



'by the clubs for the clubs'



**Tracks 2000 League Handbook 2016
Trampoline and DMT**



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1-INTRODUCTION

1.1-Welcome to the Tracks 2000 League

We are pleased to announce that our 2016 League sponsors are Tracks 2000.

Tracks 2000 is a family business supplying high quality Gymnastics, Cheerleading and Martial Arts equipment including mats, DMT landing areas and tumble tracks, floors and training aids.

The Tracks 2000 League is unique UK provision in trampoline and DMT.

This is a league system run *'by the Clubs for the Clubs'*.

Current LTAD principles are at the heart of the Tracks 2000 League. This is an ability based age group system into which we have added an exciting new feature in UK trampolining i.e. prize money and we have retained a club team event.

The League may be used by anyone as an opportunity to participate in competitive trampolining as well as to gain points towards the Tracks 2000 League Final. The League does not tie you to competing in the Tracks 2000 League Final unless you choose to do so and the events may be used as 'one off' events.

There are many different age and ability level events per discipline for competitors to enter. Points will be allocated to competitors after the conclusion of the first two rounds of each Tracks 2000 League event providing the preliminary round routines/passes are completed. A competitor's best two sets of points from the four League events will be added together and up to the top 24 per age group per discipline will be invited to compete in the Tracks 2000 League Final.

Super League event medallists will receive prize money providing they complete their final round of competition.

Thank you to everyone who is working hard to make the Tracks 2000 League possible.

All other League information, plus on line entry is now accessible on the League website at www.trampolineleague.co.uk.

For all League enquiries please contact Sue Lawton or Wayne Smith at trampolineleague@gmail.com.



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2-PROVISION OF EVENTS

2.1- Tracks 2000 League Facilitation Team

The Trampoline and DMT Tracks 2000 League Facilitation Team is comprised from UK club officials with experience, knowledge and a commitment to serving the UK clubs:-

Role	Post Holder	Contact Details
Facilitators	Wayne Smith Sue Lawton	trampolineleague@gmail.com
Head of Events	Andrew Wood	awood.312@lgflmail.org
Judging Co-ordinator	Yasmin Stammers	yasmin.stammers@btinternet.com
Administrators	Nicky Allen Julie Williams	allennicky323@googlemail.com julietramp@hotmail.com
Technical	Emma Armitage Jayne Armitage Alan Chapman	armitage.1991@googlemail.com jaakga@talktalk.net alan@alanchapman.net
Handbook	Carol Hardman	carolh2004@yahoo.com
Disability Trampolining	Paul Coates	gforcetgc@gmail.com
'Project Wild'	Mark Wild	mark@wild-house.co.uk
Online Entry	Tony Fricker	tony@thefrickerfamily.com
Sports Therapy	John Danks David Bean	johndanksgsr@gmail.com davidbean1@hotmail.co.uk
Welfare Officer	Mary Neeld	Maryx1c1@googlemail.com
Awards	Karen Waddington	froggy@waddimail.freemove.co.uk
Merchandising	Janet Payne	hockeytramp@btinternet.com
Marketing	Andrew Wood	awood.312@lgflmail.org



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Location	Local Organiser/Host	Contact Details
Southern	Yasmin Stammers	yasmin.stammers@btinternet.com
Wales	Sue Williams	maestegtc@hotmail.co.uk
North	Andi Revell	info@aaasports.co.uk
North West	Stephen Wood	cityofsalfordtc@btconnect.com
Finals	TBC	

2.2-Definition of Terms

DMT- FIG notation for Double Mini Trampoline

DT- Notation for Disability Trampoline

FIG- Federation of International Gymnastics

LFT- League Facilitation Team

TMD – Time of Flight Measuring Device

ToF- Time of Flight

TRA- FIG notation for Trampoline

TRI- FIG notation for Individual Trampoline

TRS- FIG notation for Synchronised Trampoline



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2.3- Tracks 2000 League Competition Calendar 2016

Event	Closing Date	Date	Venue
League Event 1	Saturday 12 th March	Sat/Sun 2 nd /3 rd April	Fleming Park L.C. Passfield Avenue Eastleigh Hants SO50 9NL
League Event 2	Saturday 4 th June	Sat/Sun 25 th /26 th June	Sport Wales National Centre Sophia Gardens Cardiff CF11 9SW
League Event 3	Saturday 27 th August	Sat/Sun 17 th /18 th September	Temple Park South Shields Tyne & Wear NE34 8QN
League Event 4	Saturday 8 th October	Sat/Sun 29 th /30 th October	Robin Park Arena Loire Drive Newtown Wigan MN5 0UH
League Final	TBC		

2.4-Order of Performance

The organisation and order of the events will only be confirmed once entries have been received.

A start list, timetable plus the Officials list will be published on the League website and emailed to affiliated clubs at least one week before the first day of the event.

Day 1 of the competition will consist of League 3 TRI and DT events, followed by League 2 ages 17/18 and 19+ TRI events. Day 1 will also stage League 1 DMT and Super League DMT events.

Day 2 of competition will consist of League 2 ages 9 to 12, 13/14 and 15/16 plus all League 1 and Super League TRI events. Day 2 will also stage League 3 DMT followed by League 2 DMT events.

