
A FOREWORD FROM THE ORGANISERS:

Welcome to Jump for City of Sport Trampoline and Double Mini Trampoline. This invitational competition has been arranged by Central Galaxy Coventry Trampoline Club to celebrate Coventry's selection as European city of sport and has been designed to showcase the pathway from beginners to elite giving an opportunity for all to compete. To leave a legacy of sport we are giving each competitor a free T-shirt and incorporating a club team element to the competition.

We are also using this competition as an opportunity to pilot several eco schemes to help reduce the impact we have on the environment in facilitating these events – more details will follow.

We thoroughly hope you come and join us and celebrate sport on the 24th November at the new Warwick University Sports Hub.

Social Media

Please join our event on Facebook "Jump for City of Sport 2019" and follow us on Twitter @CentralGalaxyTC for more event information in the build up to the event



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The Alan Higgs Sports Centre,
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DOCUMENT HISTORY

1. Version 1: Initial Document (28/05/2019)



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COMPETITION HANDBOOK

Eligibility

Gymnasts

Membership level must be at least Bronze, Coach or Life Members of BG in order to enter Jump for City of Sport event.

Coaches and Officials

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 and collect the competitors' wristbands

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 this event.

Entry Process

Entry to this event can be made by returning the entry form to info@centralgalaxycoventrytc.co.uk (the entry form will be circulated in August). These must be fully complete, and payment made prior to the closing date of the competition for entries to be considered official. Entry places are limited to 650 Trampoline entries and 150 DMT entries and will be made on a first come first serve basis.

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

Methods of Payment BACs payment or cheque. Cheques payment however may slow the entry process (or render an entry invalid if payment not received in time). Payments should be received by the organising committee upon submission of an entry. Entry fees



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are non-refundable after the closing date. Bank account details / cheque information can be found on the entry form.

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 – the correct number of officials must be provided in line with the entry form for an entry to be accepted. Cost of Entry:

- £10 for 5 Bounce Competitors
- £16 for the first discipline, £10 for the second for all other individual categories

Entries will be capped on trampoline to 650 and on DMT 150 and done on a first come first serve basis.

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. This will be shown by a wristband to be distributed by lead coach of each participating club who must collect their club pack on arrival to the competition

Spectator entry fee will be applicable at the venue. Any charges will be notified in with the competition information. Programmes will be available for sale on the day of the event.

- Adults £3
- Children (Under 16) £1.50
- Toddlers (Under 4) Free
- Programmes £2.50

Access to the competition floor

Access to the competition floor will be limited to the appropriate number of Coaches and Chaperones (where applicable) as defined in the specific details section for each Event and competitors in that flight.

Non-competing members / spectators will be asked to leave the competition floor.

Clubs with excessive amounts of coaches /chaperones on the competition floor will have some of their coaches/chaperones asked to leave.



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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

JUDGES AND OFFICIALS PLEASE NOTE: No bottles of water to reduce our environmental footprint will be provided, a water butt will be available for you to fill your own. Judges and officials will be provided with lunch

Please also endeavour to bring your own coffee/tea mug – there will be facilities to make your own however we will not provide cups again to reduce our environmental footprint.

Medal Ceremonies & Fly By

Except in exceptional circumstances, gymnasts who win a medal are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony to collect their award in person. Medals will only be distributed at events not by post. Attire for medal ceremonies is competition attire (no tracksuits)

Two presentation ceremonies will occur through the day – (around midday and in the evening – timings to be published later). No activity will occur on the equipment while presentations are made.

A fly by of all clubs will be made prior to the 1st presentation – please wear your Jump for city of sport T-shirt.

Video, Film and Photography

If you agree for your club to enter you into the Jump for City of Sport 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. The Jump for City of Sport competition is a large event where filming and photography by 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 Central Galaxy Coventry Trampoline Club 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 the Jump for City of Sport competition will be published on the Central Galaxy Coventry Trampoline Club website and a pdf copy sent to all participating clubs.

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.



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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 competition welfare officer.

Competition Attire

Gymnasts

5 Bounce, Club Grades and NDP1 are allowed to wear shorts and T-shirts, white socks are mandatory, deductions will apply if not adhered to.

NDP2-6 and Elite Gymnasts must wear the attire as described in the BG Trampoline BG Code of Points – deductions will apply if not adhered to.

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.



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Competition Cards

ELITE CATEGORIES ONLY 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

Competition cards should be completed in FIG notation only.

