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LEAGUE HANDBOOK 2022

The Trampoline & DMT League competition handbook | Version 1

TAKE THE STAGE. OWN THE SKIES.

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WELCOME TO THE TRAMPOLINE & DMT LEAGUE PRESENTED BY MILANO PRO SPORT

Milano Pro Sport has sponsored the League since 2017 and in 2022 continues to be the League's major sponsor. Neil Fox the Managing Director explains - 'when you buy a leotard from Milano you don't get just a leotard, you get a piece of sporting history made with care and excellence in our own factory in the UK. Not only will you look great in an exquisite design, you can have the confidence that you are wearing a leotard honed to perfection in world class performance'.

See the latest collections at www.milano-pro-sport.com

Other continuing partnerships for the League in 2022 include Sport and Leisure Services Ltd. Director Miikee Selmes told us that S&L are proud to be supporting the League for this series and are excited to have the opportunity to provide high quality safety matting and landing areas for use at the events.

The League is a unique UK provision in trampoline and DMT and is a system run 'by the Clubs for the Clubs'. It is the most accessible, cost conscious and least complex ability based competition system operating in the UK today. Another unique feature is that the 120+ registered clubs taking part annually in the League guide the direction the League takes.

Current LTAD principles are at the heart of the League and we have added into this ability based age group system an exciting unique feature in UK trampolining i.e. prize money for both Super League and DMT and TRI Cup events.

For 2022 we have retained a club team event as well as implemented a new team initiative. Other improvements include the relaxation and simplification of Trampoline League 2 and League 3 requirements. This and further initiatives are designed to enhance the competitors' League competition experience.

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

The events may be used as 'one off events'.

There are up to six different age groups and four ability levels per discipline for competitors to enter.

League points will be allocated to competitors after the conclusion of the first two rounds of each League event providing the preliminary round routines/passes are completed.

A competitor's best sets of points (according to criteria) from the three League qualification events will be added together and up to the top 24 per age group per discipline will be invited to compete in the League Final.

Super League event medallists and DMT and TRI Cup winners will receive prize money providing they complete their final round of competition.

The League uses only FIG approved trampolines, DMT trampolines and Time of Flight equipment.

Thank you to everyone who is working hard to make the League possible. All other League information, plus online entry is accessible through the League website at www.trampolineleague.com



EXTRAHOT
COMMUNICATIONS



2 — PROVISION OF EVENTS

2.1 - League Facilitation Team

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

Facilitators	Post Holder	Contact Details
Facilitator	Wayne Smith	wayne@trampolineleague.com
Facilitator	Sue Lawton	sue@trampolineleague.com
Head of Events	Andrew Wood	andrew@trampolineleague.com
Brand Manager	Philip Birkett	philip@trampolineleague.com
Secretary	Jayne Armitage	jayne@trampolineleague.com
Disability Trampolining	Paul Coates	paul@trampolineleague.com
Online Entry	Tony Fricker	tony@trampolineleague.com
Welfare Officer	Mary Neeld	mary@trampolineleague.com
Judging Co-ordinator	Yasmin Stammers	yasmin@trampolineleague.com

2.2 – Definition of Terms

Term	Definition
DMT	Double Mini Trampoline
DT	Notation for Disability Trampoline
FIG	Federation of International Gymnastics
LFT	League Facilitation Team
TMD	Time of Flight Measuring Device
ToF	Time of Flight
TRA	FIG notation for Trampoline
TRI	FIG notation for Individual Trampoline
TRS	FIG notation for Synchronised Trampoline
E Score	Execution Score
D Score	Difficulty Score
S Score	Score for Synchronisation
T Score	Time of Flight Score
H Score	Horizontal Displacement Score