TRI, TRS and DMT will be arranged to avoid 'cross competing'.

For the purpose of maintaining a smooth and timely running of events or where the safety, security and good performance of the competitors is a concern, the LFT reserve the right to alter the grouping of competitors and/or running order of performances as may be deemed necessary by the organiser or members of the LFT.



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2.5-Allocation of Tracks 2000 League Points

League points will be allocated according to a competitor's ranking after the first two rounds of competition providing they have completed the preliminary round routines in TRI/TRS and passes in DMT.

A competitor's best two sets of points will be added together and the top ranked point holders per competition ability level, per age group, per gender will be invited to compete in the League Final.

Competitors may change ability level during the season. If they gain enough points at both levels to be invited to compete in the Tracks 2000 League Finals, they may only compete in one ability level per discipline (plus the Super League events) and will be required to choose their ability level.

Points will be allocated as shown below:

Position	Points	Position	Points
1st	100	13 th	14
2nd	75	14 th	12
3rd	60	15 th	10
4th	50	16 th	9
5th	40	17 th	8
6th	36	18 th	7
7th	32	19 th	6
8th	28	20 th	5
9th	24	21 st	4
10th	20	22 nd	3
11th	18	23 rd	2
12th	16	24 th	1

2.6-Publication of Results

At each League event the automatic scores co-ordinator will automate the results and League points which will appear in the 'results' section of the website. Results for Day 1 and Day 2 will be emailed wherever possible on the evening of the event to registered clubs by the Head of Events.

2.7-Tracks 2000 League Events

The League will offer the four disciplines listed below:-

Trampoline Individual **TRI**

Trampoline Synchronised **TRS**

Double Mini Trampoline **DMT**

Disability Trampoline **DT**



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2.7.1-Individual Trampoline, Disability Trampoline and Double Mini Trampoline

All TRI, DT and DMT League qualification events will consist of two rounds/passes followed by a final round consisting of the top 8 ranked performers from the first two rounds. Points will be awarded based on the rankings after the first two rounds providing the preliminary round routines/passes have been completed. Finals for the Individual categories will be zeroed at League events.

2.7.2-Synchronised Trampoline

All TRS League qualification events will consist of two rounds only. There will not be a final at the League events. Ranking points will be awarded on completion of the first two rounds. TRS points will only be awarded to those who complete both routines.

2.8-Tracks 2000 League Final

Those gaining the most number of points as defined above from their best two League events will be invited to compete in the League Finals. (A competitor may only compete in one ability level per discipline and only once as part of a synchronised pair in any one League event. However, a competitor may compete in both their ability level and the Super League event).

2.8.1-Individual Trampoline, Disability Trampoline and Double Mini Trampoline Events

In the League Finals the top 8 ranked competitors will progress to the final round. The final round will be one voluntary routine/2 passes where repeated elements from the first two rounds may be used with no penalty.

The total places available at the League Final will not exceed 75% of the number of unique entries per ability level/age group. Total numbers invited to compete in the Finals will be a maximum of 24 as below:-

- If the unique ability level/age group entry over the season is less than 32 then the number invited to the Finals will be 75% of the unique entry (rounded up).
- If the total number calculated using the formula above is less than 12, then the number invited to compete in the Finals will be rounded up to 12.
- If the unique ability level/age group entry over the season is 12 or less then all competitors will be invited to the Finals in order to provide a viable competition group number.
- If an ability level/age group entry over the season is 32 or more the maximum number per group invited to compete in the Finals will be 24.

There will be a separate team event for males and females in the following disciplines - TRI & DMT. Clubs do not need to nominate teams.



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The 2016 League Club Team Champions will be determined as follows:

- 1) At the League Final the club's top four competitor's two round scores taken from across the entire event/age/ability levels will be added together.
- 2) For individual trampoline categories, difficulty will be removed from the first round of those groups using the FIG A and Super League criteria before the two round scores are calculated.
- 3) Only two sets of scores may be used from one category. The remaining scores will be taken from other event/age/ability levels.
- 4) A competitor may only contribute one set of scores to the team final. The best set of scores will be automatically selected.

2.8.2-Synchronised Trampoline and Super League TRI Events

The League Final will consist of a single Voluntary Round. Total numbers invited to compete in the Finals will be a maximum of 8. The top ranked 8 competitors calculated after the final League qualification event will be invited.



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3-ELIGIBILITY

3.1-Membership

All competitors in attendance at League events are required to hold the minimum of a current BG bronze membership.

Coaches must currently hold a minimum of Gold, Joint Gold or Life Members of BG and qualified to the level of the elements being performed before being permitted to supervise at League events.

Judges must be current Bronze, Silver, Gold, Joint Gold or Life Members of BG before being permitted to officiate at a League event.

All competing clubs must be registered with BG.

British Gymnastics will check all membership eligibility on behalf of the League prior to each event.

3.2-Coach Qualifications

When submitting entries for a League event, the club and coach have a duty of care towards their competitors. They will need to assume responsibility for ensuring that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared physically, emotionally and psychologically for the event. NB competitors may be entered at any League competition ability level.

