



Gymnastics NSW

Section 7 - Trampoline Gymnastics
Sanctioned Competition Handbook



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How to run a Level 1-7 Event in NSW

Venue Considerations

1. All you need is enough space for the competition equipment, warm up floor or strips, judges' tables, spectators if you're having them and access to power and bathrooms.
2. Height of ceiling - minimum recommendation below.

RECOMMENDED HEIGHT (OVER EQUIPMENT)	LEVELS 1-2	LEVELS 3-5	LEVELS 6-7
TRAMPOLINE	6.0m	6.0m	8.0m
SMT/DMT	5.0m	5.0m	6.0m
TUMBLING	4.0m	4.0m	5.0m
RECOMMENDED LENGTH	LEVELS 1-2	LEVELS 3-5	LEVELS 6-7
TUMBLING	6.0m	15.0m	25.0m
DMT	20.0m	20.0m	20.0m
SMT/DMT	12.0m	12.0m	12.0m

Equipment Considerations

Required Items

1. Competition Equipment
 - a) **Trampoline**
 - A competition size trampoline with safety padding (in ground or above ground)
 - A spotter mat is desirable for levels 1-5 but not compulsory
 - A spotter mat is compulsory for level 6-7
 - b) **Tumbling**
 - Levels 1-2 can be performed on strip mats or an artistic floor strip
 - Level 3-7 can be performed on an airfloor or rod floor with minimum length of 12m (not including the run up)
 - Level 4-7 are required to have a landing zone, 4m x 2m
 - c) **Single/Double Mini Trampoline**
 - A standard single mini trampoline is required for level 1-2, with a crash mat landing
 - A DMT with a suitable landing area (4m x 2m) is required for level 3-7

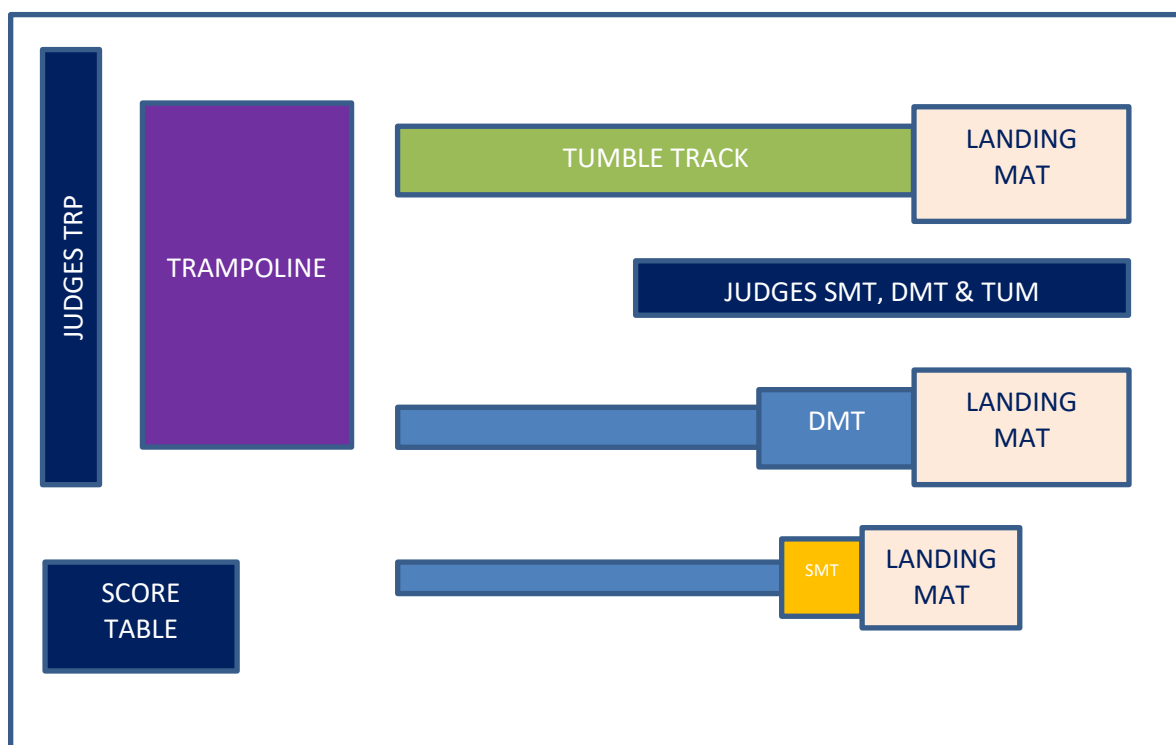
Start Here, Go Anywhere!