2.3 – League Competition Calendar 2022

Event	Opening Date	Closing Date	Date	Venue
League Series 1 South East	Midnight Saturday February 5th 2022	Midnight Saturday March 5 th 2022	Sat/Sun 2 nd /3 rd April 2022	The Triangle, Triangle Way, Burgess Hill, Sussex. RH15 8WA
League Series 2 Wales	Midnight Saturday April 2 nd 2022	Midnight Saturday April 30 th 2022	Sat/Sun 28 th /29 th May 2022	N.I.A.C. Cardiff Met University, Cyncoed Road, Cardiff. CF23 6XD
League Series 3 Midlands	Midnight Saturday July 30 th 2022	Midnight Saturday August 27 th 2022	Sat/Sun 24 th /25 th September 2022	Temple Park L.C. John Reid Road South Shields NE34 8QN
League Finals London	By invitation only Midnight Thursday 29 th September 2022	Midnight Saturday October 15 th 2022	Sat/Sun 19 th /20 th November 2022	Lee Valley VeloPark Abercrombie Road London E20 3AB

2.4 – Order of Performance

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

The entry closing dates are one month before each qualification event. The LFT aims to publish a start list, timetable plus the Officials list two weeks before the first competition day. The information will also be placed on the League website and emailed to affiliated clubs.

For all three qualifying events the League will offer full League provision as follows:-

Day 1 of the competition will consist of the following events - League 3 TRI plus DMT League 1, League 2, Super League, and the DMT Cup.

Day 2 of competition will consist of the following events - DT, TRI League 2, League 1 and Super League plus the TRI Cup. Day 2 will also stage DMT League 3 events.

All DT events will take place during the late morning.

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

2.5 – Allocation of League Points

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

League 3 - A competitor's best two sets of points will be added together and the top ranked point holders per age group, per gender (or mixed gender where applicable) will be invited to compete in the League Final.

League 2 - A competitor's best 1.5 sets of points will be added together and the top ranked point holders per age group, per gender will be invited to compete in the League Final. (This would require a competitor to enter a minimum of two events to gain 1.5 points however entry and points from one event only may suffice).

League 1, Super League & TRS - A competitor or pairings best set of points will be ranked and top ranked point holders per age group, per gender will be invited to compete in the League Final. (This necessitates entry to only one League event to gain points and so help reduce the competition pressure on top level competitors and coaches).

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

Points will be allocated as shown below:

Position	Points
1 st	100
2 nd	75
3 rd	60
4 th	50
5 th	40
6 th	36
7 th	32
8 th	28
9 th	24
10 th	20
11 th	18
12 th	16

Position	Points
13 th	14
14 th	12
15 th	10
16 th	9
17 th	8
18 th	7
19 th	6
20 th	5
21 st	4
22 nd	3
23 rd	2
24 th	1

2.6 – Publication of Results

League points will be allocated according to a competitor's ranking after the first two rounds of competition providing they have fulfilled the criteria to be allocated points. At each League event the online scores co-ordinator system will automate the results and the League points which will appear in the 'results' section of the website. Results for Day 1 and Day 2 will be emailed wherever possible on the evening of each event.

2.7 – League Events

The League will offer the four disciplines listed below:

- Trampoline Individual TRI (male and female categories)
- Trampoline Synchronised TRS (one category only to include same and mixed gender pairings)
- Double Mini Trampoline DMT (male and female categories)
- Disability Trampoline DT (mixed gender categories)

2.7.1 – Individual Trampoline, Disability Trampoline and DMT

All TRI, DT and DMT League qualification events will consist of two routines/passes followed by a final round(s) according to FIG rules consisting of the top 8 ranked performers. Points will only be allocated based on the rankings after the first two rounds providing the criterion to be allocated points has been achieved (see 2.5). Final rounds (and semi-final rounds where applicable) in the Individual categories will be zeroed at League events.

2.7.2 – Synchronised Trampoline

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

TRS League events offer one competition group only per age group. Same gender or mixed gender pairings may enter.

If the number in any age group exceeds 14 in any qualification League event age group category, further age groups may be introduced.