If it is found that a club is in breach of these policies the LFT reserves the right to refuse an entry on the grounds of a competitor's safety or if discovered post performance to disqualify the competitor and remove their scores, ranking and League points from the official results.

The LFT will routinely monitor coach qualification with competition levels entered. If digressions are detected these will be reported to BG Ethics and Welfare.

3.3-Safeguarding

In order to gain accreditation for the League, all coaches and judges must have both a current DBS certificate (BG specific), or Home Nation equivalent and current Safeguarding and Protecting Children Awareness training.

All competitors must have an accredited coach present on the competition floor at all times. If a competitor attends a competition without a coach they will not be allowed to compete.

3.4-Overnight Provision for Competitors

Government legislation requires that when a club takes a competitor(s) under the age of 18 years on a journey involving an overnight stay the club must ensure that there is at least one designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be BG recognised Safeguarding and Protecting Children Awareness training or Home Nation equivalent.



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3.5-Age Policy

A competitor's age is determined by the age reached in the year of the competition. The minimum age for entry to the League is 9 years old in the year of competition.

3.6-Disability Trampoline Eligibility

Disability competitions are designed to provide events for people whose disability or impairment restricts their mainstream competitive opportunities.

All competitors must have a Disability recognised by international Disability sport organisations. Disabilities definitions are laid down by WHO (World Health Organisation) and will be adhered to.

If requested proof of disability must be submitted to the Disabilities Officer on the LFT. Registration with disabilities BG will be accepted as proof.



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4-TRACKS 2000 LEAGUE AGE GROUPS

4.1-TRI League Groups

League 3

- Aged 9/10 in 2016
- Aged 11/12 in 2016
- Aged 13/14 in 2016
- Aged 15/16 in 2016
- Aged 17/18 in 2016
- Aged 19+ in 2016

League 2 and 1

- Aged 9/12 in 2016
- Aged 13/14 in 2016
- Aged 15/16 in 2016
- Aged 17/18 in 2016
- Aged 19+ in 2016

Super League

- Aged 15+ in 2016



Ages	Individual Trampoline (TRI)			
	League 3	League 2	League 1	Super League
9-10yrs (U11)	✓	✗	✗	✗
11-12yrs (U13)	✓	✗	✗	✗
9-12yrs (U13)	✗	✓	✓	✗
13-14yrs (U15)	✓	✓	✓	✗
15-16yrs (U17)	✓	✓	✓	✓
17-18yrs (U19)	✓	✓	✓	✓
19+yrs (19+)	✓	✓	✓	✓



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4.2-TRS League Groups

League 2

Aged 9-14 in 2016

Aged 15-18 in 2016

Aged 19+ in 2016

Synchronised Trampoline (TRS)			
Ages	League Youth	League Juniors	League Seniors
9-12yrs	✓	✗	✗
13-14yrs	✓	✗	✗
15-16yrs	✗	✓	✗
17-18yrs	✗	✓	✗
19+yrs	✗	✗	✓

4.3-DMT League Groups

League 1

Aged 9-14 in 2016

Aged 15-18 in 2016

Aged 19+ in 2016

League 2 and 3

Aged 9-12 in 2016

Aged 13-14 in 2016

Aged 15-16 in 2016

Aged 17-18 in 2016

Aged 19+ in 2016

Super League

Aged 15+ in 2016





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Ages	Double Mini Trampoline (DMT)			
	League 3	League 2	League 1	Super League
9-12yrs (U13)	✓	✓	✗	✗
13-14yrs (U15)	✓	✓	✗	✗
9-14yrs (U15)	✗	✗	✓	✗
15-16yrs (U17)	✓	✓	✗	✓
17-18yrs (U19)	✓	✓	✗	✓
15-18yrs (U19)	✗	✗	✓	✓
19+yrs (19+)	✓	✓	✓	✓

4.4-Disability Trampoline (DT) League Groups

DT groups are determined by Category:-

Category 1 = Learning Disability

Category 2 = Physical or Sensory Disability

Minimum Age 9 in 2016. There is no upper age limit



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5-COMPETITION ENTRIES

5.1-Entry Rules

Anyone may enter the League at any Level providing they fulfil the BG membership requirements (see Membership). No prior proof of standard is required however clubs/coaches are reminded of their duty of care to competitors when entering them and should not enter a Level that exceeds the competitor's ability.

NB There is now a tariff cap of 6.5 for League 3 competitors and 8.0 for League 2. Anyone competing with tariffs above these maximum tariff requirements will have their tariff reduced to the relevant maximum level.

Competitors may enter the League at any level providing they are able to fulfil the minimum compulsory routine/pass requirements. Competitors may move up or down a level once they have started in the League process.

There will be age group events in all disciplines plus Super League events in TRI and DMT.

Competitors aged 15+ may enter their age group plus the Super League providing they can fulfil the Super League requirements.

5.2-Entry Process

Entry to all League events must be made online. The 2016 online entry process opens in February 2016. Please note that the closing dates will be strictly adhered to. The LFT reserves the right to refuse entries once numbers exceed the maximum per discipline.

There will be competitions for both genders in all age groups, ability levels and disciplines.

Competitors may only enter in one TRS age event but pairings may be from different clubs. TRS pairings from different age groups must compete in the age group of the older partner.

