 2020 season and therefore age groups for competitors need to be for 2020

Entry Fee:

- £18.00 per gymnast for each individual discipline entered

Affiliations

- Members should hold a minimum of British Gymnastics Bronze membership
- Members should be linked with a club affiliated with the West Midlands (WMAGA)
- All clubs registering to compete must be affiliate with the West Midlands at the time of entry and at the time of the event. (Failure to do so may result in disqualification)

Code:

- BG Code of points

West Midlands Championships

Date: 20/10/2019

Venue: Perdiswell Leisure Centre Bilford Road, Worcester, WR3 8DX

Opening Date: 01/09/2019

Closing Date: 14/09/2019

Disciplines

- Trampoline
- Synchronised Trampoline
- Double Mini Trampoline
- Disability Trampoline

Entry Fee:

- £18.00 per gymnast for each individual discipline entered
- £22.00 per synchro pair

Affiliations

- Members should hold a minimum of British Gymnastics Bronze membership
- Members should be linked with a club affiliated with the West Midlands (WMAGA)
- All clubs registering to compete must be affiliate with the West Midlands at the time of entry and at the time of the event. (Failure to do so may result in disqualification)

Code:

- BG Code of points

Competition Format

- Competition format – please see appendix II
- **PLEASE NOTE:** This competition is part of 2019 season and therefore age groups for competitors need to be for 2019

Perpetual Trophies

- Execution & HD Score Trophy
- Trampoline Club Champions Trophy
- Double Mini Trampoline Champions Trophy

The below structure is provisional until British Gymnastics release the 2020 competition structure.

West Midlands Championships Structure 2019

To make the West Midlands Championships more flexible and in-line with the NDP competition we have aligned a number of routines to each category.

The trampoline and DMT structure will be split into three different competitive groups called '**Foundation**', '**Development**' and '**Elite**'. The Foundation group is designed for those performers who participate recreationally or are new to the sport. The Development group is for those gymnasts who are competitive and have entered into the regional NDP structure. The Elite group is for those performers who compete to a high level both regionally and nationally.

Trampoline Individual:

- All categories will be required to perform
 - 1x Set Routine
 - 1x Voluntary Routine
- Cumulative score will determine the ranking
- Incomplete routines will be marked up to the point they are deemed to be interrupted.
- FIG rules will be applied in case of tie-breaks

A nominated panel (Member of WMTTC, 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.

The following perpetual trophies will be awarded:

Club Champions Trophy

In both Individual Trampoline & Double Mini Trampoline there will be a trophy award to the club with the highest score when combining:

- 3 Highest Cumulative Elite Scores (any age group / any gender)
- 3 Highest Cumulative Development Scores (any age group / any gender)
- 3 Highest Cumulative Foundation Scores (any age group / any gender)

Execution Score Trophy

The highest form score trophies will be awarded to the gymnasts on the trampoline who achieve the highest execution scores + HD scores (Individual Trampoline) or highest execution scores – penalties (Double Mini Trampoline) in both

- All under 15 categories
- All over 15 categories

Foundation,

This category is for gymnasts yet to compete in the region, or that have already competed at NDP1 or 2 during the 2019 competition season. (Previous results will be reviewed)

- Time of flight **will not** be included

Age groups: 7-8, 9-10, 11-12, 13-14 & 15+ (competitors who do not turn 7 (seven) in 2019 are not eligible to compete)

Set Routines
(Routines can be either NDP1a, NDP1b, NDP2a)

Voluntary routine maximum DD 2.5

Any skill with an individual DD value greater than 0.6 will result in disqualification

Development,

This category is for gymnasts yet to compete in the region, or that have already competed at NDP3 any age, NDP4 any age or NDP5 (over 13) or competed in national trampoline league at league 3 during the 2019 competition season. (Previous results will be reviewed)

- Time of flight **will not** be included

Age groups: 7-8, 9-10, 11-12, 13-14, 15-16 & 17+ (competitors who do not turn 7 (seven) in 2019 are not eligible to compete)

<p>Set Routines</p> <p>(Routines can be, NDP3b, NDP4a, NDP4b, NDP5a, NDP5b or a routine that meets the requirements to the right)</p>	<p>Ten different elements with:</p> <p>At least seven somersaults with a minimum of 270^o somersault rotation to include one of the following three elements:</p> <ul style="list-style-type: none"> • One element of at least 270^o of somersault rotation, landing on front or back, followed by an element of at least 450^o somersault rotation OR • A back somersault with 360^o somersault rotation and 360^o of twisting rotation OR • A front somersault with 360^o somersault rotation and 540^o of twisting rotation
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Voluntary Routine maximum DD 6.0

Under 13: **Any skill with an individual DD value greater than 0.8 will result in disqualification**

Over 13: **Any skill with an individual DD value greater than 1.0 will result in disqualification**

Elite,

This category is for gymnasts yet to compete in the region, or that have already competed at NDP5 (under 13), NDP6 any age or higher or competed in national trampoline league at league 2, 1 or super league during the 2019 competition season. (Previous results will be reviewed)