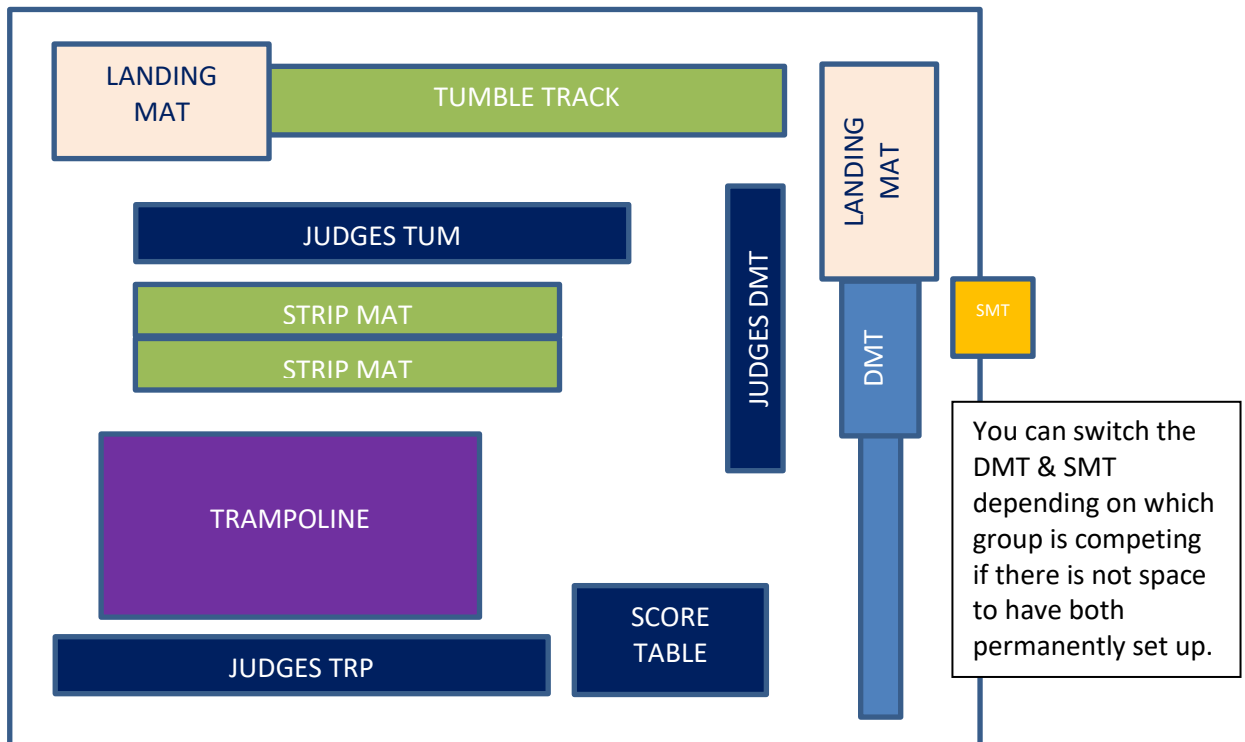
2. Warm Up Floor
 - a) 3x roll out strip mats
 - OR
 - b) Half a sprung floor
3. Judging Tables
4. Judging Chairs
5. Extension cords and power boards
6. Awards
7. Gaffer Tape (Black/Silver to secure cords)

Optional Items

8. Barriers: (boxes, chairs or other equipment to separate any areas)
9. Printer
10. Spectator seating
11. Microphone

Possible Setup Options





General Guidelines

Before an Event:

1. Confirm date and venue.
2. Confirm what levels and disciplines are available to compete in and confirm the type of equipment that will be used throughout the competition.
3. Complete and submit all elements of the sanctioning form.
4. Receive confirmation from GNSW that the event sanctioning was successful.
5. Confirm with GNSW the entry form is correct and ensure GNSW place the entry form on the website.
6. Email the entry form to all clubs.
7. Receive entry forms from GNSW, ensure both parties have copies off all entries.
8. Create an event timetable, work order and judge's panels.
9. Create event start list and enter athletes into a score program.
10. Ensure that you have ribbons/medals and certificates if being used.