All entries must be received electronically before or by the closing date at 24:00.

5.3-Entry Levels

There will be four League ability entry levels:-

- League 3** - TRI, DMT, DT
- League 2** - TRI, TRS, DMT
- League 1** - TRI, DMT
- Super League** - TRI, DMT





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5.4-Recommended Entry Levels

You may enter your competitors in any ability level of choice. You have a duty of care to enter your competitors in an ability level that is appropriate for their level of physical, psychological and emotional maturity and to ensure that they can execute the elements/routines required to enter.

In order to assist you with your decision please note the following recommended transfer levels from the 2013 and NDP 2016 national competition requirements:-

League Level 3 requirements are closely aligned to Regional D/NDP 5

League Level 2 requirements are closely aligned to National C/NDP 6

League Level 1 is the equivalent of FIG B (9 to 18) and FIG A (19+)

The Super League level has League specific requirements. Please take care when entering this Level that your competitor is proficient and comfortable to compete at this level. For those concentrating on training the WAGC routines in the BG NDP structure the transfer levels may be made with no change to WAGC routines as follows:-

Level	Routine Equivalent
League 3	FIG WAGC Development Routine 9-10yrs
League 3	FIG WAGC 11-12yrs/NDP5 (compulsory 2)
League 2	FIG WAGC 13-14yrs/NDP6 (compulsory 2)
League 2	FIG WAGC 15-16yrs/NDP6/7
League 1	FIG WAGC 17-18yrs

5.5-Entry Fees

5.5.1-League Events

The discounted costs shown below only apply to multiple events entered in the same League qualification event. For example a competitor will pay £44 if entering TRI age group, TRI Super League and DMT age group all in the same event.

Entry into 1 individual event **£18.00**

Entry into 2 individual events **£32.00**

Entry into 3 or more individual events **£44.00**

TRS is charged independently of the above structure. Entry into TRS is **£20.00** per pair



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5.5.2-League Final

Entry into Super League TRI only **£13.00**

If entering into individual finals events **plus** TRI Super League there is an addition of £13.00 to the entry fee, e.g. Entry into one individual event plus TRI Super League will be £39.00

Entry into 1 individual event **£26.00**

Entry into 2 individual events **£46.00**

Entry into 3 individual events **£60.00**

Entry into 4 individual events **£70.00**

TRS is charged independently of the above structure. Entry into TRS is **£20.00** per pair

5.6-Methods of Payment

Payment will be processed at the same time of submitting entry. Payment can be made via credit/debit card or bank transfers. Entry fees are non-refundable after the closing date. Please note cheque payments are no longer accepted.

5.7-Late Entries

Late entries will not be accepted.

5.8-Withdrawals and Substitutions

Changes to entry before each closing date may be made online.

Withdrawals made *prior* to the closing date will not incur a penalty and the entry fee will be refunded to the Club.

Substitutions may be made in the TRI, DMT and DT events. The substitution must be made prior to the start of general warm up. You may only substitute a competitor from the same club into the same ability level, same age and gender group as the competitor you have withdrawn. A substitute if not already entered in the event must show a current 2016 BG membership card prior to being placed on the start list. DT substitutes must also provide credentials supporting their eligibility for the DT category i.e. a valid DGCC (Disability Gymnastics Classification Certificate).

Substitutions are also permitted in the Synchronised Trampoline category. The competitor(s) being substituted into the event must either-

- be already entered into the event or
- be able to show a current 2016 BG membership card

As entry to the League Finals is by invitation only, no substitutions may be made by clubs for competitors invited to compete in the Finals.

5.9-Change of Club

Any change of club affiliation must be notified to the Online Entry Officer. If a competitor transfers to another club after an entry has been made they may not necessarily have their new club name listed in event information i.e. the programme and competition start list.



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Please note that any change of club request must be fully supported by both clubs involved. The club who created the entry has the ability to make changes, withdrawals and substitutions to their entry irrespective of any change of club requests.

5.10-Permission to Enter

The LFT reserve the right to refuse entry to any competitor or club deemed not to be acting in the best interests of the League, or to any club deemed to be abusing the flexible level entry facility, i.e. if a competitor is deemed to be entered at a level above their ability.

5.11-Requirement for Officials

The success of events will be dependent on the provision of suitably qualified and experienced Officials. All Officials will work at events in a voluntary capacity.

5.12-Numbers of Officials per Entry

Number of Competitor Entries	Number of Officials Required
1-2	Zero (but will be gratefully accepted)
3-5	One suitably qualified judge
6-9	Two (minimum of one suitably qualified judge)
10-14	Three (minimum of two suitably qualified judges)
15-19	Four (minimum of two suitably qualified judges)
19+	Requirements continue at same ratio as outlined above with at least half of the officials being suitably qualified judges

For all League events clubs must supply enough officials to cover the total number of TRI, TRS, DMT, and DT entries. This requirement is discipline specific, i.e. if a club enters 3 DMT competitors, a DMT Judge should be nominated.

The total number of officials required is calculated on the combined entry size of TRS, TRI, DMT entries. The online system will not allow an entry to be submitted without the correct number of judges and volunteer officials.