2.8 – League Finals

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

2.8.1 – Individual Trampoline, Disability Trampoline, DMT Events and Team Event

In the League Finals the top 8 ranked competitors will progress to the final round(s).

The total places available at the League Final will not exceed 75% of the number of unique entries per ability level/age group. Total numbers invited to compete in the Finals will be a maximum of 16 Super League and League 1 competitors, 20 League 2 competitors and 24 League 3 competitors calculated according to the formula below:

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

In order to be invited to compete in the League Finals a competitor must have points allocated.

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

The League Club Team Champions will be determined as follows:

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

2.8.2 – Synchronised Trampoline

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

2.8.3 – Super League TRI

The total number invited to compete in the League Finals will be a maximum of 16. The top ranked 8 competitors calculated after the preliminary rounds at the League Final will progress into the final round of competition.

The Super League TRI in the League Finals will take place on the Sunday of the event in Olympic style, set, voluntary and final.

2.8.4 – The DMT Cup

The total number invited to compete in the League Finals will be 8 of mixed gender. The 8 selected will be invited as the top 8 ranked competitors from Saturday's DMT 13+ League 1 and Super League preliminary results.

2.8.5 – The TRI Cup

The total number invited to compete in the League Finals will be 8 of mixed gender. The 8 selected will be invited as the top 8 ranked competitors from Saturday's TRI 15+ League 1 and Super League preliminary results.

3 – ELIGIBILITY

3.1 - Membership

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

Coaches must currently hold a governing body qualification and membership before being permitted to supervise at League events.

Judges must hold a current governing body qualification and membership before being permitted to officiate at a League event.

All competing clubs must be currently registered with their governing body.

British Gymnastics and the League Facilitation Team will check all membership eligibility on behalf of the League prior to the first League event, and membership of the League requires that clubs give permission for BG membership/insurance status to be checked by British Gymnastics.

3.2 – Coach Qualifications

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

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

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

3.3 – Safeguarding

In order to gain accreditation for the League, all coaches must have both a current DBS certificate (governing body specific), and current Safeguarding and Protecting Children Awareness training.

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

3.4 – Overnight Provision for Competitors

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

The training for the designated person should be a governing body recognised Safeguarding and Protecting Children Awareness training.

3.5 – Age Policy

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

3.6 – Disability Trampoline Eligibility

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

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

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

4 — LEAGUE AGE GROUPS

4.1 – TRI League Groups

When any competition group exceeds 60, the group will be split into year of birth. These groups will then have separate finals points allocated to each year of birth within the age group (with the exception of multiple year age groups such as 17+ age groups. In these situations the age group will be split at the point where equivalent sized groups are produced. This will be done retrospectively should the numbers exceed 60 later in the qualification process

League 3

Aged 9/10 in 2022
Aged 11/12 in 2022
Aged 13/14 in 2022
Aged 15/16 in 2022
Aged 17/18 in 2022
Aged 19+ in 2022

League 2

Aged 9-12 in 2022
Aged 13/14 in 2022
Aged 15/16 in 2022
Aged 17/18 in 2022
Aged 19+ in 2022

League 1

Aged 9-12 in 2022
Aged 13/14 in 2022
Aged 15/16 in 2022
Aged 17+ in 2022

Super League and TRI Cup

Aged 15+ in 2022

Individual Trampoline (TRI)

Ages	League 3	League 2	League 1	Super League & TRI Cup
9-10yrs	✓	x	x	x
11-12yrs	✓	x	x	x
9-12yrs	x	✓	✓	x
13-14yrs	✓	✓	✓	x
15-16yrs	✓	✓	✓	✓
17-18yrs	✓	✓	x	✓
17+yrs	x	x	✓	✓
19+yrs	✓	✓	x	✓

