

# 2018 West Midlands Regional Championships

## Trampoline

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

### Foundation

All Age Groups	Veterans
Full Twist	Full Twist
Straddle	Straddle
½ Twist to Seat	Seat Landing
½ Twist to Feet	½ Twist to Seat Landing
½ Twist Jump	½ Twist to Feet
Pike Jump	Pike Jump
Back Landing	Back Landing
½ Twist to Feet	½ Twist to Feet
Tuck Jump	Tuck Jump
Front Somersault (T)	½ Twist Jump
Max DD – 2.0	As per BG Comp Structure

Is for anyone who has competed at NDP 2 or below at any regional or BG event.

### Development

Under 11 in 2018	11-12 & 13-14 in 2018	15-16 & 17+ in 2018
Back Somersault (T)	Back Somersault (T)	Back Somersault (S)
Straddle	Straddle	Straddle
½ Twist to Seat	Back S/Sault to Seat (T)	Back S/Sault to Seat (T)
½ Twist to Feet	½ Twist to Feet	½ Twist to Feet
½ Twist Jump	½ Twist Jump	½ Twist Jump
Pike Jump	Pike Jump	Pike Jump
Back Landing	Back Landing	Back Landing
½ Twist to Feet	½ Twist to Feet	½ Twist to Feet
Tuck Jump	Tuck Jump	Tuck Jump
Front Somersault (T)	Front Somersault (P)	Front Somersault (P)
Max DD 3.5	Max DD 5.0	Max DD 6.5

Development is for anyone who has competed at NDP 3, 4 or 5 at any regional or BG event or the Trampoline League equivalent.

## Elite

The Elite structure is for anyone who has competed at NDP 6 or above at any regional or BG qualifying events or the Trampoline League equivalent.

<b>9-10 in 2018</b>	<b>Typical Routine</b>
Routine must contain;	Back Somersault (S)
<ul style="list-style-type: none"><li>10 different elements including 6 elements that contain a minimum of 270° of somersault rotation.</li></ul>	Straddle
	Back Somersault (P)
	Barani (P)
	½ Twist Jump
	Tuck Jump
	Barani (T)
	Back Somersault (T)
	Pike Jump
	Front Somersault (P)

<b>11-12 in 2018</b>	<b>Typical Routine</b>
Routine must contain;	Back Somersault (S)
<ul style="list-style-type: none"><li>10 different elements including 8 elements that contain a minimum of 270° of somersault rotation</li><li>1 element that contains a minimum of 270° of somersault rotation and lands on either front or back</li><li>1 element with a minimum of 450° of somersault rotation from the front or back.</li></ul>	Barani (S)
	Straddle
	Back Somersault (P)
	Barani (P)
	Tuck Jump
	Barani (T)
	Back Somersault (T)
	¾ Front Somersault to Back
	Ball Out Barani (T)

<b>13-14 in 2018</b>	<b>Typical Routine</b>
Routine must contain;	¾ Back Somersault to Front
<ul style="list-style-type: none"><li>10 different elements including 8 elements that contain a minimum of 270° of somersault rotation</li><li>2 elements that contains a minimum of 270° of somersault rotation and lands on either front or back</li><li>2 elements with a minimum of 450° of somersault rotation from the front or back.</li></ul>	Cody
	Straddle
	Back Somersault (P)
	Barani (P)
	Tuck Jump
	Barani (T)
	Back Somersault (T)
	¾ Front Somersault to Back
	Ball Out Barani (T)

<b>15-16 in 2018</b>	<b>Typical Routine</b>
Routine must contain;	½ to ¾ Front Somersault
<ul style="list-style-type: none"><li>10 different elements including 9 elements that contain a minimum of 270° of somersault rotation</li><li>1 element that contains a minimum of 270° of somersault rotation and lands on either front or back</li><li>1 element with a minimum of 450° of somersault rotation from the front or back</li><li>2 element with a minimum of 360° of somersault rotation and a minimum of 360° of twist</li></ul>	Ball Out Barani (T)
	Back Somersault (T)
	Barani (T)
	Back Somersault (P)
	Rudolf
	Straddle
	Back Somersault (S)
	Barani (S)
	Full Twisting Back Somersault

