

***2017 Trampoline & Tumbling
Competition Handbook©***

**British
Gymnastics**
More than a sport

Message from TC Chair:


There will be some minor amendments to NDP & FIG pathways in all 3 disciplines to incorporate changes to the new cycle Code of Points and reflect the long term aims of these pathways. These changes will be updated in the relevant competition structures and posted on the website by 1st August 2016.

2017 FIG Age Groups: WAGC 17-21 age group will be adopted for TUM from 2017; TRA: 17-18yrs, due to depth of the field, will change to 17-19yrs for year one and DMT will remain at 17-18yrs. This will be reviewed for all 3 disciplines ready for the 2018 season.

We are also introducing a new event – British Club Teams and Synchro Championships. Full details will be published once a venue has been secured. We are hoping for the event to be early April. Synchro will no longer feature at the British Championships in September.

Version History

The Trampoline and Tumbling Gymnastics Technical Committee reserves the right to make amendments to this Handbook.

Notification of a change to the handbook will be communicated through the British Gymnastics website  and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made;

Version 1.0 – Original – Published 01 September 2016

Version 2.0 – 7th September 2016 clarification of Membership requirements (page 17)

Version 2.1 – Updated 9th November

- Page 12 – Non Participation Fee Update

Version 3.0 – Updated 18th November

- **Page 7** – British Club Teams & Synchro Championships competition date & venue added
- **Page 40** – British Club Teams & Synchro Championship details added

Version 3.1 – Updated 13th December 2016


- Closing date for British Club Teams and Synchro Championships changed

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Definition of Terms

- **BG** means British Gymnastics
- **Criminal Record Certificate** means DBS (previously CRB) Access NI Eligibility or PVG
- **CPSU** means Child Protection in Sport Unit
- **TC** means the Trampoline Gymnastics Technical Committee of BG and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Organiser(s)** means the Trampoline Gymnastics National Competition Organiser (NCO) or their designated representative, who is authorised by, or on behalf of BG.
- **FIG** means Federation International de Gymnastique.
- **Code** means the Code of Points used for the competition, from which technical information and regulations are taken such as BG or FIG
- **NDP** means National Development Plan
- **Championships** means any British Championship organised by or on behalf of BG.
- **Event** means any National competition and Championships organised by or on behalf of BG.
- **Supervising Coach(es)** are those coaches submitted in the on-line entry process and who are responsible for the gymnast(s) for the entire event. This coach must have the relevant qualifications and BG membership as defined in the Eligibility section of this handbook. Any changes to the supervising coach(es) submitted on the online entry system must be notified to the Events Department prior to the event and in exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to Supervising Coaches will only be permitted where the replacement coach meets all of the relevant Eligibility requirements.
- **NDP Compulsory Series** means the 2/3 events run within each Region under the national rules, which will ordinarily take place between October and February each year leading to the Regional Qualification Event in May 2017
- **BG Nomination Panel** made up from Head National Coach for Trampoline Disciplines, TRA, DMT and TUM, Senior Performance Manager & Chair of The National Trampoline & Tumbling Technical Committee.
- **Unattached** means gymnasts who are not members of a BG registered club but hold appropriate BG membership.
- **Officials*** are people recruited to assist with the delivery of the overall event i.e Floor Manager, Ceremonies Manager, Spectator Tickets Manager.
- **Medical Certificate** means a letter on headed paper signed by a Doctor or Physiotherapist confirming the gymnast is unfit to take part in the competition.
-  means it is a hyperlink to official policy statements and other event related information.

Where no specific point is addressed in the regulations, the current FIG rules apply. However, the Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Contact Information

Technical Committee

Chair	Sharon Wood	sharon.wood@british-gymnastics.org
National Judging Co-Ordinator (TRA, DMT)	Mike Phillipson	mikeptramp@aol.com
National Judging Co-Ordinator (TUM)	Mike Armstrong	tumblinguk@gmail.com
National Competition Organiser (TRA, DMT)	TBC	
National Competition Organiser (TUM)	Debra Roberts	andovergymclub@aim.com
Disability Representative	Dawn Lawson	dawn.lawson@asprespringers.co.uk
Trampoline & Coach Education Representative	Biz Scales	e-scales@sky.com
Tumbling & Coach Education Representative	Alan Lavelle	agcpaddy@aim.com
Double Mini-Tramp Representative	Phil Dodson	phil.dodson@googlemail.com
Co-opted TC member (WC Liaison)	John Beeton	johndbeeton@gmx.co.uk


British Gymnastics Contact Details

Events Department		events@british-gymnastics.org
Coach Education		coaching@british-gymnastics.org
Customer Service	0345 1297129 ext. 2395	customerservice@british-gymnastics.org
Safeguarding and Compliance		ethics@british-gymnastics.org
Technical and Performance		worldclass@british-gymnastics.org

National Competition Calendar

	Event & Date	Opening Date	Closing Date	Venue
	Spring Event Series 1 28 th – 30 th April	3 rd February	Noon 17 th March	Nottingham University
	Spring Event Series 2 2 nd – 4 th June	10 th March	Noon 2 nd May	EIS, Sheffield
	Regional Team Finals & NDP Qualification 16 th – 18 th June	24 th March	Noon 5 th May	Barclaycard Arena, Birmingham
	NDP Final 7 th – 9 th July	21 st April	Noon 20 th June	International Centre, Telford
	British Championships 23 rd -24 th September	30 th June	Noon 11 th August	Echo Arena, Liverpool TBC
	British Club Teams & Synchro Championships 14 th – 15 th October	21 st July	Noon 1 st September	EIS, Sheffield

Regional NDP Compulsory Series will be held by regions between October and February each year leading to the Regional NDP Compulsory Final which will take place in March.

Please complete the Sanction Form which can be found by following this link  then email it to the events department on events@british-gymnastics.org

Competition Structures

Please refer to the guidance booklets for information on the competition structures for Trampoline, Tumbling and Double Mini-Trampoline:

Appendix 3 - Trampoline Domestic Competition Structure 

Appendix 4 - Double Mini-Trampoline Domestic Competition Structure 

Appendix 5 - Tumbling Domestic Competition Structure 

Appendix 6 - Disabilities Domestic Competition Structure 

Eligibility

Membership


All persons attending BG events in an official capacity, whether as a gymnast, coach, judge are required to hold current BG membership in line with the level of competition entered and awards held.


Coaches, Judges and Gymnasts should carry current membership cards to all competitions and be prepared for these to be checked by the Organiser or their appointed officials.

- **Gymnasts**
This section is covered later in the Handbook under 'Trampoline and Tumbling Technical Information' on page 17.
- **Supervising Coaches**
Supervising coaches' membership level must be Gold, Joint Gold or Life Members of BG and coaches must be qualified to the level of the skills being performed before being allowed to participate in a BG Event. Coaches must have a current safeguarding certificate. Please see Safeguarding section.
- **Assisting Coaches**
Assisting coaches' Membership level must be Silver (if Level 1), Gold, Joint Gold or Life Members of BG before being allowed to participate in a BG Event. Coaches must have a current safeguarding certificate. Please see Safeguarding section.
- **Judges**
Judges' membership level must be Bronze or Life Members of BG for Club/County/Regional Judges, and Gold, Joint Gold or Life Members of BG for National and Brevet Judges before being allowed to officiate at a BG Event.

Judges must also hold a current cycle of judging award (Cycle 14)

BG does not require judges to complete a criminal record check to judge at BG competitions, as the role that judges fulfill at the event no longer falls within DBS or Access NI Eligibility*. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

* Judges who are involved in Scottish competitions should refer to [Scottish Gymnastics](#)  for further guidance as to whether a check is required.