Clubs are required to inform their officials of their nomination to each League event and are required to provide email addresses for all officials nominated with their online entry.

All Officials must be nominated prior to the closing date but may be substituted at the events for those with equivalent qualifications/experience. Substitutes must report to the Judging Co-ordinator (or representative) and show a current 2016 BG membership card prior to being permitted to officiate.



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If clubs do not provide the requisite number of appropriately qualified/experienced officials on competition day the club may be reduced to 'Guest' status for the event. Guest status will result in competitors from the club concerned not receiving medals, League points or prize money.

If prior to the event the Judging Co-ordinator is informed that a club is unable to provide the nominated officials as specified then the club entry will be removed and the entry fee returned.

5.13-Officials Status and Training

Officials include trained competition marshals, computer operators and manual recorders. All Judges (and reserves) must be qualified and for League 2, League 1 and Super League events Judges should be County Judge level or above.

Officials must stay officiating at the competition until the groups for which they have been appointed have concluded.

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.



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6-DISCIPLINE SPECIFIC TECHNICAL INFORMATION

6.1-Tracks 2000 League Event Rules

FIG rules will apply to all events with the exception of the Super League events, DT and DMT events. These categories will follow FIG competition rules with the exception of the enhanced or altered criterion as specified in this document.

FIG competition rules will apply to all DMT events with the following exception - DMT League events stipulate that a pass will only be considered complete if the competitor lands on their feet and stays on their feet until a controlled presentation has been made to the judging panel. Any competitor who fails to stay on their feet will have been deemed to have not completed their second element and will be marked from 1.

NB The above ruling does not affect any other landing/end deductions that apply to a competitor's pass and these should be deducted as appropriate.

6.2-Individual Trampoline

6.2.1-League 3

Ten different elements with -

At least seven somersaults with a minimum of 270° somersault rotation to include one of the following three elements:-

One element of at least 270° of somersault rotation, landing on front or back, followed by an element of at least 450° somersault rotation

OR

A back somersault with 360° somersault rotation and 360° of twisting rotation

OR

A front somersault with 360° somersault rotation and 540° of twisting rotation

6.2.2-League 2

Ten different elements with at least nine somersaults with a minimum of 270° somersault rotation to include -

At least one somersault of least 270° somersault rotation landing on front or back, followed by an element of at least 450° somersault rotation.

Plus one of the following -

A back somersault with 360° somersault rotation and 360° of twisting rotation

OR

A front somersault with 360° somersault rotation 540° of twisting rotation

OR

A somersault with 720° of somersault rotation



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6.2.3-League 1 Junior

Relating to the 9-12yrs, 13-14yrs, 15-16yrs, 17-18yrs age groups (FIG B)

Ten different elements with at least nine somersaults with a minimum of 270° somersault rotation to include -

At least one somersault of least 270° somersault rotation landing on front or back, followed by an element of at least 450° somersault rotation.

Plus

At least one somersault with a minimum of 720° somersault rotation

Plus

At least one element with a minimum of 360° somersault rotation and 540° twisting rotation

These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

6.2.4-League 1 Senior

Relating to the 19+yrs age group (FIG A)

Ten different elements with at least 270° somersault rotation with the following restrictions;

Two elements, marked with an asterisk (*) on the competition card, will have difficulty ratings.

The difficulty will be added to the execution score to give the total score for the first routine

Neither of these two elements should be repeated in the second routine of the qualifying round. In the event they are repeated the difficulty will not be counted.

6.2.5-Super League (15+)

Ten different elements with at least 270° somersault rotation with the following restrictions;



1. Two elements (one of which must have a minimum of 720° of somersault rotation), marked with an asterisk (*) on the competition card, will have difficulty ratings.

2. The difficulty will be added to the execution score to give the total score for the first routine

3. Neither of these two elements should be repeated in the second routine of the qualifying round. In the event they are repeated the difficulty will not be counted.

4. The voluntary routine must contain three elements with a minimum of 720° of somersault rotation none of which may have been used as an * element in the first routine. If any * element of 720° from the first routine is repeated in the second routine there will be an additional penalty of 1.0pts.



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6.3-Trampoline Synchronised Technical Requirements

Aged 9 to 14yrs – League 2 TRI minimum requirements

Aged 15 to 18yrs –League 2 TRI minimum requirement

Aged 19+ - League 2 TRI minimum requirement

6.4-Double Mini Trampoline Technical Requirements

6.4.1-DMT League 3

Min/Max DD: Competitors may not repeat elements in the same phase of a pass in order to satisfy criteria. Failure to meet eligibility criteria in a pass/round will result in 0.5 points deduction from each execution judge.

1. Each element must contain a minimum of 360° of somersault rotation.
2. Each pass must contain an element with a minimum of 180° of twisting rotations
3. The preliminary round must contain:-
 - A forward rotating element in either the mount or spotter positionAND
 - An element with a minimum of 360° of twisting rotation

6.4.2-DMT League 2

Min/Max DD: Competitors may not repeat elements in the same phase of a pass in order to satisfy criteria. Failure to meet eligibility criteria in a pass/round will result in 0.5 points deduction from each execution judge.