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During an Event:

1. Ensure that all equipment is correctly set up including safety and spotting mats.
2. Complete health and safety check of the venue and equipment.
3. Set up judging and scoring panels.
4. Check all participants have arrived and make any modifications to the work order if required.
5. Test run the event score program prior to competition.
6. Ensure that you have all the required volunteers for each session.
7. Organise a presentation party to coordinate the giving of awards.
8. Thank all volunteers, judges, and athletes.
9. Pack away any equipment used and tidy the venue.

After an Event

1. Send through results and sign on sheets to GNSW.
2. Reconciliate the event.
3. Review the event and send through any media to GNSW for promotion.

Awards

There are many options to choose from on to how to award Level 1-7 for your sanctioned event.

At State run trial events, we band levels 1-3 and award 1st to 3rd placings for levels 4-7. At State Championships we award 1st-6th place for all levels.

You can decide how to band awards or present placings and use different colour ribbons, you can also use an alternative banding structure to determine what award each athlete receives and/or add novelty awards.

Below are some suggested options, but these are not compulsory.

Option 1: Follow NSW Events Structure

- Level 1-3
 - Banded ribbons
- Level 4-7
 - 1st-3rd awards
- Use the banding Scores in the TRP Technical Regulations to determine what award each athlete receives for the relevant discipline
- Results do not need to be kept or published

Option 2: Alternative Option

- Band all levels 1-7
- Decide each banding score to determine what award each athlete receives on the relevant discipline and communicate to clubs participating
- Results do not need to be kept or published

Option 3: Alternative Option

- Three placing awards per discipline level (1-7)
- Add an overall award combining all disciplines
- Results will need to be kept during the session for each gymnast and routine

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Rules

To prepare athletes for the Regional, State & National pathway, competitions can be run using the Australian Levels Program as a guideline.

Gymnastics NSW events use the Level 1-3 NSW routines and 4-7 ALP routines.

You can also add additional divisions to your events.

General Information

Entries

Inter-Club Competitions

Closing Date

Entries to be received by the host club no later than one week before a competition.

Entry Fees

Entry Fees are at the discretion of the host club. Entry fees are to be paid to the host club before the start of competition.

Regional Competitions

Closing Date

Entry dates will close a minimum of 3 weeks prior to the competition date.

Entry Fees

Entry Fees per competitor are to be paid with the submission of entry forms via the NSW office. All competitors entered must be paid for whether they are competing or not.

Late Fees

Late fees will apply as per the Gym NSW Events Policy.

Judges

For all Judge Requirements and Panel Configurations please refer to the GNSW TRP Technical Regulations.

Clubs are responsible to organise and allocate judging panels for their sanctioned event/s. For additional recommendations or advice, you can contact the NSW TRP Judging Coordinator, NSW TRP Technical Director and/or the GNSW TRP ESDO. Contact details are available [HERE](#).

It is recommended to host your judge event briefings prior to your sanctioned event.

Where it is not possible to meet the minimum required number of judges to ensure fair results please use the following calculations:

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TRP

- For 1 execution judge entre the same score twice. Must have 1 HD judge as well.
- If no DD judge is available, then the execution judge may score DD off a recorded video after completion of the routine.

SMT

- For 1 execution judge entre the same score 3 times.
- For 2 execution judges add both scores together and dived by 2. Entre the average score as the third judge.
- The execution judge can DD at the same time as it is only one skill.

DMT / TUM

- For 1 execution judge entre the same score 3 times.
- For 2 execution judges add both scores together and dived by 2. Entre the average score as the third judge.
- If no DD judge is available, then the execution judge can score DD off a video record after the routine has finished.

Judging Equipment

- Table and Chairs
- Event Timetable
- Start List
- Pens/ Pencils
- Excel Score Sheet or Manual Score Sheets
- Scrap Paper
- Clipboards
- Copy of ALP & Technical Regulations

Coaches

For all Coach Requirements please refer to the GNSW TRP Technical Regulations Website.

It is recommended to host your coach event briefings prior to your sanctioned event.

Spectators

For all Spectator Requirements please refer to the GNSW TRP Technical Regulations Website.