For further information on membership levels please visit the British Gymnastics website. 

Coach Qualifications

When submitting entries for a BG event, clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the coach's qualification is not allowed.

The caveat that permits coaches to practice one level above their coaching qualification in the coaching syllabus refers to a training environment only and is not permitted at BG Events. Its purpose is to enable coaches to practice within the post course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a BG mentor coach.

Supervising Coaches entered into the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending.

Supervising Coaches entered onto the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending. It is the clubs responsibility to ensure that only accredited coaches are on the Field of Play. Coaches who are used to push mats must be at least a level 2.

Supervising Coaches have a duty of care towards their performers and have a responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

If it is found that a club is in breach of these policies BG reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score(s) from the official results.

Safeguarding

All Coaches are required to hold a current BG specific DBS certificate, or Home Nation equivalent, and have current Safeguarding and Protecting Children Awareness training at the time of the event. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at BG Events.

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


The safeguarding courses recognised by British Gymnastics are:

Sports Coach UK (scUK) Safeguarding Awareness course.
Local Safeguarding Children;s Board (LSCB)
Football Association (FA) safeguarding training
Professional prior learning ie Social Worker, Teacher etc.

This must be renewed every three years and be valid both at the time of entry and through to the end of the Event.



For members who have previously completed a face to face course an online refresher update course is available.

Coaches must also have a valid Disclosure and Barring Service disclosure both at the time of entry and through to the end of the Event before being allowed to officiate at a BG Event. 

Nationality

Participation in all British Gymnastics Events is subject to the requirements of membership, club/regional registration and other conditions of entry.

In addition, the following regulations concerning Nationality are applicable to British Gymnastics Events.

British Championships

Only those in possession of a valid United Kingdom passport are eligible to be ranked in the official Competition results, where a British Championships title is being contested. This is effective for individual competitions. In team competitions or where gymnasts compete together as part of a group/partnership, all of the gymnasts must be in possession of a valid United Kingdom passport in order for that team/group/partnership to be ranked in the official Competition results.

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Head of Performance Sport (or their appointee), those who are not in possession of a valid United Kingdom passport may take part in Competitions where a British Championships title is being contested. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG statute. They will receive score(s) but will not receive a ranking in the official Competition results. In such circumstances gymnasts will be referred to as Guests.

Gymnasts holding dual citizenship (including a valid United Kingdom passport) are only eligible to receive a ranking in the official results (either as an individual or as part of a team/group/partnership) if they do not hold an FIG License registered by another FIG Member Federation or have not represented another FIG Member Federation.

Gymnasts who are not in possession of a valid United Kingdom passport and who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Head of Performance Sport to take part in the British Championships. They will receive score(s) but will not receive a ranking in the official Competition results.

Other British Gymnastics Events

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Head of Performance Sport (or their appointee), non-British citizens may take part in other British Gymnastics' Competitions. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG Statutes

Those gymnasts who are not in possession of a valid United Kingdom passport must have been a member of British Gymnastics for at least one year prior to the date of the Competition in order to be eligible to take part. During this period the gymnast's sole or main residence must be within the United Kingdom.

They will receive score(s) and will receive a ranking in the official Competition results. This is effective for both individual competitions and competitions where gymnasts compete together as part of a team/group or partnership.

Where a Competition provides a qualification route to take part in a British Championships, the results of a non-British citizen will not lead to the displacement of a British citizen who would have otherwise qualified for the British Championships.


In exceptional circumstances, gymnasts who are not in possession of a valid United Kingdom passport and who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Head of Performance Sport to take part in British Gymnastics Events. The Technical Committee with approval from the Head of Performance Sport will have the discretion to determine whether their scores will contribute towards the official Competition results.

Disclosure

It is the responsibility of the person making the Competition entry to ensure that all of the gymnasts have their nationality declared within Gymnet online membership portal.

Competition Entries

Entry Process

Entry to all National BG Events are Online only. Complete instructions for adding an entry via the GymNet online Entry Portal are available to download from the BG website. 

All entries must be fully submitted electronically to BG by the stipulated closing date and time.


Disability Gymnastics

Disability Gymnastics is designed to provide competition and development for people whose disability or impairment restricts their mainstream competitive opportunities.

Gymnasts with disabilities competing in mainstream competition, at or above regional levels (Not including GfA competition or British Vets), will be ineligible to enter Disability Gymnastics competitions.

As part of the development of Disability Gymnastics, British Gymnastics has produced its own sport specific Disability Gymnastics Classification Certificate. The classification certificate is contained in a pack which also clearly defines the eligible impairments for Disability Gymnastics Competition.

All clubs and coaches must inform the British Gymnastics Events Team of any of any gymnasts which have medical conditions that require special consideration at BG events. This information should be shared with the BG Events Team at the point of competition entry and will enable to the BG events team to make the necessary adjustments where possible to cater for the additional needs of each gymnast.

Gymnasts will be required to provide proof of Disability at least six weeks before the event. Please complete and return the Disability Gymnastics Classification Certificate by following the instructions in the Disability Classification Pack. 

Although there are 44 different eligible classifications (Profile groups) in the Classification Pack, this does not mean that there are 44 different competition categories for Disability Gymnastics competition.

The Disability competition classification categories available can be found within the information pages for each competition which has integrated disability.

Methods of Payment

Payment can be made by Debit Card, Credit Card or BACS payment. BACS payment however may slow the entry process. Payments should be received by BG within 48 hours of the entry being submitted.

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 (including partnerships and groups). For team late entries the fee will be double (including clubs and regions). However, the late entry payments will be capped at £1000 (i.e the additional payment over and above the normal entry fee per gymnast / partnership / group / team will be capped at £1000).

Late entries must be made in writing to the BG Events department and will then be referred to the Organiser for consideration. The Organiser and BG Events department will have absolute discretion whether to accept a late entry.

Late entry requests may be placed on a reserve list and clubs notified if their entry is accepted following a withdrawal, up to 1 week prior to the event.

Withdrawals and 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.

For NDP Grades Finals, if a Region wishes to make a substitution (due to the withdrawal of a previous regional entry) of a Pair/Group, they can only do so up to two weeks before the event, in writing to the BG event department after the entry is closed. Proof of qualification of the substitute must also be provided if applicable, at the time of the request. Substitutions will not incur a fee however there is no guarantee that the substituted names will be included in the spectator programme.

Where it is necessary to substitute a coach the club must inform the BG Events Department, so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the Event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and a current BG specific Criminal Records Check certificate.

Non-Participation Fee

Due to an increasing number of clubs/coaches/gymnasts failing to inform the organiser of their withdrawal from the event and the impact on the event and competition format, it was agreed at the Joint Technical Committee meeting on 13th April 2016 that a fee for non-participation will be introduced.

By entering a gymnast (individual/partnership/group) or a team (team events) into an event, the enterer accepts that, should any gymnast or team fail to register to compete by the end of registration for a competition, the appropriate fee for non-participation will be added to the club basket or in the case of regional entries, basket of the person making that entry.

Fees will be charged as follows:

£25 – Individual / Pair

£50 – Trio / Group / Team

Should a gymnast be withdrawn, for whatever reason, the club or coach must inform the Competition Organiser and Events Department in writing via email up to the close of registration for the relevant session. Email addresses are listed in the Contact Information on page 6 of this Competition Handbook. Withdrawals will only be accepted via email.

Failure to inform the Events Team and Competition Organiser as laid out above will result in the non-participation fee being charged.