4.2 – TRS League Groups

Aged 9-12 in 2022
 Aged 13-16 in 2022
 Aged 17+ in 2022

4.3 – DMT League Groups

League 3

Aged 9-12 in 2022
 Aged 13/14 in 2022
 Aged 15/16 in 2022
 Aged 17+ in 2022

League 2 and League 1

Aged 9-12 in 2022
 Aged 13-16 in 2022
 Aged 17+ in 2022

Super League and DMT Cup

Super League 15+ in 2022
 DMT Cup 13+ in 2022

Double Mini Trampoline (DMT)					
Ages	League 3	League 2	League 1	Super League	DMT Cup
9-12yrs	✓	✓	✓	X	X
13-14yrs	✓	X	X	X	X
13-16yrs	X	✓	✓	X 13-14yrs ✓ 15-16yrs	✓
15-16yrs	✓	X	X	✓	✓
17+	✓	✓	✓	✓	✓

4.4-Disability Trampoline (DT) League Groups

DT groups are determined by ability levels. Coaches are encouraged to enter gymnasts into the level best suited to gymnasts needs.

Level 1 – Basic

Level 2 – Intermediate and Advanced

Minimum Age 9 in 2022.

Age groups for both Levels – 9-12, 13-16, 17+

5 – COMPETITION ENTRIES

5.1 – Entry Rules

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

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

Competitors may enter the League at any level providing they are able to fulfil the minimum compulsory routine/pass requirements, however we ask that clubs take responsibility for entering their competitors into ability appropriate League levels and do not enter them below a level in which they could comfortably compete. Competitors may move up or down a level once they have started in the League process.

There will be age group and gender specific events in all DMT & TRI disciplines including Super League events except in DT which will be mixed gender. TRS is also mixed gender and pairings may be same or mixed gender.

Competitors aged 15+ may enter their League 1 age group plus the Super League. Entry to the DMT and TRI Cup event is by invite only.

5.2 – Entry Process

Entry to all League events must be made online. The 2022 online entry process opens in February 2022. Please note that the closing dates will be strictly adhered to. The LFT reserves the right to refuse entries once numbers exceed the maximum per discipline.

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

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

5.3 – Entry Levels

League 3	-	D.T, TRI, DMT
League 2	-	TRI, TRS, DMT
League 1	-	TRI, DMT
Super League	-	TRI, DMT

5.4 – Recommended Entry Levels

You may enter your competitors in any ability level of choice. You have a duty of care to enter your competitors in an ability level that is appropriate for their level of physical, psychological and emotional maturity and to ensure that they can execute the elements/routines required to enter. However we ask that clubs take responsibility for entering their competitors into ability appropriate League levels and do not enter them below a level in which they could comfortably compete.

In order to assist you with your decision please note the following equivalent transfer levels shown in the table below.

Please take care when entering Super League that your competitor is proficient and comfortable competing at this level.

For those concentrating on training the WAGC/FIG routines in the BG structure the transfer levels may be made with no change to any routines as follows :

	Routine Equivilent
League 3	Regional Cup 3
League 2	Regional Cup 4/WAGC 11/12
League 1	WAGC 11/12, 13/14 & 15/16
League 1	FIG A 17+

5.5 – Entry Fees

5.5.1 – League Qualification Events

The discounted costs shown below only apply to multiple events entered in the same League qualification event. For example a competitor will pay £50 if entering TRI age group, TRI Super League and DMT age group all in the same event.

Entry fees for the 2022 qualification events are shown below -

- Entry into 1 individual event	-	£24.00
- Entry into 2 individual events	-	£38.00
- Entry into 3 or more individual events	-	£50.00
- Entry in the DMT Cup	-	No charge

TRS is charged independently of the above structure. Entry into TRS is £26.00 per pair

5.5.2 – League Final

- Entry into 1 individual event	-	£37.00
- Entry into 2 individual events	-	£56.00
- Entry into 3 individual events	-	£65.00
- Entry into the DMT Cup	-	No charge

TRS is charged independently of the above structure. Entry into TRS is £26.00 per pair.