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

Competition Apparatus

Competition apparatus will be Eurotramp Ultimate Trampoline 4x4mm and 6x6mm Eurotramp Ultimate DMT, British Gymnastics matting provisions will be met at the competition.

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 routine of the following gymnast; and for the last gymnast of a group, this limit is one minute after the score is shown.

The organising committee 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.

Tie breaks

Tie breaks will be split in accordance with the BG code of points.

Size of Categories

Where entries in a category are 3 or less we reserve the right to combine genders or age groups to ensure the competition remains competitive.



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INDIVIDUAL TRAMPOLINE CATEGORIES

5 Bounce Category

- Age Groups: Under 5's and Age 5-6 in the year of competition (no other age groups)
- Mixed Groups
- 2 Routines to be performed (repeat of below)
- Extra bounces are allowed – a 0.6 bonus to be awarded if skills are complete without extra bounces
- Coaches can call out the routine without a penalty being applied
- 2 round Cumulative score will determine the ranking

	Routine
1	Straddle
2	Seat Landing
3	To Feet
4	Tuck Jump
5	Half Turn

Club 0 Category

- Age Groups: 5-6, 7-8, 9-10 in the year of competition (no other age groups)
- Mixed Groups
- 2 Routines to be performed (repeat of below)
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking



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	Routine
1	Front Landing
2	To Feet
3	Straddle Jump
4	½ Turn Jump
5	Seat Landing
6	To Feet
7	½ Turn Jump
8	Tuck Jump
9	Pike Jump
10	Full Turn Jump

Club 1 Category

- Age Groups: 5-6, 7-8, 9-10 & 11+
- Mixed Groups
- 2 Routines to be performed (repeat of below)
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking

	Routine
1	Front Landing
2	To Feet
3	Straddle Jump
4	Seat Landing
5	To Feet
6	½ Turn Jump
7	Tuck Jump
8	Pike Jump
9	Back Landing
10	To Feet

Club 2 Category

- Age Groups: 5-6, 7-8, 9-10, 11+
- Male and Female Groups
- 2 Routines to be performed (repeat of below)
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking



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	Routine
1	½ Turn to Front Landing
2	To Feet
3	Straddle Jump
4	Seat Landing
5	½ Turn to Seat Landing
6	½ Turn to feet
7	Tuck Jump
8	Pike Jump
9	Back Landing
10	½ Turn to feet

Club 3 Category

- Age Groups: 6-8, 9-10, 11-12 & 13+ (no other age groups)
- Male and Female Groups
- 2 Routines to be performed (repeat of below)
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking

	Routine
1	Full Turn
2	Straddle Jump
3	½ Turn to Seat Landing
4	½ Turn to feet
5	½ Turn Jump
6	Pike Jump
7	Back Landing
8	½ Turn to feet
9	Tuck Jump
10	Front S/S (tucked)

NDP 1 Category

- Age Groups: 5-6, 7-8, 9-10, 11-12 & 13+ (no other age groups)
- Male and Female Groups
- Routines to be performed A & B routine – list below
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking



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	A Routine	B Routine
1	Full Turn	Back S/S (tucked)
2	Straddle Jump	Straddle Jump
3	½ Turn to Seat Landing	½ Turn to Seat Landing
4	½ Turn to feet	½ Turn to feet
5	½ Turn Jump	½ Turn Jump
6	Pike Jump	Pike Jump
7	Back Landing	Back Landing
8	½ Turn to feet	½ Turn to feet
9	Tuck Jump	Tuck Jump
10	Front S/S (tucked)	Front S/S (piked)

NDP 2 Category

- Age Groups: 7-8, 9-10, 11-12 & 13+ (no other age groups)
- Male and Female Groups
- Routines to be performed A & B routine – list below
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking

	A Routine	B Routine
1	Back S/S (tucked)	Back S/S (tucked)
2	Straddle Jump	Straddle Jump
3	½ Turn to Seat Landing	Barani (tucked)
4	½ Turn to feet	Tuck Jump
5	½ Turn Jump	Back S/S to seat (tucked)
6	Pike Jump	½ Turn to feet
7	Back Landing	½ Turn Jump
8	½ Turn to feet	Pike Jump
9	Tuck Jump	½ Turn to Front Landing
10	Front S/S (piked)	To Feet