General Regulations

Coaches' must make adequate provision for the "supervision" of their gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present.

Registration

Only register your Gymnast(s)/Club/Region when those competing in that section of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.

During registration accreditation/passes will be issued. Abuse of accreditation/passes may result in disciplinary action taken by BG.

Order of Performance


The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Committee. For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the TC reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm up.

For competitions where there is an official podium training no changes will be made to the running order without the agreement of the coach and gymnast affected.

Wherever practical the Organiser shall produce and circulate to all participating clubs a provisional start list and running order for an event at least 2 weeks before the day thereof.

Music (where applicable)


All music for competition routines must be uploaded onto the GymNet portal at the latest one week before the competition date (see event page for specific time and date).

Instructions for submitting music electronically may be found within the online entry guide 


Late Music Submission (where applicable)

Late submission of music will attract a fee of £20.00 per gymnast/partnership/group/team. This fee will be added to your club basket. Music not uploaded by the deadline cannot be guaranteed to be uploaded on the day.

Music Licensing (where applicable)

All music used in competition routines must conform to the relevant licensing requirements. Details may be found at the following link. 

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire.

To check tracks go to  scroll to the bottom of the page and click on 'PPL Repertoire Search' enter the artists name and title. Any music listed as part of the search can be used.

If the track is not included within the listed tracks the club must apply directly to Disney, Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licensing fees.

Access to Warm up Hall

Access to the warm up hall will be limited to the appropriate number of coaches as defined in the specific details section for each Event. On arrival, coaches will need to register and collect their accreditation from registration. In the case of events spanning more than one day, accreditation will be issued for each day. At larger national events the FIG/UEG recognised accreditation system will apply.

Abuse of accreditation may result in disciplinary action being taken by BG.

Judges will not be allowed into the warm up hall, once the judges meeting has taken place.

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.

Babies and Young Children

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

Medical Provision

Anyone requiring First Aid assistance should speak to either the Competition Organiser or BG medical team. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all BG Events an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team, to ensure a record can be kept of treatment given and by whom.

The decision of the Organiser, based upon the recommendation of the BG appointed medical officer as to the gymnast's health and medical status and their ability to compete at the Event is absolute and final.

Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at a BG 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. Medals will only be distributed at events not by post. Attire for medal ceremonies is according to FIG World Championships and UEG rules.

Tenure of Trophies

All perpetual trophies remain the property of BG.

Perpetual trophies are the responsibility of the winning club or region. The club or region are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the 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.
- Returning it to the BG offices 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

BG accredited photographers may be present at BG events and in some cases, events will be videoed and/or live streamed by BG TV. These images may be used by BG and our subsidiary companies 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.

Clubs must ensure that gymnasts/parents are informed of the photography arrangements for the relevant event. BG will also announce the photography/filming arrangements at the event . Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise the British Gymnastics Events

Department or the Event Organiser. Although it is not always practical to manage the content of live streamed footage, British Gymnastics 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 BG appointed Welfare Officer at the event.

Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a 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 Country equivalent.

For **Overnight Trips** the appropriate form needs to be completed in full and sent to British Gymnastics **at least** four weeks prior to travel so we can get your trip approved and endorsed by our insurers. Failure to inform British Gymnastics of **any** overnight stays may invalidate your insurance.

Please note that the BG Membership Insurance does not cover Travel or Emergency Medical Expenses, we therefore recommend that where necessary you take out additional Travel Insurance.

Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard.

Please follow the link to read the BG policy 

Terms & Conditions of Entry to All Competitions

In addition to BG General Rules & Regulations -

- All entrants agree to be treated by BG appointed medical staff only and be bound by the decision of BG medical staff in relation to their ability to compete in the competition.
- By submitting an inquiry you agree to pay a fee which will be added to the club/region basket.
- You agree to the storing of competition scores. BG will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- You agree to abide by the BG Photography at Gymnastics events policy.
- The person making the online entry on behalf of gymnast(s), a club or a region, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.

Trampoline and Tumbling Technical Information



Eligibility


Membership

All persons attending BG events in an official capacity, whether as a gymnast, coach, judge or officials are required to hold current BG membership in line with the level of competition entered and awards held.

Coaches, Judges and Gymnasts should carry current membership cards to all competitions and be prepared for these to be checked by the Organiser or their appointed officials.

Competitions that are part of the British Gymnastics National Development Plan require Silver Membership. To view the NDP Competition Structure, [click here](#).

- **Gymnasts**
 - Trampoline:
Gymnasts may be bronze members when competing at the Regional Qualifier Competitions. Membership level must be Silver, Gold, Joint Gold, or Life Members of BG in order to enter a BG Event (as listed within this document).
All gymnasts who qualify from Regional Qualifier to Regional Team Finals and NDP Finals must upgrade membership to Silver. 
 - Tumbling:
Membership level must be Silver, Gold, Joint Gold, or Life Members of BG in order to enter a BG Event. 
 - Double Mini-Trampoline:
Gymnasts may be bronze members when competing at the Regional Qualifier Competitions. Membership level must be must be Silver, Gold, Joint Gold, or Life Members of BG in order to enter a BG Event (as listed within this document).

All gymnasts who qualify from Regional Qualifier to Regional Team Finals and NDP Finals must upgrade membership to Silver 

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, he/she must contact the Events Department request entry into the event, If started 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 the NDP Levels 1-7, competitors must hold current BG membership at the time of Regional NDP Qualifying Events. Anyone discovered to have been without the correct membership for these competitions will be disqualified.

Code of Conduct

British Gymnastics National Technical Committee Code of Conduct 

Trampoline Judges Code of Conduct 

BG, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an official, Judge, gymnast or team at any time, if they do not comply with BG regulations.

Regional Representation

Gymnasts may only represent the Region in which their club is situated.

Gymnasts may only represent one Region/Club at any one time in a discipline eg TRA. Gymnasts can represent another Region/Club in another discipline e.g. DMT.

Exceptional circumstances will be considered following written application to the TC.

Where Regional entries are made to a National Event, gymnasts and coaches must be selected according to the National rules (no Regional variations are permitted)

Age Policy

Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of the competition.

The minimum age for entry to National BG Events is 9 in the year of competition.


Year Born Eligibility for National Competitions 2017		
9 and 10 years born	2008 and 2007	
11 and 12 years born	2006 and 2005	
13 and 14 years born	2004 and 2003	
15 and 16 years born	2002 and 2001	
17 and 18 years born	2000 and 1999	
17 and 19 years born	2000 to 1998	
17 to 21 years born	2000 to 1996	
19 + years born		1998 and before
Senior born		2000 and before

*See age group relevant to each discipline in 2017 competition structures.

To view the complete BG age policy please view the Health, Safety & Welfare Policy. 

Gymnasts must compete in their age group. At FIG Level, gymnasts have the option at age 17, to compete in the 17-18 age group, or senior age group, subject to them being able to meet the minimum criteria for that age group.

Competition Attire

- Gymnasts
 - Gymnasts must wear the attire as described in the Trampoline BG Code of Points 
 - Advertising on attire must adhere to FIG rules
 - The wearing of GBR or Home Country attire at BG Events is strictly forbidden.
 - Strapping – must be beige - refer to BG code of points
 - Strapping – no big contrast with skin colour - refer to BG code of points
 - The removal of leotards on the field of play is not allowed
- Coaches
 - Coaches must wear a tracksuit with full length tracksuit bottoms or full length tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes.
 - The wearing of GBR or Home Country attire at BG Events is strictly forbidden
 - 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 Trampoline BG Code of Points



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

- Judges Uniform

- 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 collared blouse, black shoes (without heels)
- Recorders, computer operators and other officials who may be working alongside the judges should dress similarly.