<b>17+ in 2018</b>	<b>Typical Routine</b>
Routine must contain;	½ to ¾ Front Somersault
• 10 different elements that contain a minimum of 270° of somersault rotation	Ball Out Barani (T)
• 1 element that contains a minimum of 270° of somersault rotation and lands on either front or back	Back Somersault (T)
• 1 element with a minimum of 450° of somersault rotation from the front or back	Barani (T)
• 1 element with a minimum of 360° of somersault rotation and a minimum of 360° of twist	Full Twisting Back S/Sault
• 1 element with a minimum of 360° of somersault rotation and 540° of twist	Back Somersault (P)
• 1 element with a minimum of 720° of somersault rotation.	Rudolf
• None of the elements can be combined to satisfy criteria.	Back Somersault (S)
	Barani (S)
	Double Back Somersault (P)

### **Senior – 15 or over in 2018**

Routine must contain;
• 10 different elements that contain a minimum of 270° of somersault rotation
• 4 elements in the compulsory routine must be * and difficulty will be awarded for these elements
• Elements that have been * in the compulsory routine will not be awarded any difficulty if used in the voluntary routine

## **Synchronised Trampoline**

Synchronised Trampolining is split into two groups, namely '**Development**' and '**Elite**'. Synchronised trampoline is split into age groups not gender so Male-Male, Female-Female and Male-Female pairings compete together. Pairs entering do not have to be the same gender but must be wearing the same club leotards.

### **Development**

Development is for anyone who has competed at NDP 3, 4 or 5 at any regional or BG event or the Trampoline League equivalent.

<b>Under 15 in 2018</b>	<b>15+ in 2018</b>
Back Somersault (T)	Back Somersault (S)
Straddle	Straddle
½ Twist to Seat	Back S/Sault to Seat (T)
½ Twist to Feet	½ Twist to Feet
½ Twist Jump	½ Twist Jump
Pike Jump	Pike Jump
Back Landing	Back Landing
½ Twist to Feet	½ Twist to Feet
Tuck Jump	Tuck Jump
Front Somersault (T)	Front Somersault (P)

## Elite

The Elite structure is for anyone who has competed at NDP 6 or above at any regional or BG qualifying events or the Trampoline League equivalent.

<b>Under 15 in 2018</b>	<b>15+ in 2018</b>
Back Somersault (S)	Back Somersault (S)
Straddle	Barani (S)
Back Somersault (P)	Straddle
Barani (P)	Back Somersault (P)
½ Twist	Barani (P)
Tuck Jump	Tuck Jump
Barani (T)	Barani (T)
Back Somersault (T)	Back Somersault (T)
Pike Jump	¾ Front Somersault to Back
Front Somersault (P)	Ball Out Barani (T)

## Double Mini Trampoline

Double Mini Trampolining structure will be split into three different competitive groups called '**Foundation**', '**Development**' and '**Elite**'. There is no prescribed passes but all passes must be different and meet the criteria outlined below. The criteria are the same for each age group within a given competition.

<b>Foundation</b>	<b>Development</b>	<b>Elite</b>
4 Different Passes that meet the following; Each pass must contain at least one somersault	4 Different Passes that meet the following; Each skill must contain a minimum of 360° of somersault rotation	4 Different Passes that meet the following; Each pass must contain at least one skill with a minimum of 720° of somersault rotation.
Max DD - 1.5	Max DD - 4.0	Max DD - None
Typical Pass	Typical Pass	Typical Pass
(M) - (S) Tuck Jump (D) Front S/Sault (T)	(M) - (S) Back S/Sault (S) (D) Rudolf	(M) Barani (S) (S) - (D) Double Back S/Sault (T)

## Disabilities Trampoline

National 2 and 1 and Regional 2 and 3 and Category 2 Male and Female as per current BG requirements for Trampoline Disability Competitions.