

SOUTH EAST COUNTY EVENTS 2024

INTRODUCTION

Below is the information for this year's South East County events for the 2024 season. These events will be run by the county organisations and will include Individual Trampoline (TRI), and Double Mini Trampoline (DMT).

Please note that individual trampoline will differ from the British Gymnastics Club Cup Championship that has been run in previous years.

There will be no change to the Double Mini Trampoline. DMT will continue to follow the British Gymnastics Club Cup Championships.

GENERAL INFORMATION

DATES AND VENUES:

These will be published by each County Association.

ELIGIBILITY:

Open to anyone who trains at a club registered with each respective County Association.

WELFARE OFFICER:

The Welfare Officer for the event will be detailed in the event program.

ENTRY DATES:

The county TTC would actively encourage clubs to complete their competition entries in good time and not on the closing date. The entry system will close at the closing time on the closing date.

PAYMENTS:

Payment details will be published by each county TTC.

RULES:

As per current FIG Code of Points unless otherwise stated.

MOVING UP:

We would actively encourage gymnasts to move up through the Levels as and when they are capable of safely doing the routines/passes.

INTER COUNTY CHALLENGE CUP:

The Inter County Challenge Cup is an Open event. However, gymnasts will compete at the highest level they have competed at that season.

INDIVIDUAL TRAMPOLINE

AGE GROUPS:

7-8yrs, 9-10yrs, 11-12yrs, 13- 14yrs, 15+yrs
 Additional age groups may be added by the county TTC's

SEX:

There will be a separate competition for male and female competitors.

ROUTINES:

At each Level two exercises will be performed. The gymnasts score will be accumulative across both exercises. Exercise 1 will be Sum of E, H & T and Exercise 2 will be the Sum of E, H, T and D scores.

SE County Series (COUNTY EVENTS) - All Levels will compete 2 exercises (Set & Vol)								
Level 1			Level 2			Level 2		
Max DD for 2nd exercise 1.0 - DD per skill capped at 0.4			Max DD for 2nd exercise 1.2 - DD per skill capped at 0.5			Max DD for 2nd exercise 1.6 - DD per skill capped at 0.6		
	Arm Set	DD		Arm Set	DD		Arm Set	DD
1	Front Landing	0.1	1	½ twist Jump	0.1	1	Full twist Jump	0.2
2	to Feet	0.1	2	Straddle Jump	0.0	2	Straddle Jump	0.0
3	Straddle Jump	0.0	3	Seat Landing	0.0	3	Seat Landing	0.0
4	Seat Landing	0.0	4	½ twist to Seat Landing	0.1	4	½ twist to Seat Landing	0.1
5	½ twist to Seat Landing	0.1	5	½ twist to Feet	0.1	5	½ twist to Feet	0.1
6	½ twist to Feet	0.1	6	Pike Jump	0.0	6	Pike Jump	0.0
7	½ twist Jump	0.1	7	Back Landing	0.1	7	Back Landing	0.1
8	Pike Jump	0.0	8	½ twist to Feet	0.2	8	½ twist to Feet	0.2
9	Back Landing	0.1	9	Tuck Jump	0.0	9	Tuck Jump	0.0
10	to Feet	0.1	10	Full twist Jump	0.2	10	Front s/s (t)	0.5
		DD Tot			DD Tot			DD Tot
		0.7			0.8			1.2

FINALS:

There will be no finals at the SE County events for TRI.

TROPHIES:

Trophies or Medals will be awarded to the top three individuals in each category and medals to the top three team members.

DISABILITY:

Under 15 and Over 15 as per BG disability routines and categories

WARM-UP:

Warmups will be timed, (allowing for a minimum of 4 followed by a one-touch warmup). Groups will then run straight through without a controlled warm up.

EQUIPMENT:

Eurotramp trampolines with 6x6mm, 6x4mm, 4x4mm or 5x4mm beds

SUBSTITUTIONS:

A substitution is only permitted if in the same Level, Age Group and Sex and from the same club.

DOUBLE MINI TRAMPOLINE

AGE GROUPS:

7-8yrs, 9-10yrs, 11-12yrs, 13+yrs

SEX:

There will be a separate competition for male and female competitors.

PASSES:

Level 1									
Compulsory Round 1				Compulsory Round 2					
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Tuck Jump	Straddle Jump	0.0	1	Tuck Jump	-	Pike Jump	0.0
2	-	Straddle Jump	½ twist Jump	0.2	2	-	Full Twist Jump	Tuck Jump	0.4
Combined round DD				0.2	Combined round DD				0.4

Level 2									
Compulsory Round 1				Compulsory Round 2					
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	Tuck Jump	-	Full Twist Jump	0.4	1	-	Tuck Jump	Front S/S (P)	0.6
2	Pike Jump	-	½ twist Jump	0.2	2	-	Pike Jump	Front S/S (T)	0.5
Combined round DD				0.6	Combined round DD				1.1

TROPHIES:

Trophies or Medals will be awarded to the top three individuals in each category and medals to the top three team members.

DISABILITY:

Under 15 and Over 15 as per BG disability passes and categories

WARM-UP:

Warmups will be timed, (allowing for a minimum of 4 passes).

EQUIPMENT:

6x6mm Eurotramp double mini trampoline

SUBSTITUTIONS:

A substitution is only permitted if in the same Level, Age Group and Sex and from the same club.