Requests can be made to adopt reasonable clothing modifications at any BG Event on religious or disability grounds. All requests must be on the official BG Clothing Modification Request Form and submitted with the competition entry, to allow sufficient time for full consideration of the application and any possible health and safety implications.

For competitors, coaches and judges, chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the Field of Play during the event. Such mobile devices may only be used for monitoring scores and results, where the BG Score App is in operation.

Competition Apparatus

For BG Events, the following competition apparatus will be used:

- Trampoline: Eurotramp Ultimate 4x4 - Supplied by Gymaid
- Double Mini-Trampoline: Eurotramp Ultimate 6x6 – Supplied by Gymaid
- Tumbling: Skakoun Original (10m run up, 25m track, 6m landing zone) – Supplied by Gymnova

For Club and Regional Qualifying Events, alternative equipment for Trampoline may be used.

For Club and Regional Qualifying Events, the current half inch Double Mini-Trampoline or Ultimate 6x6 DMT may be used.

Competition cards

It is the coach's responsibility to ensure that the Competition cards are completed correctly and submitted at registration

- Trampoline and DMT

A trampoline Difficulty card template is available from the downloads section on the BG website



Competition cards must be submitted to the Registration Desk on arrival at the competition and prior to the start of warm up.

Competition cards should be completed in FIG notation only. For NDP levels 1-7 TRA and DMT, competition cards may be written in clear English or FIG notation.

For NDP Level the card should be marked with asterisks to indicate required elements in WAGC/FIG A routines, this must be done prior to the card being submitted. Likewise, all elements that require a difficulty mark should be identified before the card can be accepted.

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

Competitors may not compete without a valid tariff sheet.

- **Tumbling**

Competition cards are required only at FIG Level.

Competition cards must be submitted at Registration Desk on arrival at the competition and prior to the start of warm up.

Competition cards should be completed in FIG notation only.

Competitors may not compete without a valid tariff sheet.

Inquiries

An inquiry is only applicable when BG score is being used to facilitate video feedback

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.

No inquiries can be made about Execution scores, or other penalties.

Inquiry forms will be published in each event workplan.

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 Supervising Coach for the Club/Region of the competing gymnasts makes the Inquiry with the Chair of the Judges Panel.

- First inquiry: £25
- Second inquiry: £50
- Third and subsequent inquiries: £75


The placement of an inquiry form becomes a contract to pay the appropriate fee.

This fee will not be collected in cash at the event, but added to the basket of the club/coach concerned, if the inquiry was not upheld.

If a resolution cannot be made before the start time of the next competitors' routine, the calculated mark will be listed as 'provisional' and will be considered at the end of the competition session and before any award ceremony.

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.

Provision of Officials

The events team in accordance with the Expenditure Guidelines for Technical Committees, Judges & Officials will book the accommodation for judges and officials appointed by the National Judging Co-ordinators and National Competition Organisers centrally .

Clubs will no-longer need to nominate judges and officials as part of their online entry for the Spring Event Series, NDP Finals or British Championships. However, for the Regional Team Final/NDP Semi Final, regions **will** need to nominate 3 Judges for TRA, 2 Judges for TUM and 2 Judges for DMT. The National Judging Officers will then select the panels and advise the regions of their selections. A contribution of £335 from each region towards the costs for Judges for this event will be added to the On-line entry. Accommodation will be booked by BG Events Team and meals provided for all appointed Judges. Judges should ideally hold, as a minimum, the County Judge qualification and level 1 DMT judges will be considered.

In order to ensure that the correct number of judges with the right qualifications are available for each discipline, the Regional Judge Coordinator or Competition Organiser must send the names, qualification and email addresses of their nominated judges to the National Judge Officer no later than 10th April 2017.

Mikeptramp@aol.com (DMT & TRA)

tumblinguk@gmail.com (TUM)

The regions entry will only be confirmed once the NJO has received this information. It is the regions responsibility to ensure that this commitment is met and that all nominated judges are available for the event.

Spring Event Series 1

Date: 28th – 30th April 2017
Venue: Nottingham University TBC
Opening date: 3rd February
Closing date: Noon 17th March



Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Disability Individual Trampoline

Entry fee:

- £45.00 per gymnast for first discipline entered
- £10.00 per gymnast for each additional discipline entered
- Trampoline, Tumbling & DMT - entries to the Spring Event Series should be made by the individual clubs

Code:

- Trampoline:
 - BG Trampoline Code of Points 
 - Trampoline Domestic Competition Structure (including disabilities structure)
- Double Mini-Trampoline:
 - BG Trampoline Code of Points
 - Double Mini-Trampoline Domestic Competition Structure
- Tumbling:
 - Tumbling Domestic Competition Structure
 - FIG TRA Code of Points 2017-2020 

Eligibility:

- The Gymnast should be able to safely perform the routines/passes/runs and meet the minimum criteria required for this level. The coach and gymnast can select which level the gymnast starts the 2017 season, but should be mindful that they cannot change levels during that competitive year.


Competition Structure:

- Competitions will be offered:


	TRA	DMT	TUM
NDP Level 8	9- 10 yrs for Women & Men		
	11-12 yrs for Women & Men		
	13-14 yrs for Women & Men		
	15-16 yrs for Women & Men		
	17-18 yrs for Women & Men		
	19+ yrs for Women & Men		
FIG Level	9 - 10 yrs for Women & Men	9 - 10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	13-14 yrs for Women & Men
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	15-16 yrs for Women & men

	TRA	DMT	TUM
FIG Level	17-19 yrs for Women & Men	17-18 yrs for Women & Men	17-21 yrs for Women & Men
	Senior for Women and Men	Senior for Women and Men	Senior for Women & Men
Disability	Nat Disabilities 1 Cat 1 Women & Men		
	Nat Disabilities 2 Cat 1 Women & Men		
	Nat Disabilities 1 Cat 2 Women & Men		
	Nat Disabilities 2 Cat 2 Women & Men		

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles .
- Coach Accreditations (per club):
TRA & TUM: 1-4 Gymnasts = 2 Coaches, 5-8 Gymnasts = 3 Coaches, 9+ Gymnasts = 4 Coaches.
DMT = 2 Coaches
Disabilities = 2 Coaches.
Additional accreditations may be granted by TC on request.

Tie Breaks:

- Tie-break rules as per the BG code of Points .
- Tie-break rules TUM as per FIG Cop

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.
- Gymnasts receiving a zero score will not be awarded a medal.

Spring Event Series 2

Date: 2nd -4th June 2017
Venue: English Institute of Sport, Sheffield
Opening date: 10th March
Closing date: Noon 2nd May





Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Disability Individual Trampoline

Entry Fee:

- £45.00 per gymnast for first discipline entered
- £10.00 per gymnast for each additional discipline entered
- Trampoline, Tumbling & DMT - entries to the Spring Event Series should be made by the individual clubs

Code:

- Trampoline:
 - BG Trampoline Code of Points 
 - Trampoline Domestic Competition Structure
- Double Mini-Trampoline:
 - BG Trampoline Code of Points 
 - Double Mini-Trampoline Domestic Competition Structure
- Tumbling:
 - Tumbling National Development Plan 2013-2017 
 - FIG TRA Code of Points 

Eligibility:

- The Gymnast should be able to safely perform the routines/passes/runs and meet the minimum criteria required for this level. The coach and gymnast can select which level the gymnast starts the 2017 season, but should be mindful that they cannot change levels during that competitive year.