1. Each element must contain a minimum of 360° of somersault rotation.
2. Each pass must contain:-
 - An element with a minimum of 720° of somersault rotationOR
 - An forward rotating element with a minimum of 540° of twisting rotationOR
 - An backward rotating element with a minimum of 360° of twisting rotation
3. The first round must contain a forward rotating element with a minimum of 360° of somersault rotation and a minimum of 180° twisting rotation in either the mount or spotter position
4. The first round must contain two of the three aforementioned skills. The requirements cannot be combined in a single skill.



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6.4.3-DMT League 1

Min/Max DD: Competitors may not repeat elements in the same phase of a pass in order to satisfy criteria. Failure to meet eligibility criteria in a pass/round will result in 0.5 points deduction from each execution judge.

1. Each element must contain a minimum of 360° of somersault rotation.
2. Each pass must contain:-
 - An element with a minimum of 720° of somersault rotationOR
 - An element with a minimum of 540° of twisting rotation
3. Each round must contain an element with a minimum of 720° of somersault rotation.

6.4.4-DMT Super League (15+)

Min/Max DD: Competitors may not repeat elements in the same phase of a pass in order to satisfy criteria. Failure to meet eligibility criteria in a pass/round will result in 0.5 points deduction from each execution judge.



1. Each element must contain a minimum of 360° of somersault rotation.
2. Each pass must contain at least one element of 720° of somersault rotation
3. Each round must contain a pass with at least two elements containing a minimum of 720° of somersault rotation

6.5-Disability Trampoline Technical Requirements

DT Category 1 - Learning Disability

DT Category 2 - Physical or Sensory Disability

Each category will be competing separately with the following groups:-

Cat 1 Male

Cat 1 Female

Cat 2 Male

Cat 2 Female

All other League rules apply unless stated below:-



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6.5.1-Disability Trampoline Routine 1

Competitors must compete with a 10 contact routine to include a minimum of:-

360° of twist

Plus

Two separate body landings, both with 180° twist either into or from the element.

Elements and shapes cannot be repeated.

A somersault may be used to replace either or both of the body landing requirements.

Two elements of Routine 1 will be starred (*) on the tariff sheet and will count toward difficulty marks. These starred elements should not be repeated in Routine 2.

6.5.2-Disability Trampoline Routine 2

Competitors must compete with a 10 contact routine.

Repeated starred elements from Routine 1 will not be credited with tariff.

Repeated elements executed within Routine 2 will not be credited with tariff.

The minimum tariff for Routine 2 is 1.0pt. Competitors failing to achieve 1.0pt will be ineligible to achieve league ranking points.

There is no tariff maximum.

6.5.3 – Disability Trampoline Final Round

Competitors will compete with a 10 contact routine of choice. There is no tariff maximum.

6.6-Awards

Medals will be awarded to the top three competitors for each gender in each age category in each ability level.

6.7- Super League Events Prize Money

Super League winners at each event will be eligible for prize money as outlined below providing the final round routine/passes are completed.



6.7.1-Super League Event

TRI and DMT

1st Place - £140

2nd Place - £70

3rd Place - £35

6.7.2-Super League Final

TRI and DMT

1st Place - £300

2nd Place - £150

3rd Place - £75



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7-GENERAL REGULATIONS

7.1-Entry to the 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. Any charges will be notified in with the competition information. Programmes will be available for sale on the day of the event.

For the League Final event discounted spectator tickets will be available at a discounted rate up to one week before the event. Details will be published on the website.

7.2-Registration

A suitably qualified coach must take responsibility for the competitor(s) from their club at each League event and sign a declaration at the check in desk situated in the competition venue. There is no longer any requirement to provide coach information on each difficulty card.

7.3-Difficulty Cards

Difficulty cards may be downloaded from the League website or copied from the handbook. See Appendices 1, 2 and 3. All difficulty cards must be submitted to a Difficulty Judge on the correct panel no later than the start of the warm up.

All difficulty cards should be completed in English or FIG notation. Where the card should be marked with asterisks to indicate required elements in first routines this must be done by the competitor or coach before the card is handed in. Likewise, all elements that require a difficulty mark should be identified before the card can be accepted. In order to validate all difficulty cards, a suitably qualified coach must sign a declaration at the check in desk on the point of arrival. Failure to do so will invalidate all results.

The LFT will routinely monitor coach qualification with competition levels entered. If digressions are detected these will be reported to BG Ethics and Welfare. All difficulty cards will be required to be submitted prior to the League Finals. This date will be provided in advance of the championships.

7.4-Competition Attire

7.4.1-Competitors

Dress is in accordance with the current FIG regulations for male/female competitors.

7.4.2-Coaches

Coaches should dress appropriately in tracksuit or equivalent club attire and training shoes.

7.4.3-Judges and Officials

Judges should wear navy or black blazer, white shirt or blouse, navy or black trousers/skirt and black shoes. Heels are not permitted in the competition halls.



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Warm up and competition marshals should wear tracksuit or equivalent club attire and training shoes.

Recorders should wear white top, navy or black trousers/skirt and navy or black jacket or fleece.

Jewellery and body piercings are not allowed. Coaches will not be allowed on the competition floor if wearing jewellery (ear studs and wedding rings are permitted).