NDP 3 Category

- Age Groups: 8-10, 11-12 & 13+ (no other age groups)
- Male and Female Groups
- Routines to be performed A & B routine – list below
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking



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	A Routine	B Routine
1	Back S/S (tucked)	Back S/S (Straight)
2	Straddle Jump	Straddle Jump
3	Barani (tucked)	Back S/S (tucked)
4	Tuck Jump	Barani (tucked)
5	Back S/S to seat (tucked)	½ Turn Jump
6	½ Turn to feet	Tuck Jump
7	½ Turn Jump	Back S/S to seat (tucked)
8	Pike Jump	½ Turn to feet
9	½ Turn to Front Landing	Pike Jump
10	To Feet	Front S/S (piked)

NDP 4 Category

- Age Groups: 9-10, 11-12 & 13+ (no other age groups)
- Male and Female Groups
- Routines to be performed A & B routine – list below
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking

	A Routine	B Routine
1	Back S/S (Straight)	Back S/S (Straight)
2	Straddle Jump	Straddle Jump
3	Back S/S (tucked)	Back S/S (piked)
4	Barani (tucked)	Barani (piked)
5	½ Turn Jump	½ Turn Jump
6	Tuck Jump	Tuck Jump
7	Back S/S to seat (tucked)	Barani (tucked)
8	½ Turn to feet	Back S/S (tucked)
9	Pike Jump	Pike Jump
10	Front S/S (piked)	Front S/S (piked)

NDP 5 Category

- Age Groups: 9-12, 13-16 & 17+ (no other age groups)
- Male and Female Groups
- Routines to be performed A & B routine – list below
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking



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	A Routine	B Routine
1	Back S/S (Straight)	$\frac{3}{4}$ Back S/S (straight legs)
2	Straddle Jump	To feet (or cody 0.3 bonus)
3	Back S/S (piked)	Straddle Jump
4	Barani (piked)	Back S/S (piked)
5	$\frac{1}{2}$ Turn Jump	Barani (piked)
6	Tuck Jump	Tuck Jump
7	Barani (tucked)	Barani (tucked)
8	Back S/S (tucked)	Back S/S (tucked)
9	Pike Jump	$\frac{3}{4}$ Front S/S (straight)
10	Front S/S (piked)	$\frac{1}{2}$ Turn to Feet (or ball out barani 0.3 bonus)

NDP 6 Category

- Age Groups: 13-16 & 17+ (no other age groups – younger gymnasts should compete in elite)
- Male and Female Groups
- Routines to be performed A & B routine – list below
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking

	A Routine	B Routine
1	Back S/S (Straight)	$\frac{3}{4}$ Back S/S (straight)
2	Barani (straight)	Cody (tucked)
3	Straddle Jump	Straddle Jump
4	Back S/S (piked)	Barani (piked)
5	Barani (piked)	Back S/S (Straight)
6	Tuck Jump	Full Back S/S
7	Barani (tucked)	Barani (tucked)
8	Back S/S (tucked)	Back S/S (tucked)
9	$\frac{3}{4}$ Front S/S (straight)	$\frac{3}{4}$ Front S/S (straight)
10	Ball Out Barani (tucked)	$\frac{1}{2}$ Turn to Feet

Elite Category

- Age Groups: 9-10, 11-12, 13-14, 15-16 & 17+
- Male and Female Groups
- 2 Routines to be performed – Set routine with requirements set out below, Voluntary routine (no minimum difficulty)
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking
- Depending on availability of equipment TOF will be included.



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- 9-10
 - 7 skills with at least 270 degrees of rotation
 - 1 skill landing on the front of the body
 - 1 skill landing on the back of the body
 - 1 With a connecting somersault from either front or back
- 11-12
 - 7 skills with at least 270 degrees of rotation
 - 1 skill landing on the front of the body
 - 1 skill landing on the back of the body
 - Both with a connecting somersault front and back
- 13-14
 - 9 skills with at least 270 degrees of rotation
 - 1 skill landing on either front or back
 - 1 skill in connection with above from front or back
 - 1 skill with a minimum of 540 degrees of twist
 - 1 skill with a minimum of 720 degrees of rotation
- 15-16
 - 9 skills with at least 270 degrees of rotation
 - 1 skill landing on either front or back
 - 1 skill in connection with above from front or back
 - 1 skill with a minimum of 540 degrees of twist
 - 1 skill with a minimum of 720 degrees of rotation
- 17+
 - 10 different skills of at least 270 degrees of rotation
 - 2 marked skills will count for difficult in the first routine
 - If these skills are repeated in the second routine difficult will not be awarded again