5.6 – Methods of Payment

Payment will be processed at the same time of submitting entry. Payment can be made via credit/debit card or bank transfers. Entry fees are non-refundable after the closing date.

5.7 – Late Entries

Late entries will not be accepted.

5.8 – Withdrawals and Substitutions

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

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

Substitutions must be made prior to the start of general warm up. You may only substitute a competitor from the same club into the same ability level, same age and gender group as the competitor you have withdrawn. A substitute if not already entered in the event must show a current 2022 governing body membership card prior to being placed on the start list. DT substitutes must also provide credentials supporting their eligibility for the DT category i.e. a valid DGCC (Disability Gymnastics Classification Certificate).

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

- be already entered into the event or
- be able to show a current 2022 governing body membership card

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

5.9 – Change of Club

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

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

5.10 – Permission to Enter

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

5.11 – Requirement for Officials

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

5.12 – Number of Officials

Number of Competitor Entries	Number of Officials Required
1-2	One official (need not be a qualified judge)
3-5	One suitably qualified judge
6-9	Two (minimum of one suitably qualified judge)
10-14	Three (minimum of two suitably qualified judges)
15-19	Four (minimum of two suitably qualified judges)
19+	Six (minimum 3 qualified judges)

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

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

Clubs are required to inform their officials of their nomination to each League event and are required to provide email addresses for all officials nominated with their online entry. Officials must be available to officiate for entire day of competition.

All Officials must be nominated prior to the closing date but may be substituted at the events for those with equivalent qualifications/experience. Substitutes must report to the Judging Co-ordinator (or representative) and show a current 2022 governing body membership card prior to being permitted to officiate.

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

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

5.13 – Officials Status and Training

Officials include trained competition marshals, computer operators and manual recorders. All Judges (and reserves) must be qualified and for League 2, League 1 and Super League events Judges should be a minimum of a County Judge level, or hold an equivalent governing body judging qualification.

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

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

6 — DISCIPLINE SPECIFIC TECHNICAL INFORMATION

6.1 – League Event Rules + New Team Event

From 2022 League team results for each competition group in DMT and TRI will be available following each event. Clubs do not need to nominate teams, but where they have three or more competitors in one competition group these will constitute a team with the top three competitors' scores from the event providing the team score. There are currently no awards for teams.

FIG rules will apply to all TRI events with the exception of the TRI Cup.

Full FIG rules do not apply to DT and TRS.

These categories will follow FIG competition rules with the exception of the enhanced or altered criterion as specified in this document.

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

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

6.2 – Individual Trampoline

6.2.1 – League 3

The first routine is comprised of 10 different elements

6 elements must have a minimum of 270° of somersaulting rotation

The second and final routines are voluntary routines comprised of 10 elements with a maximum difficulty of 6.5

6.2.2 – League 2

The first routine is comprised of 10 different elements

8 elements must have a minimum of 270° of somersaulting rotation

The second and final routines are voluntary routines comprised of 10 elements with a maximum difficulty of 8.0

6.2.3 – League I

Age Group 9-12 years (11-12 WAGC routine)

The routine consists of 10 different elements, only two elements are 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.

- one element landing on the front of the body
- one element landing on the back of the body
- one element with 360° of somersault rotation and at least 360° of twist

Age Groups 13-14 years and 15-16 years

The routine consists of 10 different elements, only one element is 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.

- one element to front or back
- one element from front or back – in combination with requirement above
- one double front or back somersault with or without twist and
- one element with a minimum of 540° twist and minimum 360° somersault rotation

Senior 17+ and Super League (15+)

Each routine consists of ten elements

In Senior individual events all exercises are voluntary in which the execution score plus HD and T of F are added to the difficulty score to give the total for an exercise

6.2.4 – TRI Cup (15+)

The highest ranked top 8 male and female voluntary scorers from the TRI League 1 (15+) and Super League events will be invited to participate free of charge in the Trampoline Cup.