Chewing gum is not allowed.

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

7.5-Competition Apparatus

FIG approved Gymaid Eurotramp Ultimate trampolines with 4x4mm webbed beds will be used for all League events. Trampolines will be pushed together for competition.

FIG approved Gymaid Eurotramp Double Mini Trampolines with 6mm webbed beds will be used for all League events.

Tracks 2000 DMT landing area will be provided for the DMT event at all League events.

Tracks 2000 20cm floor safety matting manufactured to FIG specification will be used at all League events.

Time of Flight machines are provided by Air Time and back up provision will be used.

7.6-Sports Therapy Provision

Anyone requiring First Aid assistance should speak to either the appointed Floor Manager or the Event Host. It is recommended that all coaches have a first aid kit with them for minor injuries. At all League events a small official Sports Therapy team will be appointed and will be available to treat competitors who sustain minor injury at the event.

Any injury occurring during the official training or competition must be reported to the Event Host.

7.7-Welfare Officer

A Welfare Officer will be nominated for all League events. Their name and contact details will be displayed in the competition information.

7.8-Medal Ceremonies

Competitors who win a medal at a League event 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.



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7.9-Perpetual Trophies

Perpetual trophies will be awarded at the League Final. The winning club is responsible for the inscription of it as well as safekeeping and maintenance and cleaning. The club must return it/them to the League Final event host prior to the competition the following year.

There will be Perpetual Trophies presented in 2016 for the following events:-

Award	First Awarded	Current Winner	Description
Gymaid Mens Super League Individual Trampoline Champion	2014 2015	Thomas Leakey (EDG) Joshua Newman (JUM)	Awarded to the winner of the League Final
Gymaid Ladies Super League Individual Trampoline Champion	2014 2015	Jessica Hughes (EDG) Victoria Wynne (JUM)	Awarded to the winner of the League Final
Gymaid Mens Super League Synchronised Trampoline Champion	2014 2015	S.Carroll/P.Walsh (PRO) L.Bennett/J.Newman (JUM)	Awarded to the winners of the League Final
Gymaid Ladies Super League Individual Trampoline Champion	2014 2015	V. Bramble/E.Mulcahy (EDG) V. Wynne/N.Woodall (JUM)	Awarded to the winners of the League Final
Gymaid Mens Super League Double Mini Trampoline Champion	2014 2015	Peter Walsh (PRO) Daniel Berridge (HofE) & Leo Westbrook (PRO)	Awarded to the winner of the League Final
Gymaid Ladies Super League Double Mini Trampoline Champion	2014 2015	G.Osborne (EDG) & S.Sharp (WHR) Emily Davitt (EDG)	Awarded to the winner of the League Final
The League Individual Trampoline Team Trophy	2014 2015	Edgbarrow Edgbarrow	Awarded to the top ranked trampoline team
The League Double Mini Trampoline Team Trophy	2014 2015	Propulsion Propulsion	Awarded to the top ranked double mini team
The Newman Memorial Form Trophy	2014 2015	Anthony Ottley (SKY) Anthony Ottley (SKY)	Awarded to the individual with the best execution at the league final
The Maureen Sheehan Memorial Male Time of Flight Trophy	2015	Kameron Reid (EDG)	Awarded to the male with the largest time of flight
The Maureen Sheehan Memorial Female Time of Flight Trophy	2015	Trevyn Holland (MOA)	Awarded to the female with the largest time of flight
League Appreciation Award	2015	Yasmin Stammers	Award nominated by the League Facilitation Team for commitment to the League

7.10-Video, Film and Photography

Accredited photographers may be present at League events and will be made known to the audience. By entering the event there is an acceptance that the participant may be photographed and the League may publish the photograph.

Any person wishing to use video, film or take photographs may do so for personal use only. Unless specifically accredited to do so you may not take photos for sale, other commercial use or for publication in printed or electronic form, such as on websites. Clubs may publish some photos but this may only be done in accordance with the BG Child Protection Policy.

Flash may not be used at any time whilst competitors are warming up or competing. Video lights should also be turned off.



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If there are concerns about the identity or actions of any photographer, or if it is believed that any unsuitable photos are being taken, concerns should be reported to the League Event appointed Welfare Officer.

7.11-Complaints Procedure

Complaints about any aspect of the League event system must be raised in writing by the Head Coach or the Club Secretary. The LFC will not respond to complaints from competitors or parents. Please email your complaint to the Head of Events and the League Facilitators at trampolineleague@gmail.com. Your complaint will be responded to within 14 days of receipt.



'by the clubs, for the clubs'

Appendices



APPENDIX 1

The League – Trampoline Difficulty Card

Name:	Group:	Flight:
Club:	No:	Panel:

Compulsory					
	Routine	S	*	Adjustment	Diff
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Total					

Voluntary				
	Routine	S	Adjustments	Diff
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
Total				

Super League and 19+ League 1 competitors **must** * the moves they wish to gain difficulty for in their compulsory routine. Failure to * the moves will result in no difficulty being awarded.

League 1 Age Groups, League 2 and League 3 competitors **must** * all the required elements in their compulsory routine. Failure to do so will result in a 1.0 point deduction from every judge for every incorrect or missing *.