DISABILITY TRAMPOLINE

NDP Levels

- Age groups and separation of genders will be dependent on entry size
- CAT 1 and CAT 2 will be offered



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- 2 Routines to be performed – Set routine with requirements set out below, Voluntary routine
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking
- Voluntary routines capped at a 3.0 difficulty

	DIS NDP1 Routine	DIS NDP2 Routine	DIS NDP3 Routine
1	½ Turn to Front Landing	Full Turn	Back S/S (tucked)
2	To Feet	Straddle Jump	Straddle Jump
3	Straddle Jump	Seat Landing	Seat Landing
4	Seat Landing	½ Turn to Seat Landing	½ Turn to Seat Landing
5	½ Turn to Seat Landing	½ Turn to feet	½ Turn to feet
6	½ Turn to feet	Pike Jump	Pike Jump
7	½ Twist jump	Back Landing	Back Landing
8	Pike Jump	½ Turn to feet	½ Turn to feet
9	Back Landing	Tuck Jump	Tuck Jump
10	½ Turn to feet	Front S/S (tucked)	Front S/S (piked)

Performance Level

- Age groups and separation of genders will be dependent on entry size
- CAT 1 and CAT 2 will be offered
- 2 Routines to be performed – Set routine with requirements set out below, Voluntary routine
- Routines will be marked up to the point of an interruption
- 2 round Cumulative score will determine the ranking
- Voluntary routines minimum difficulty of 3.1 difficulty or a 2.0 penalty will be applied.

	Routine
1	Back S/S (tucked)
2	Straddle Jump
3	Barani (tucked)
4	Tuck Jump
5	Back S/S to seat (tucked)
6	½ Turn to feet
7	½ Turn Jump
8	Pike Jump
9	½ Turn to Front Landing
10	To Feet



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DMT CATEGORIES

NDP1 DMT Category

- Age Groups: 7-8, 9-10, 11-12, 13+
- Mixed Gender Groups
- 2 Pass Cumulative score will determine the ranking

Passes				
	Mount	Spotter	Dismount	DD
1	-	Full Twist Jump	Tuck Jump	0.4
2	-	Pike Jump	Front S/S (tucked)	0.5

NDP2 DMT Category

- Age Groups: 7-8, 9-10, 11-12, 13+
- Mixed Gender Groups
- 2 Pass Cumulative score will determine the ranking

Passes				
	Mount	Spotter	Dismount	DD
1	-	Back S/S (tucked)	Tuck Jump	0.5
2	-	Tuck Jump	Barani (SL)	0.7

NDP3 DMT Category

- Age Groups: 9-12, 13+
- Mixed Gender Groups
- 2 Pass Cumulative score will determine the ranking

Passes				
	Mount	Spotter	Dismount	DD
1	-	Back S/S (tucked)	Front S/S (tucked)	1.0
2	-	Barani (tucked)	½ Turn Jump	0.9

NDP4 DMT Category

- Age Groups: 9-12, 13+
- Mixed Gender Groups



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- 2 Pass Cumulative score will determine the ranking

Passes				
	Mount	Spotter	Dismount	DD
1	Barani (tucked)	Barani (tucked)	Back S/S (piked)	1.3
2	-	Back S/S (tucked)	Barani (piked)	1.2

Elite DMT Category

- Age Groups: 9-12, 13-16, 17+
- Mixed Gender Groups
- 2 Pass Cumulative score will determine the ranking
- Each Pass must contain a minimum difficulty of 1.6

TEAM COMPETITION

There will be no teams in individual categories at this competition – however as part of the legacy of this competition we are including an overall team element

This will work as following:

The top 1 score from all age groups in each category will be added together from both trampoline and DMT to give a club's total score – the highest overall score will be the winner, this team will receive a perpetual plaque which must be return to Central Galaxy Coventry Trampoline Club within 11 months of competition & smaller trophy to keep.



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THE JUMP FOR CITY OF SPORT TEAM & PARTNERS

Stacey Christopherson

Andy Cuming

Jayne Armitage

Caroline Hamill

Piece of Cake Marketing

Lisa Youngjohn's Design

For opportunities to be a partner of Jump for City of Sport please contact Andy Cuming
@ andycoventrytc@gmail.com



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