Eligibility is through entry into the above TRI events, though there is no compulsion to take part. If a top 8 ranked competitor does not wish to participate or a competitor is ranked in the top 8 twice, the next ranked competitor will be invited.

The rankings determine the position on the tree and therefore the sequence of competition. The lower ranked of the competitors will always compete first.

Competitors will compete as follows:-

Round 1 of TRI Cup - a 2 element routine. All elements of which must be 270° of somersault rotation or more. No tariff sheets are required and all elements will receive difficulty.

Round 2 of TRI Cup – a 5 element routine. All elements of which must be 270° of somersault rotation or more. No tariff sheets are required and all elements will receive difficulty.



Round 3 of TRI Cup – a 10 element routine. All elements of which must be 270° of somersault rotation or more. No tariff sheets are required and all elements will receive difficulty.

In order to promote excellent execution, there will be three execution judges used and the middle score will be tripled. For all three rounds scores will be from 10 with HD, Time of Flight and difficulty added.

There are no restrictions to repeating elements throughout the rounds. In the event of a tie the highest ranked competitor from the preliminary rounds will progress. A cash prize will be awarded to the winner only with no prizes for lower ranked competitors.

6.3 – Trampoline Synchronised Technical Requirements

Gymnasts will compete with 2 voluntary routines comprised of 10 elements per routine
8 elements must have a minimum of 270° of somersaulting rotation (League 2 routine requirements)
Both routines will have difficulty added

The highest scoring of the routines will determine the ranking of the pair. There is no final round for TRS

6.4 – Double Mini Trampoline Technical Requirements

6.4.1 – DMT League 3

It is recommended that gymnasts entering this level will be able to compete with each element containing 360° of somersault rotation and with each round containing one element with a minimum of 180° of twisting rotations

6.4.2 – DMT League 2

It is recommended that gymnasts entering this level are able to compete with each round containing 1 element with a minimum of 360° of twisting rotation or 1 element with a minimum of 720° of somersault rotation

6.4.3 – DMT League 1

It is recommended that gymnasts entering this level are able to compete with each pass containing 1 element with a minimum of 720° of somersault rotation or 1 element with a minimum of 540° of twisting rotation

Gymnasts aged 15+ may enter both League 1 and Super League categories

6.4.4 – DMT Super League (15+)

Gymnasts must be aged 15+ to enter this event

It is recommended that those entering this level can compete with each pass containing at least 1 element of at least 720° of somersault rotation and each round containing a pass with at least 2 elements of a minimum of 720° of somersault rotation

Prize money will be awarded to the three highest ranked gymnasts per gender

6.4.5 – DMT Cup (13+)

The DMT Cup is the League’s exciting knockout style event. The top 8 highest preliminary scorers from the male and female 13+ League 1 and Super League events are invited to participate free of charge. Eligibility is through entry into the above DMT events though there is no compulsion to participate in the event. If a top 8 ranked competitor does not wish to participate or a competitor is ranked in the top 8 twice, the next ranked competitor will be invited. The rankings determine the position on the tree and therefore the sequence of competition. The lower ranked of the competitors will always compete first. Competitors compete with one pass each and the one with the highest score will progress to the next round. As this is a standalone competition competitors may repeat elements that they used in the League events without penalty. Competitors cannot however repeat elements used in earlier rounds of the DMT Cup, i.e. a competitor will need to use up to 3 different passes in the DMT Cup. In the event of a tie, the highest ranked competitors from the preliminary rounds will progress. A cash prize will be awarded to the winner of the event only.



6.5 – Disability Trampoline Technical Requirements

6.5.1 – Disability Trampoline Level 1

The first routine is comprised of 10 different elements containing a maximum of 2 elements with a minimum of 270° of somersaulting rotation

The second and third routines are voluntary routines comprised of 10 elements with a maximum difficulty of 1.9

6.5.2 – Disability Trampoline Level 2

The first routine is comprised of 10 different elements with a minimum difficulty of 2.0.