Routines must be completed either in English or FIG terminology.

Please Note
 It is the responsibility of the competitor to ensure that the routines are correct with correctly defined shapes. Failure to do so may result in the routine being terminated early.

There is no longer a need to sign individual difficulty cards. When you sign in at the door, you are taking responsibility for every member within your club for a given discipline. Please ensure that all competitors do not perform moves above your qualification.

Final				
	Routine	S	Adjustments	Diff
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
Total				



APPENDIX 2

The League – Double Mini Trampoline Difficulty Card

NAME:
CLUB:

GROUP:
PANEL:

GRADE:
NO:

	MOUNT	DD	SPOTTER	DD	DISMOUNT	DD	TOTAL DD
PASS 1							

PRELIMINARY PASSES

PASS 2							

	MOUNT	DD	SPOTTER	DD	DISMOUNT	DD	TOTAL DD
PASS 3							

FINAL PASSES

PASS 4							

There is no longer a need to sign individual difficulty cards. When you sign in at the door, you are taking responsibility for every member within your club for a given discipline. Please ensure that all competitors do not perform moves above your qualification.



APPENDIX 3

The League – Synchronised Trampoline Difficulty Card

Partner 1 Name:	Group:
Partner 1 Club:	Panel:
Partner 2 Name:	Flight:
Partner 2 Club:	No:

Compulsory

	Routine	S	*	Adjustment	Diff
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Total					

Voluntary

	Routine	S	Adjustments	Diff
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
Total				



Super league competitors **must** * the moves they wish to gain difficulty for in their compulsory routine. Failure to * the moves will result in no difficulty being awarded.

Synchronised Trampoline Age Group competitors **must** * all the required elements in their compulsory routine. Failure to do so will result in a 1.0 point deduction from every judge for every incorrect or missing *.

Routines must be completed either in English or FIG terminology.

Please Note

It is the responsibility of the competitor to ensure that the routines are correct with correctly defined shapes. Failure to do so may result in the routine being terminated early.

There is no longer a need to sign individual difficulty cards. When you sign in at the door, you are taking responsibility for every member within your club for a given discipline. Please ensure that all competitors do not perform moves above your qualification.



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Appendix 4 – Time of Flight Protocols

Time of Flight Measure Device - TMD

ToF Score (T Score) Protocol

The T Score will be determined by the measurement retrieved via the TMD. In the event of this not being achieved the following back up protocols will be adopted.

ToF Back Protocol – Step One

In the first instance, the T Score will be determined using the TMD's recommended T Score retrieval software – vTimer.

ToF Back Protocol – Step Two

In the event of the routine being missed on both the TMD and capturing software, the competitor will be authorised another attempt/s. The authorisation will be granted on the basis of 'faulty equipment'. In this scenario the original E and D score will remain the same. The attempt/s will be judged **only** by the ToF Judge and routine verified by the D judges. Should this happen, the following regulations will be applied:

- 1) The chair of Judges will negotiate only with the competitor's Coach for the most opportune moment for him/her to have their second attempt/s (this must be completed within the time scale permitted as outlined in the event timetable).
- 2) The 2nd attempt/s will be judged only by the ToF Judge. The original E and D score will remain operative.
- 3) The competitor must compete with the exact same routine as the one in which their T score was missed.

In the event the competitor fails to complete their routine after an agreed amount of attempts the T Score will be calculated based on their previous scores.

ToF Back-Up Protocol - 3 – (Previous Scores)

In the event of the competitor failing to complete their attempts the T Score will be based on the T Score from the last (or previous) qualification event(s). However the routine would have needed to be the same. Should this not be possible, this protocol will not be used and Number 4 will become operative.

ToF Back-Up Protocol - 4 – (Final Resort – Calculations)

In the event of the gymnast not competing previously or performing different routine, the T Score will be calculated in conjunction with the T Score's ranking averages of the respected tier group.



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Appendix 5 – Anti-Doping Policy

League Anti-Doping Policy

In accordance with Olympic principles the LFC condemn the use of performance enhancing drugs and promotes a drugs free League system. In addition the Chair of the panel reserves the right to refuse competition entry to anyone who is obviously under the influence of legal/illegal recreational drug use at the event.

Checking Medication

If you have any concern or are unsure whether a medication is a restricted or banned substance please refer to the following:-

Competitors can search particular brands of medications for specific ingredients. The database is accessible via UKAD website, or directly www.globaldro.com. Competitors, Coaches and support personnel are also reminded that there are other ways to check the status of medications by using either the Drug Enquiry Line on +44 (0) 800 528 0004 or by emailing information@ukad.org.uk or visit www.ukad.org.uk

Supplements

Diet, lifestyle and training should all be optimised before considering supplementation. Coaches and competitors should assess the need for supplementation and consult with an accredited sports dietician and/or registered nutritionist with expertise in sports nutrition, or doctor experienced in sports and exercise medicine before taking using supplements. Scientific evidence continues to suggest that supplements can become contaminated with restricted or banned substances during their production.

Informed Sport is an official website that provides some information on products which fall into the category of supplementation, but may have been previously tested for integrity: <http://www.informed-sport.com/about-informed-sport>.