Competition Structure:

- Competitions will be offered:


	TRA	DMT	TUM
NDP Level 8	9-10 yrs for Women & Men		
	11-12 yrs for Women & Men		
	13-14 yrs for Women & Men		
	15-16 yrs for Women & Men		
	17-18 yrs for Women & Men		
	19+ yrs for Women & Men		
FIG Level	9 -10 yrs for Women & Men	9 - 10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	13-14 yrs for Women & Men

	15-16 yrs for Women & Men	15-16 yrs for Women & Men	15-16 yrs for Women & men
	TRA	DMT	TUM
FIG Level	17-19 yrs for Women & Men	17-18 yrs for Women & Men	17-21 yrs for Women & Men
	Senior for Women and Men	Senior for Women and Men	Senior for Women & Men
Disability	Nat Disabilities 1 Cat 1 Women & Men		
	Nat Disabilities 2 Cat 1 Women & Men		
	Nat Disabilities 1 Cat 2 Women & Men		
	Nat Disabilities 2 Cat 2 Women & Men		

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles 
- Coach Accreditations (per club):
TRA & TUM: 1-4 Gymnasts = 2 Coaches, 5-8 Gymnasts = 3 Coaches, 9+ Gymnasts = 4 Coaches.
DMT = 2 Coaches
Disabilities = 2 Coaches.
Additional accreditations may be granted by TC on request..

Tie Breaks:

- Tie-break rules as per the BG code of Points 

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.
- Gymnasts receiving a zero score will not be awarded a medal.

Regional Team Finals/NDP Qualification

Date: 16th-18th June 2017
Venue: Barclaycard Arena, Birmingham
Opening date: 24th March
Closing date: Noon 5th May

Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Disabilities Trampoline




Membership requirements:

- **Gymnasts are required to have Silver Membership**




Entry Fee:

- £45.00 per gymnast for first discipline entered
- £10.00 per gymnast for each additional discipline entered
- All entries to the Regional Final should be made by the Regions

Code:

- Trampoline:
 - BG Trampoline Code of Points 
 - Trampoline Domestic Competition Structure
- Double Mini-Trampoline:
 - BG Trampoline Code of Points 
 - Double Mini-Trampoline Domestic Competition Structure
- Tumbling:
 - FIG TRA Code of Points 
 - Tumbling Domestic Competition Structure

Eligibility:

- Trampoline NDP Level 1-7:
 - The top 2 gymnasts, per level, per age group, per gender from the Regional NDP Compulsory Final, will qualify for the Regional Team Finals/Qualification.
 - These qualifiers will be calculated from the best, cumulative two-round total score (achieved at the same event) providing all minimum standards have been achieved. 
 - Disabilities TRA Regional Disabilities level 2-3:**
 - The top 2 gymnasts, per level, per age group, per gender from the Regional NDP Compulsory Final, will qualify for the Regional Team Finals/Qualification.
 - These qualifiers will be calculated from the best, cumulative two-round total score (achieved at the same event) providing all minimum standards have been achieved. 
- Double Mini-Trampoline NDP Level 1-7:
 - The top 2 gymnasts, per level, per age group, per gender from the Regional NDP Compulsory Final, will qualify for the Regional Team Finals/Qualification.
 - These qualifiers will be calculated from the best, cumulative two-round total score (achieved at the same event) providing all minimum standards have been achieved. 

- Tumbling:
 - In Tumbling, the top 2 gymnasts per Level, per Age Group, per gender, per Region from the Regional Prelims will be eligible to enter NDP Level 1-7 competitions providing the minimum standards have been achieved.

Competition Structure:

- Competitions will be offered for:

	Trampoline	Double Mini-Trampoline	Tumbling
NDP Level 1	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 2	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 3	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 4	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 5	9-10 yrs for Women & Men	9-10 yrs for Women & Men	10-12 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	13-14 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	15+ yrs for Women & Men
	15+ yrs for Women & Men	15+ yrs for Women & Men	
NDP Level 6	9-12 yrs for Women & Men	9-12 yrs for Women & Men	Under 13 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	Over 13 yrs for Women & Men
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	
	17+ yrs for Women & Men	17+ yrs for Women & Men	
NDP Level 7	11-14 yrs for Women & Men	11-14 yrs for Women & Men	Under 13 yrs for Women & Men
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	Over 13 yrs for Women & Men
	17+ yrs for Women & Men	17+ yrs for Women & Men	
Dis Level 2	Category 1 for Women & Men		
	Category 2 for Women & Men		
Dis Level 3	Category 1 for Women & Men		
	Category 2 for Women & Men		

- There will also be a team competition for:
- Trampoline
- Double Mini-Tramp
- Tumbling
- Disabilities

Points will be awarded within each discipline at each level, at each age group and in each gender as follows maximum of 2 per region:

8 points awarded to 1st place

7 points awarded to 2nd place

6 points awarded to 3rd place

5 points awarded to 4th place

4 points awarded to 5th place


3 points awarded to 6th place

2 points awarded to 7th place



1 point awarded to 8th place

The points for all results will be added and regions ranked according to the total in each discipline to give the respective team results.

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.
- Maximum team official accreditations (excluding judges) : 1 x Team Manager, 1 x Chaperone, 8 x TRA Coach, 8 x TUM Coach, 4 x DMT Coach
- Please follow the link to check equivalent levels of qualifications from previous cycles 

Tie Breaks:

- Tie-break rules as per the BG code of Points 
- Zero score as per BG Code of Points 
- In the team competition if a tie remains within any competition after the tie breaking rules have been applied, the tie gymnasts will receive the same number of points towards the team competition and the next rank(s) will be skipped.
- In the team competition if there is a tie in the total number of points, the tie will be broken by counting back from the oldest age category at Level 7 (combined points for men and women) to find the highest scoring region.

Awards:

- Individual Gold, Silver and Bronze medals will be awarded in each competition within each age group and for each gender.
- Gymnasts receiving a zero score will not be awarded a medal.
- A trophy will be awarded to the winning region within each discipline in the team competition.
- Participation Certificates for all gymnasts

NDP Finals

- Date:** 7th-9th July 2017
- Venue:** International Centre, Telford
- Opening date:** 21st April
- Closing date:** Noon 20th June
- Disciplines:** Gymnasts are required to have Silver Membership
- Individual Trampoline
 - Double Mini-Trampoline
 - Tumbling
 - Disabilities

Membership requirements:

- **Gymnasts are required to have Silver Membership**


Entry Fee:

- £45.00 per gymnast for first discipline entered
- £10.00 per gymnast for each additional discipline entered
- Trampoline, Tumbling & DMT - entries to the NDP Finals must be made by the individual clubs
- Late entries for gymnasts who are ranked in top 8 for each discipline will only be allowed one week after closing date. After this date, the reserves will be invited.


Code:

- Trampoline:
 - BG Trampoline Code of Points 
 - Trampoline Domestic Competition Structure
- Double Mini-Trampoline:
 - BG Trampoline Code of Points 
 - Double Mini-Trampoline Domestic Competition Structure
- Tumbling:
 - FIG TRA Code of Points 
 - Tumbling Domestic Competition Structure

Eligibility:

- Trampoline NDP Level 1-7:
 - The top 8 ranked gymnasts, per level, per age group, per gender from the Regional Team Finals/NDP Semi-Final will qualify for the NDP Final providing all minimum standards have been achieved. 
 - These qualifiers will be calculated from the best, cumulative two-round total score providing all minimum standards have been achieved.
 - The BG Nomination Panel may utilise allocated places to offer automatic entry to the NDP Finals to gymnasts who have proof of NDP Level performance expectations and reflects the long-term direction and aims of the TRA Development Plan.