The second and third routines are voluntary routines comprised of 10 elements with a minimum difficulty of 2.0.

6.5.3 – Disability Trampoline Final Round

The top 8 per category per level will compete with a 10 contact routine of choice. Difficulty will apply as per the second routine for each level.

6.6 – Awards

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

6.7 – Super League Events, DMT Cup and TRI Cup Prize Money

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

6.7.1 – Super League Qualification Events

TRI and DMT

1st Place	-	£145
2nd Place	-	£75
3rd Place	-	£40

6.7.2 – DMT Cup

First place only - £145

6.7.3 – TRI Cup

First place only - £145

6.7.4 – Super League Final

TRI and DMT

1st Place	-	£300
2nd Place	-	£150
3rd Place	-	£75

6.7.5 – DMT Cup Final

First place only - £300

6.7.6 – TRI Cup Final

First place only - £300

7 – GENERAL REGULATIONS

7.1 – Entry to the Venue

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

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

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

7.2 – Registration

A suitably qualified coach must take responsibility for the competitor(s) from their club at each League event and sign a declaration at the check in desk situated in the competition venue.

7.3 – Difficulty Cards

Difficulty cards may be downloaded from the League website. All difficulty cards must be submitted to a Difficulty Judge on the correct panel no later than the start of the warm up. See Appendix 8.1, 8.2 and 8.3.

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

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

7.4 – Competition Attire

7.4.1 – Competitors

Trampoline - As per FIG rules 2022-2024

Male Gymnasts - Sleeveless or short sleeves leotard and Gym shorts or trousers

White trampoline shoes and/or foot covering or of the same colour as the gym trousers

Female gymnasts - Leotard or unitard with or without sleeves (must be skin tight)

Long tights may be worn (must be skin tight) or gym shorts may be worn (must be skin tight).

Any other "dress" which is not skin tight is not allowed

For reasons of safety, covering the face or the head is not allowed

Trampoline shoes and/or white foot covering

DMT Male gymnasts - Sleeveless or short sleeves leotard and gym shorts

Female gymnasts - Leotard or unitard with or without sleeves (must be skin tight)

Long tights may be worn (must be skin tight and be the same colour as the leotard)

Gym shorts may be worn (must be skin tight)

Any other 'dress' which is not skin tight is not allowed
For reasons of safety, covering the face or the head is not allowed
All - White shoes and/or white foot covering may be worn

7.4.2 – Coaches

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

7.4.3 – Judges and Officials

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

Warm up and competition marshals should wear tracksuit or equivalent club attire and training shoes. Recorders should wear white top, navy or black trousers/skirt and navy or black jacket or fleece.

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

Chewing gum is not allowed.

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

7.5 – Competition Apparatus

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

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

A DMT landing area manufactured by Sport & Leisure Services Ltd will be provided for the DMT event at all League events.

20cm floor safety matting manufactured by Sport & Leisure Services Ltd will be used at all League events.

The FIG approved time of flight machines are provided by Air Time and back up provision will be used.

7.6 – Sports Therapy Provision

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

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

7.7 – Welfare Officer

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

7.8 – Medal Ceremonies

Competitors who win a medal at a League event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person.

7.9 – Perpetual Trophies

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

The winners of Perpetual League Trophies can be found archived in the Trampoline & DMT League website – www.trampolineleague.com.

7.10 Video, Film and Photography

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

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

Flash may not be used at any time whilst competitors are warming up or competing. Video lights should also be turned off. If there are concerns about the identity or actions of any photographer, or if it is believed that any unsuitable photos are being taken, concerns should be reported to the League Event appointed Welfare Officer.

7.11 - Complaints Procedure

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



8 – APPENDICES 2022

The Trampoline & DMT League competition handbook Version 1

TAKE THE STAGE. OWN THE SKIES.