- **Time of Flight will be included in this category.**

Ages: 9-10 & 11-12

- Set: 7 skills Containing a minimum of 270° rotation, including:
 - one somersault landing on the front of the body
 - one somersault landing on the back of the body
- Vol:
No Max DD (Individual skills will be capped to 1.5)
The performing of triple somersaults is prohibited and will result in disqualification

Ages: 13-14 & 15-16

- Set: 9 skills containing a minimum of 270° rotation, including:
 - One skill landing on the front or back of the body
 - One skill in-conjunction with above from front or back containing a minimum of 540° somersault rotation.
 - One skill with 360° of somersault rotation with at least 360° of twist rotation
- Vol
No Max DD (Individual skills will be capped to 1.8)
The performing of quadruple somersaults is prohibited and will result in disqualification

Ages 17+

- 10 skills containing a minimum of 270° rotation, including
 - 2 "*" skills – for which difficulty will be added to the score
 - If either of these two elements are repeated in the second routine the difficulty will not be awarded in the second routine.
- Vol
No Max DD or individual skill cap in this category.

For all categories team medals will be awarded for 1st, 2nd and 3rd place teams in each category. Teams must consist of a minimum of three gymnasts and must be specified in advance of the competition.

Open

- 10 skills containing a minimum of 270° rotation, including
 - 4 skills for which difficulty will be added to the score
 - If either of these 4 elements are repeated in the voluntary routine the difficulty will not be awarded
- Vol: No Max DD

No maximum DD in age group.

Double Mini Trampoline

- All categories will be required to perform
 - 2x Passes
- Cumulative score will determine the ranking
- Incomplete passes will be marked up to the point they are deemed to be interrupted.
- Ties will not be broken

A nominated panel (Member of WMTTC, 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.

Foundation,

This category is for gymnasts yet to compete in the region, or that have already competed at NDP1 or 2 during the 2019 competition season. (Previous results will be reviewed)

Age groups: U11, U13, U15 15+ (competitors who do not turn 7 (seven) in 2019 are not eligible to compete)

Passes 1 & 2 must each contain one somersaulting skill and one non somersaulting skill

Development

This category is for gymnasts yet to compete in the region, or that have already competed at NDP3, 4 or 5 or competed in national trampoline league at league 3 during the 2019 competition season. (Previous results will be reviewed)

Age groups: U11, U13, U15 15+ (competitors who do not turn 7 (seven) in 2019 are not eligible to compete)

Passes 1 & 2 must contain two somersaulting skills of no more than 360°

Elite

This category is for gymnasts yet to compete in the region, or that have already competed at NDP6 or higher or competed in national trampoline league at league 2, 1 or super league during the 2019 competition season. (Previous results will be reviewed)

Age groups: U13, U15 and Open (15+) (competitors who do not turn 7 (seven) in 2019 are not eligible to compete)

Each skill in passes 1 & 2 must contain at least 360° of somersault and one of the skills in each pass must either contain either 720° of somersault rotation or 360° of twisting rotation.

There is no maximum difficulty in this category

Synchronised Trampoline

- All categories will be required to perform
 - 1x Set Routine
 - 1x Voluntary Routine
- Cumulative score will determine the ranking
- Incomplete routines will be marked up to the point they are deemed to be interrupted.
- FIG rules will be applied in case of tie-breaks

A nominated panel (Member of WMTTC, 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.

Development

This category is for gymnasts yet to compete in the region, or that have already competed at NDP3, 4 or 5 or competed in national trampoline league at league 3 during the 2019 competition season. (Previous results will be reviewed)

Age groups: Under 13, Under 15, Over 15 (competitors who do not turn 7 (seven) in 2019 are not eligible to compete)

Set Routine: NDP3a or 3b

Voluntary Routine maximum DD 6.0

Elite

This category is for gymnasts yet to compete in the region, or that have already competed at NDP5, 6 or higher or competed in national trampoline league at league 2, 1 or super league during the 2019 competition season. (Previous results will be reviewed)

- Time of flight **will not** be included

Age groups: Under 15, Over 15

- Set: 7 skills Containing a minimum of 270deg rotation, including:
 - one S/S landing on the front or the back of the body
- Vol:
No Max DD

Veterans Category

- All categories will be required to perform
 - 1x Set Routine
 - 1x Voluntary Routine
- Cumulative score will determine the ranking
- Incomplete routines will be marked up to the point they are deemed to be interrupted. FIG rules will be applied in case of tie-breaks

This category is for over 18s only – who wish to compete, if they have previously competed they must have been out of the competitive trampoline circuit (British Gymnastics or League) for more than 2 years. Shorts and T-shirts may be worn in this category.

Set Routine:

#	Skill
1	Full Turn
2	Straddle
3	Seat Landing
4	½ Turn to Seat Landing
5	½ Turn to Seat Landing
6	Pike Jump
7	Back Landing
8	½ turn to feet
9	Tuck Jump
10	½ Turn

Voluntary: Open 10 skill routine, no maximum difficulty.

West Midlands Schools

Date: 08/12/2019

Venue: North Solihull Leisure Centre, Conway Road, Birmingham, B37 5LA

Opening Date: TBA

Closing Date: TBA

Disciplines

- Trampoline
- Disability Trampoline

Entry Fee:

- £18.00 per gymnast for each individual discipline entered

Further details of the competition will be released in due course.