Disabilities TRA Regional Disabilities level 2-3:

- The top 8 gymnasts, per level, per gender from the Regional Team Finals/NDP Semi Final will qualify for the NDP Final providing all minimum standards have been achieved.
- These qualifiers will be calculated from the best, cumulative two-round total score providing all minimum standards have been achieved. 

- Trampoline NDP Level 8:
 - The top 8 ranked gymnasts per level, per age group, per gender will qualify for the NDP final. These qualifiers will be calculated from the best, cumulative three-round total score providing all minimum standards have been achieved (at the same qualifying event).
 - The BG Nomination Panel may utilise allocated places to offer automatic entry to the NDP Finals to gymnasts who have proof of NDP Level 8 performance expectations and reflects the long-term direction and aims of the TRA Development Plan.
- Double Mini-Trampoline NDP Level 1 – 7:
 - The top 8 ranked gymnasts, per level, per age group per gender from the Regional Team Final/NDP Semi Final will qualify for the NDP Final providing all minimum standards have been achieved
 - These qualifiers will be calculated from the best, cumulative two-round total score (achieved at the same qualifying event) providing all minimum standards have been achieved
 - The BG Nomination Panel may utilise allocated places to offer automatic entry to the NDP Finals to gymnasts who have proof of NDP Level performance expectations and reflects the long-term direction and aims of the TRA Development Plan.

Disabilities TRA National Disabilities level 1:

- The top 8 gymnasts, per gender will qualify for the NDP Final. These qualifiers will be calculated from the best two-round cumulative score providing all minimum standards have been achieved (at the same qualifying event)
- The BG Nomination Panel may utilise allocated places to offer automatic entry to the NDP Finals to gymnasts who have proof of performance expectations and reflects the long-term direction and aims of the Disabilities Development Plan.

Tumbling NDP Level 1 - 7:

- The top 8 ranked gymnasts, per level, per age group, per gender from the Regional Team Finals/NDP Semi final will qualify for the NDP Final.
- These qualifiers will be calculated from the best, cumulative scores from all three runs (at the same event) to determine the top ranked gymnasts in each age group, per gender.
- The BG Nomination Panel may utilise allocated places to offer automatic entry to the NDP Finals to gymnasts who have proof of NDP Level performance expectations and reflects the long-term direction and aims of the TRA Development Plan.


Competition Structure:

- Competitions will be offered for:


	Trampoline (Individual)	Double Mini-Tramp	Tumbling
NDP Level 1	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 2	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 3	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 4	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
	9-10 yrs for Women & Men	9-10 yrs for Women & Men	10-12 yrs for Women & Men

NDP Level 5	11-12 yrs for Women & Men	11-12 yrs for Women & Men	13-14 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	15+ yrs for Women & Men
	15+yrs for Women & Men	15+yrs for Women & Men	
NDP Level 6	9-12 yrs for Women & Men	9-12 yrs for Women & Men	Under 13 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	Over 13 yrs for Women & Men
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	
	17+yrs for Women & Men	17+yrs for Women & Men	
NDP Level 7	11-14 yrs for Women & Men	11-14 yrs for Women & Men	Under 13 yrs for Women & Men
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	Over 13 yrs for Women & Men
	17+ yrs for Women & Men	17+ yrs for Women & Men	
NDP Level 8	9-10yrs for Women & Men		
	11-12yrs for Women & Men		
	13-14yrs for Women & Men		
	15-16yrs for Women & Men		
	17-18yrs for Women & Men		
	19+yrs for Women & Men		
Reg Dis Level 2	Category 1 for Women & Men Category 2 for Women & Men		
Reg Dis Level 3	Category 1 for Women & Men Category 2 for Women & Men		
Nat Dis Level 1	Category 1 for Women & Men Category 2 for Women & Men		

Coach Qualifications:

- Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles 
- Coach Accreditations (per club):
TRA & TUM: 1-4 Gymnasts = 2 Coaches, 5-8 Gymnasts = 3 Coaches, 9+ Gymnasts = 4 Coaches.
DMT = 2 Coaches
Disabilities = 2 Coaches.
- Additional accreditations may be granted by TC on request

Tie Breaks:

- Tie-break rules as per the BG Code of Points 

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.
- Gymnasts receiving a zero score will not be awarded a medal.
- Participation Certificates for all competing gymnasts

British Championships

Date: 23rd -24th September 2017

Venue: Echo Arena, Liverpool

Opening date: 30th June

Closing date: Noon 11th August


Disciplines:

- Individual Trampoline
- Double Mini-Tramp
- Tumbling
- Disability Individual Trampoline



Entry Fee:

- £60.00 per gymnast for first discipline entered
- £10.00 per gymnast for each additional discipline entered
- Trampoline, Tumbling & DMT - entries to the British Championships should be made by the individual clubs


Code:

- Trampoline:
 - BG Trampoline Code of Points 
 - Trampoline Domestic Competition Structure
- Double Mini-Trampoline:
 - BG Trampoline Code of Points 
 - Double Mini-Trampoline Domestic Competition Structure
- Tumbling:
 - FIG TRA Code of Points 
 - Tumbling Domestic Competition Structure 


Trampoline (individual) FIG Levels:

- The top 16 ranked gymnasts, per age group, per gender from the Spring Event Series 2017 will qualify for the British Championships.
- Age Groups - These qualifiers will be calculated from the best cumulative three-round total score providing all minimum standards have been achieved (at the same qualifying event) 
- Senior - These qualifiers will be calculated from the best, cumulative three-round total score providing all minimum standards have been achieved (at the same qualifying event) 
- Any gymnast who has represented Great Britain in the European Championships (Junior and Senior) in 2016 or has competed for Great Britain in 2016 is eligible to enter the British Championships 2017. Unless agreed otherwise by the BG Nomination Panel, gymnasts must have competed in at least one Spring Event Series event. Automatic qualification to the British Championships for Seniors can only be through a senior representation for GBR in 2016
- The BG Nomination Panel may utilise allocated places to offer automatic entry to the British Championships to gymnasts who have proof of FIG Level performance expectations and reflects the long-term direction and aims of the TRA Performance Programme.

Double Mini-Trampoline FIG Levels:

- The top 16 ranked gymnasts per age group, per gender from the Spring Event Series 2017 will qualify for the British Championships
- These qualifiers will be calculated from the best cumulative two-round total score providing all minimum standards have been achieved (at the same qualifying event) 
- Any gymnast who has represented Great Britain in the European Championships (Junior and Senior) in 2016 or has competed for Great Britain in 2016 is eligible to enter the British Championships 2017. Unless agreed otherwise by the BG Nomination Panel, gymnasts must have competed in at least one Spring Event Series event. Automatic qualification to the British Championships for Seniors can only be through a senior representation for GBR in 2016
- The BG Nomination Panel may utilise allocated places to offer automatic entry to the British Championships to gymnasts who have proof of FIG Level performance expectations and reflects the long-term direction and aims of the DMT Performance Programme.

Tumbling FIG Levels:

- The top 16 ranked gymnasts per age group, per gender from the Spring Event Series 2017 will qualify for the British Championships
- These qualifiers will be calculated from the best, cumulative scores from both runs (at the same event) to determine the top ranked gymnasts in each age group, per gender.
- Qualification will be subject to meeting the minimum scores defined in the Tumbling Competition Structure .
- Any gymnast who has represented Great Britain in the European Championships (Junior and Senior) in 2016 or has competed for Great Britain in 2016 is eligible to enter the British Championships 2017. Unless agreed otherwise by the BG Nomination Panel, gymnasts must have competed in at least one Spring Event Series event. Automatic qualification to the British Championships for Seniors can only be through a senior representation for GBR in 2016.