NAME:		GROUP:		FLIGHT:	
CLUB:		NUMBER:		PANEL:	

COMPULSORY/VOLUNTARY 1					
	ROUTINE	S	*	ADJUSTMENT	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				TOTAL	

VOLUNTARY (2)					
	ROUTINE	S	*	ADJUSTMENT	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				TOTAL	

GUIDANCE NOTES

League 1 Age Groups 11-12, 13-14 & 15-16 competitors must * the required elements in their compulsory routine. Failure to do so will result in a 1.0 point deduction from every judge for each incorrect or missing *.

Routines must be completed either in English or FIG terminology.

It is the responsibility of the competitor to ensure that the routines are correct with correctly defined shapes.

When you sign in at the competition, you are taking responsibility for every member of your club for a given discipline. Please ensure that all competitors do not perform moves above your qualification.

EDITABLE VERISON IS AVAILABLE ON THE WEBSITE

FINAL					
	ROUTINE	S	*	ADJUSTMENT	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				TOTAL	

NAME:		GROUP:		FLIGHT:	
CLUB:		NUMBER:		PANEL:	

PRELIMINARY PASSES

PASS 1	MOUNT	DD	SPOTTER		DISMOUNT	DD	TOTAL DD

PASS 2	MOUNT	DD	SPOTTER		DISMOUNT	DD	TOTAL DD

FINAL PASSES – F1 and F2

F1	MOUNT	DD	SPOTTER		DISMOUNT	DD	TOTAL DD

F2	MOUNT	DD	SPOTTER		DISMOUNT	DD	TOTAL DD

GUIDANCE NOTES

When you sign in at the competition, you are taking responsibility for every member of your club for a given discipline. Please ensure that all competitors do not perform moves above your qualification.

EDITABLE VERSION IS AVAILABLE ON THE WEBSITE

PARTNER 1 NAME:		PARTNER 1 NAME:		GROUP:		FLIGHT:	
PARTNER 2 NAME:		PARTNER 2 NAME:		NUMBER:		PANEL:	

VOLUNTARY 1					
	ROUTINE	S	*	ADJUSTMENT	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				TOTAL	

VOLUNTARY 2					
	ROUTINE	S	*	ADJUSTMENT	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				TOTAL	

GUIDANCE NOTES

Missing or incorrect elements will incur a 1.0 point penalty per violation.

Routines must be completed either in English or FIG terminology.

It is the responsibility of the competitor to ensure that the routines are correct with correctly defined shapes.

When you sign in at the competition, you are taking responsibility for every member of your club for a given discipline. Please ensure that all competitors do not perform moves above your qualification.

EDITABLE VERISON IS AVAILABLE ON THE WEBSITE

8.4 — APPENDIX — TIME OF FLIGHT PROTOCOLS

Time of Flight Measure Device - TMD

ToF Score (T Score) Protocol

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

ToF Back Protocol – Step One

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

ToF Back Protocol – Step Two

In the event of the routine being missed on both the TMD and capturing software, the competitor will be authorised another attempt/s. The authorisation will be granted on the basis of 'faulty equipment'.

In this scenario the original E and D score will remain the same. The attempt/s will be judged only by the ToF Judge and routine verified by the D judges. Should this happen, the following regulations will be applied:

The chair of Judges will negotiate only with the competitor's Coach for the most opportune moment for him/her to have their second attempt/s (this must be completed within the time scale permitted as outlined in the event timetable).

The 2nd attempt/s will be judged only by the ToF Judge. The original E and D score will remain operative.

The competitor must compete with the exact same routine as the one in which their T score was missed.

8.5 — APPENDIX — ANTI-DOPING POLICY

League Anti-Doping Policy

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

Checking Medication

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

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

Supplements

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

Informed Sport is an official website that provides some information on products which fall into the category of supplementation, but may have been previously tested for integrity:

www.informed-sport.com



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