Clubs may decide if it will be spectator free at their sanctioned event/s. It is recommended to communicate all your event information to clubs participating.

Volunteers

One spotter is required to be on each exposed corner of the trampoline. Therefore, if it is standalone trampoline 4 spotters are required.

1 marshal is required per apparatus. If there is no volunteer available a club coach could fore fill this requirement.

1 scorer is required if using Sporttech. 2 scores are required if you are using an excel spread sheet (one electronic and one manual).

Scoring

Sporttech

The current FIG Trampoline Score Program is 'Sporttech'. This is a web-based application accessible to all regions. Those that have had previous exposure to Sporttech and wish to use this application please use the below log in:

Email: regioncompetition@gymnsw.org.au

Password: region

Further instructions on how to use Sporttech can be found under the 'Help' tab in Sporttech. Sporttech can be a complicated system and it is recommended that if you have not used it before then to use the below method. An alternative option is to use manual excel templates.

Excel Spread Sheet

Please see [Appendix 1 Excel Spreadsheets](#) at the end of this document as a basic template to follow for athlete scoring.

Scoring Equipment

- Table and Chairs
- Laptop with Score Program or Excel Scoring
- Score Sheets
- Pens, paper clips, liquid paper, manila folders etc
- Event Timetable
- Start List

Competition Cards

Competition cards / routine sheets for Trampoline, DMT and Tumbling must be completed and handed in at the time and place specified by the organising committee. Clubs need to supply their competitors with routine sheets. Please see [Appendix 1](#) for a template of each routine card.

Competition Scheduling

Starting Time

The suggested starting time for an Interclub competition is 9:00am warm up with a 10:00am competition start.

Warm-Up

The equipment selected for competition must be available for specific warm-up for a period of no less than 10 minutes for each group of 10 gymnasts.

Competition Draw

The starting order for each event is determined by a draw.

Program

A master program is to be prepared detailing each event and the competition order as determined from the draw. The master program invariably requires updating with additions, deletions and variations on the day of competition. (As a guide, provide at least 3 copies to each apparatus.)

Disturbed Routine

A second attempt may be allowed at the discretion of the Chair of Judges Panel.

Scheduling

The below calculations can be used to workout how much time is needed for each athlete.

TRP

- Levels 1 -3 approximately 40 secs per routine
- Levels 4- 6 approximately 1.5 per routine

SMT

- Level 1-2 approximately 30 secs per pass

DMT

- Level 3-4 approximately 1 min per pass
- Level 5-6 approximately 1.5 min per pass

TUM

- Levels 1-3 approximately 1 min per pass
- Levels 4-6 approximately 1.5 min per pass

Flights/Grouping

A flight (group) can be made up of a maximum of 16 athletes at one time. Flights can be of mixed levels and gender. Each flight should receive either a 10-minute or 2 touch warmups prior to competing. For lower-level competitions it may be appropriate to increase the number of athletes in each flight to more than 16.

Work Orders

Consider organising your competition with a rotational format. Groups can rotate between competition apparatus in a circuit format.

A benefit of using the scoring program for your sanctioned event, is that it generates the work order for you which you can simply download and share as well as providing live online workorders on the day and many features to withdraw or change an athlete within the order, accommodate for judging online using the live online workorder and provide results instantly.

If you decide to go manual, please see below some points to consider;

- Grouping gymnasts by clubs for L1-7
- Allowing enough space between routines if a gymnast is in multiple routines.
- Panel/floor changes
- Club not consistently first or last across sessions
- Gymnast not consistently first or last across your sanctioned events

Sanctioning Events & Regional Qualifiers

All applications to host a sanctioned regional competition must be sent to the GNSW office. Competitions approved will be included in the competition calendar for that year.

For all Competition Sanctioned Information and Application Form please refer to the GNSW Technical Regulations Website.

Clubs within each Regional zone will be targeted to host these competitions by either GNSW or Regional Supervisors which will be run alongside the regional committee.

Interclub competitions may be organised between clubs with notification to GNSW for inclusion in the latest news. These events are not qualifying competitions and should include invitations to the participating clubs.

Resources

All TRP Competition Resources and templates will be available once your club sanctioned application has been approved. General Event Resources will also be available.

Please see below TRP templates available but not limited to;

- Competition Timetable
- Scoring Excels
- Judging Panels

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