The BG Nomination Panel may utilise allocated places to offer automatic entry to the British Championships to gymnasts who have proof of FIG Level performance expectations and reflects the long-term direction and aims of the TUM Performance Programme.

Disability Trampoline:


- A maximum of the top 8 ranked Disability gymnasts in each Category will be invited by the Technical Committee to compete at the British Championships.

Competition Structure:


- Competitions will be offered for:

	Trampoline (Individual)	Double Mini-Tramp	Tumbling
FIG Level	9-10 yrs for Women & Men	10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	13-14 yrs for Women & Men
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	15-16 yrs for Women & men
	17-19 yrs for Women & Men	17-18 yrs for Women & Men	17-21 yrs for Women & Men
	Senior for Women and Men	Senior for Women and Men	Senior for Women & Men
Disability	Nat Disabilities 2 Cat 1 Women & Men		

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles .
- Coach Accreditations (per club):
TRA & TUM: 1-4 Gymnasts = 2 Coaches, 5-8 Gymnasts = 3 Coaches, 9+ Gymnasts = 4 Coaches.
DMT = 2 Coaches
Disabilities = 2 Coaches.
- Additional accreditations may be granted by TC on request.

Tie Breaks:

- Tie-break rules as per the BG code of Points .

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.
- Additionally, glass trophies will be awarded to the winners and their coaches in the Senior sections only.
- British Champions will be declared in each competition within each age group and for each gender.
- Participation Certificates for all competing gymnasts

PAUL LUXON TROPHIES

Paul Luxon Trophy – 9-14yrs (A glass trophy will also be awarded)

The Paul Luxon trophy is awarded to the gymnast with the highest total execution score in the preliminary (qualification) competitions. This trophy is calculated across all Trampoline competition categories for gymnasts under 15 years of age, irrespective of gender.

Paul Luxon Trophy – 15+yrs (A glass trophy will also be awarded)

The Paul Luxon trophy is awarded to the gymnast with the highest total execution score in the preliminary (qualification) competitions. This trophy is calculated across all Trampoline competition categories for gymnasts over 15 years of age, irrespective of gender.

In the event of a tie, the tied gymnasts will share the trophy for an equal duration through - out the year

Guests are not eligible.

CHRIS FORDHAM (A glass trophy will also be awarded)

The Chris Fordham trophy is awarded to the gymnast with the highest execution score in the preliminary (qualification) competitions. This trophy is calculated across all DMT competition categories, irrespective of gender.

In the event of a tie, the tied gymnasts will share the trophy for an equal duration through - out the year.

Guests are not eligible.

British Club Teams And Synchronised Championships

Date: 14th – 15th October
Venue: English Institute of Sport, Sheffield
Opening date: 21st July
Closing date: 1st September



Disciplines:

- Team Trampoline
- Team Double Mini-Trampoline
- Team Tumbling (2 levels: Gold and Silver)
- Synchronised Trampoline

Entry fee:

- £180.00 per team (Trampoline, Double Mini-Trampoline, Tumbling)
- £20.00 per synchro pair (£10 per gymnast) if already entered in the team event
- £80.00 per synchro pair (£40 per gymnast) if not entered in the team event
- All entries to this event should be made by individual clubs

Code:

- Trampoline:
 - BG Trampoline Code of Points 
 - Trampoline Domestic Competition Structure
- Double Mini-Trampoline:
 - BG Trampoline Code of Points
 - Double Mini-Trampoline Domestic Competition Structure
- Tumbling:
 - FIG TRA Code of Points 2017-2020 
 - Tumbling Domestic Competition Structure

Eligibility:

- The Gymnast should be able to safely perform the routines/passes/runs and meet the minimum criteria required for this event.

Competition Structure:

- Competitions will be offered:

Teams	TRA	DMT	TUM
	9-12 yrs for Women, Men & Mixed Team	9-12 yrs for Women, Men and Mixed Team	9-12 yrs for Women, Men and Mixed Team
	13-17 yrs for Women, Men & Mixed Team	13-17 yrs for Women, Men and Mixed Team	13-17 yrs for Women, Men and Mixed Team
	17+ yrs for Women, Men & Mixed Team	17+ yrs for Women, Men and Mixed Team	17+ yrs for Women, Men and Mixed Team
Synchro	9-12 yrs for Women & Men		

13-17 yrs for Women & Men		
17+ yrs for Women & Men		

Teams consist of Maximum of 4 and a minimum of 3 gymnasts with top 3 scores to count.

For mixed teams, counting scores will be best male score, best female score and the next best score.

Team members should be identified on the entry and all gymnasts, (male and female) for the team event, will compete together.


Maximum of 3 Teams per club, per age group.

Once entry has been submitted, changes to the teams will only be accepted in the event of an injury to a gymnast that has to be withdrawn from the event.


A team's age band will be defined by the age of the oldest team member.

Entry in this competition will not affect a gymnast's eligibility to enter NDP or Spring series events.

Coach Qualification and Passes:

- Number of coaches 2 x Trampoline / 2 x Tumbling / 1 DMT
- Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles .

Tie Breaks:

- Tie-break rules as per the BG Code of Points 
- Tie-break rules TUM as per FIG Code of Points

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each Age Group and gender for Synchro and for the top three teams.

Synchronised – Age Groups (9-12 yrs & 13-17 yrs):

All synchro pairs will be required to perform:

1 x FIG WAGC Routine as per individual age group requirement

1 x Voluntary Routine – no minimum DD but gymnasts must be competing NDP level 5 or above for 9-12yrs & NDP 6 or above for 13-17yrs.

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

Synchronised – Senior (17+yrs):

All synchro pairs will be required to perform:

1 x FIG A Routine

1 x Voluntary Routine – no minimum DD but gymnasts must be competing at NDP level 8 or FIG.

NB: Only ONE body landing is allowed in the Voluntary Routines – 1.0 per E judge will be deducted if more than one body landing

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

British Club Teams & Synchronised

WAGC Requirements - Trampoline

9-12 yrs

1 x WAGC (11-12yrs) routine with following requirements :

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. One element landing on the front of the body
2. One element landing on the back of the body

1 x Voluntary Routine – no minimum DD but gymnasts must be competing NDP level 5 or above for 9-12yrs

NB: Only ONE body landing is allowed in the Voluntary Routines - 1.0 per E judge will be deducted if more than one body landing

13-17 yrs

1 x WAGC (13-14yrs) routine with following requirements :

The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. Full (back somersault with 1/1 twist)
2. One element landing on the front of the body
3. One element landing on the back of the body

1 x Voluntary Routine – no minimum DD but gymnasts must be competing NDP 6 or above for 13-17yrs.

NB: Only ONE body landing is allowed in the Voluntary Routines – 1.0 per E judge will be deducted if more than one body landing

Senior (17+ yrs)

1 x FIG A routine with the following requirements :

The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Four 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.

None of these four elements may be repeated in the voluntary.

1 x Voluntary Routine – no minimum DD but gymnasts must be competing at NDP level 8 or FIG.

NB: Only ONE body landing is allowed in the FIG A & Voluntary Routines – 1.0 per E judge will be deducted if more than one body landing

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

Double-Mini Trampoline

9-12 yrs

1 x compulsory pass – barani tucked (mount/spotter), back s/s tucked

1 x voluntary pass – minimum DD of 1.2 - In the voluntary pass no elements can be repeated from the compulsory pass. Repeated elements will result in a zero DD score for that element.

Failure to meet the minimum DD standard in the voluntary pass will result in a zero DD score for that pass.

Gymnasts must be competing at NDP level 4 or above.

13-17 yrs

1 x compulsory pass – barani straight (mount), back s/s straight

1 x voluntary pass – minimum DD of 1.8 - In the voluntary pass no elements can be repeated from the compulsory pass. Repeated elements will result in a zero DD score for that element.

Failure to meet the minimum DD standard in the voluntary pass will result in a zero DD score for that pass.

Gymnasts must be competing at NDP level 5 or above.

Senior (17+ yrs)

1 x compulsory pass – barani straight (mount), double back s/s tucked

1 x voluntary pass – minimum DD of 2.7 - In the voluntary pass no elements can be repeated from the compulsory pass. Repeated elements will result in a zero DD score for that element.

Failure to meet the minimum DD standard in the voluntary pass will result in a zero DD score for that pass.

Gymnasts must be competing at NDP level 6 or above.

Tumbling:

A gymnast must have been a registered member of the club which they want to compete in for a minimum of 6 months.

There will be two levels of competition, the top level will use the England Gold rules, the lower level will use England Silver rules.

Gold

For this competition we will be using the age related skill bonus structure shown below to encourage the development of skills and trends essential to the future direction of the sport.

Age Group	Skill	FIG Value	English Championships value
9-10	Double Back tuck/ pike	2.0/2.2	2.8/3.0
9-10	Whip	0.3	0.8
9-10 11-12 13-14	Barani	0.6	1.2
9-10 11-12 13-14	Whip 360°	0.7	1.2
13-14 15-16 17-18 (women only)	Double salto Transition	As Fig T.o.D.	1.0 Bonus
13-14 15-16	Triple Back / Miller	As Fig T.o.D.	1.0 Bonus

17-18			
15-16 17-18 Senior (women only)	Double back with 360°+ transition	As Fig T.o.D.	1.0 Bonus
13-14 15-16 17-18 Senior	A pass with 2 transitions	As Fig T.o.D.	The highest valued transition is x 1.5 to give it's bonus value
Senior	Any triple salto with at least 360° of twist	As Fig T.o.D.	1.0 Bonus
Senior	Double salto with 1440° of twist	6.4	1.0 Bonus

Silver

Aimed at gymnasts who may have been working on NDP runs or FIG gymnasts who have not entered the spring series qualification competitions in 2017, or are entering the British Championships.

Gymnasts will perform a six element straight pass, which must contain at least one salto, and a six element twisting pass, containing 360 degrees of twist, (which can be in one skill or split between two), and a salto, for the purpose of this competition round off will not count as one of the 180 skills.

Teams will be age banded.

Junior 9-12 in year of competition

Youth 13-17 in year of competition

Senior 17 + in year of competition

A club will be limited to a max of 3 teams at each level (Gold / Silver).

Appendices

Appendix 1 - Home Counties, English Regions & Island Associations

Home Countries

England
Scotland
Wales
Northern Ireland

Website Address

www.british-gymnastics.org/england
www.scottishgymnastics.org
www.welshgymnastics.org
www.british-gymnastics.org/northern-ireland

English Regions

North
North West
Yorkshire
West Midlands
East Midlands
East
London
South East
South
South West

www.british-gymnastics.org/north
www.nwga.co.uk
www.british-gymnastics.org/yorkshire
www.british-gymnastics.org/west-midlands
www.british-gymnastics.org/east-midlands
www.british-gymnastics.org/east
www.british-gymnastics.org/london
www.british-gymnastics.org/south-east
www.british-gymnastics.org/south
www.british-gymnastics.org/south-west

Island Associations

Isle of Man Gymnastics

www.iomgymnastics.org

Appendix 2- Coaching

TRAMPOLINE (INDIVIDUAL)

Level	Competition	Minimum Coaching Requirement
NDP 7	Individual 11-14 Women & Men	Level 2 + L3M2
	Individual 15-16 Women & Men	Level 2 + L3M2
	Individual 17+ Women & Men	Level 2 + L3M2
NDP 8	Individual 9-10 Women & Men	Level 2 + L3M2
	Individual 11-12 Women & Men	Level 2 + L3M3
	Individual 13-14 Women	Level 2 + L3M3
	Individual 13-14 Men	Level 2 + L3M4
	Individual 15-16 Women & Men	Level 2 + L3M4
	Individual 17-18 Women	Level 2 + L3M4
	Individual 19+Women	HPC
	Individual 17-18 Boys	HPC
	Individual 19+Men	HPC
FIG Grades	Individual and Synchro	
	9-10 Women & Men	Level 2 + L3M3
	11-12 Women & Men	Level 2 + L3M4
	13-14 Women	Level 2 + L3M4
	13-14 Men	HPC
	Women & Men	HPC
	*17-19 Women	HPC
	*17-19 Men	HPC
	Senior Women & Men	HPC

Level 1 minimum is Level 2

The minimum coaching qualifications for levels 2, 3, 4 & 5 is Level 2

The minimum for Level 6 is Level 2 + L3M1

Coaches who are used to push mats must be at least a level 2.

For Disabilities TRA – minimum level 2. *Coaches do not need a Disability Add On Module to enter Trampoline Gymnasts into a disability competition.

Age group under review

TUMBLING

Level	Competition	Minimum Coaching Requirement
NDP Level 1	9-10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum UKCC Level 2
	13+ yrs Women & Men	Tum UKCC Level 2
NDP Level 2	9-10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum UKCC Level 2
	13+ yrs Women & Men	Tum UKCC Level 2
NDP Level 3	9-10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum UKCC Level 2
	13+ yrs Women & Men	Tum UKCC Level 2
NDP Level 4	9-10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum UKCC Level 2
	13+ yrs Women & Men	Tum UKCC Level 2
NDP Level 5	10-12 yrs Women & Men	Tum L3 module 1
	13-14 yrs Women & Men	Tum L3 module 1
	15+ yrs Women & Men	Tum L3 module 1
NDP Level 6	Under 13 yrs Women & Men	Tum L3 module 1
	Over 13 yrs Women & Men	Tum L3 module 1
NDP Level 7	Under 13 yrs Women & Men	Tum L3 module 2
	Over 13 yrs Women & Men	Tum L3 module 2
FIG Grades	9-10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum UKCC Level 2
	13-14 yrs Women & Men	Tum UKCC Level 2
	15-16 yrs Women & men	Tum UKCC Level 2
	17-21 yrs Women & Men	Tum UKCC Level 2
	Senior Women & Men	Tum UKCC Level 2

DOUBLE MINI-TRAMPOLINE

Level	Competition	Minimum Coaching Requirement
NDP 7	Individual 11-14 Women & Men	Level 2 + L3M2
	Individual 15-16 Women & Men	Level 2 + L3M4
	Individual 17+ Women & Men	Level 2 + L3M4
FIG Grades	Individual 9-10 Women & Men	Club
	Individual 11-12 Women & Men	Senior
	Individual 13-14 Women & Men	Senior
	Individual 15-16 Women & Men	HPC
	Individual 17-18 Women	HPC
	Individual 17-18 Men	HPC
	Individual Senior Women & Men	HPC

Level 1 minimum is Level 2

The minimum coaching qualifications for levels 2, 3, 4 & 5 is Level 2

The minimum for Level 6 is Level 2 + L3M1