



# BUCS Trampoline Championships 2018

## Handbook

### Contents

Provisional Entry Information	1
Routines	5
Rules	8
Appendix: Competition Cards	9



## Provisional Entry Information

### Dates

Saturday 14 April & Sunday 15 April 2018

### Venue

University of Cambridge Sport

### Address

[Philippa Fawcett Drive, Cambridge, CB3 0AS](#)

### Staged Entry

This competition operates a staged entry process. Entries received before the Stage 1 entry closing date will be accepted where the competition allows. Only if after the closing of Stage 1 the competition allows, will Stage 2 open.

Stage 2 entries will only be accepted if the competition allows and priority will remain with the entries received before the Stage 1 entry closing date. If Stage 2 opens and any entries received are accepted into the competition, they will be charged an additional 20% fee.

### Stage 1 Entry Opening Date

Tuesday 23 January 2018

### Stage 1 Entry Closing Date

Thursday 15 March 2018

### Stage 2 Entry Opening Date:

Tuesday 20 March 2018

### Stage 2 Entry Closing Date:

Thursday 29 March 2018

### Stage 1 Entry costs:

Individual: £21

Synchronised: £18

Teams: No fee

### Stage 2 entry costs:

Individual: £25.20

Synchronised: £21.60

Teams: No fee

### Provisional event timetable

Saturday: BUCS Disability, 6, 5, 4 (Qualifications + Finals)

Sunday: Synchronised, BUCS 3, 2, 1, ELITE (Qualifications + Finals)

Team scores shall be calculated from the qualification rounds of both days.

The division of categories across days (as above) may be subject to change based on entry numbers.



### Events and BUCS Points Available

BUCS ELITE Men Individual:	12	8	6	4				
BUCS ELITE Women Individual:	12	8	6	4				
Men's Overall Team:	20	14	10	7	5	3	2	1
Women's Overall Team:	20	14	10	7	5	3	2	1

BUCS Synchronised 1: Pending review for 2018. Update due in January 2018

Individuals will automatically be entered into the team competitions, provided there are enough eligible individuals from that institution to comprise a team. Please note the following team compositions:

Men's Overall Team – The team placing shall be determined by the highest cumulative qualification round scores for three gymnasts from the same institution (Execution + HD + Difficulty - Penalties, no Time of Flight included).

Women's Overall Team – The team placing shall be determined by the highest cumulative qualification round scores for three gymnasts from the same institution (Execution + HD + Difficulty - Penalties, no Time of Flight included).

Please note that BUCS points will not be allocated where the minimum number of competitors has not been reached, and where there are not enough individual scores to extract a team score. Furthermore, an individual/team/pair must have beaten another individual/team/pair to score BUCS points. Similarly, medals will be awarded according to the accrual of BUCS Points. For example, if there are only three entries in an event only Gold and Silver medals will be awarded.

### Entry Allowance:

These categories will be capped as follows:

BUCS 6, 5, 4 – 1 guaranteed competitor for each gender per institution

Competitors must be entered in **rank** order of entry preference. Remaining category capacity will be filled on a rotating proportionate basis, down each institution's ranked list until these categories reach their maximum quota.

Institutions can request an unlimited number of entries; however, should the event reach capacity BUCS may need to restrict the number of entries per institution. Therefore, when submitting entries on BUCScore, entries should be sorted into your ranked order of preference for each of these categories.

### Entry Process:

Entries can only be submitted on BUCScore, our online entry system. Please speak to your Athletic Union as they will need to submit your entry on this system and it is their responsibility to manage the whole entry process.

Please note: An email address is required to enable an individual to be entered effectively within BUCScore as the system uses email addresses as unique identifiers. The email address used for each entrant must be unique to maintain validity of their entry. Changing or duplicating an email address for an entrant may result in the entry being overwritten and therefore withdrawn.

Furthermore, after entries have closed no refunds will be given for withdrawals. This applies regardless of the reason for a withdrawal.

### Entry Check Process:

On receipt of entries at the closing date, BUCS will compile a report listing all entries for all institutions. This report will be sent to institutions and posted in the downloads section on the Trampoline



Championships page of the BUCS website.

Institutions must review this report very carefully and provide amendments within **five days** of publication. Permissible changes include **errors** only such as category, gender, and spelling of names. Competitors cannot be added or removed in this window unless they are submitted within the stage two entry window (where applicable).

Amendments must be sent by your institution to [Alysha.Martin@bucs.org.uk](mailto:Alysha.Martin@bucs.org.uk), the Event Coordinator for BUCS Trampoline. Amendments received directly from clubs will not be processed.

### Entry Matrix

The entry matrix provides an approximate equivalence guide between competition levels within BUCS, SUTL, NEUT, British Gymnastics, and the League structure (subject to variation). Competitors should use this matrix to determine the correct category to enter for their level, and only in exceptional circumstances may a competitor compete in a category lower than the assigned equivalent category (at the discretion of BUCS). For categories with crossover, reference should be made to the difficulty performed.

If a competitor has previously entered a level (including equivalent levels in other structures not listed) within the preceding 24 months, a formal application must be made to BUCS if they wish to downgrade. Failure to do so will result in automatic disqualification.

BUCS	SUTL	NEUT	BRITISH GYMNASTICS	LEAGUE
BUCS ELITE	SUTL ELITE	Über	NDP/FIG Performance	League 1, Super
BUCS 1	SUTL 1	Elite, Über	NDP 6	League 2
BUCS 2	SUTL 2	Elite	NDP 5, 6	League 3
BUCS 3	SUTL 3	Advanced	NDP 3, 4, 5	-
BUCS 4	SUTL 4	Intervanced	NDP 2, 3	-
BUCS 5	SUTL 5	Intermediate	Club 3, NDP 1	-
BUCS 6	SUTL 6	Novice	Club 1, 2	-

### Entry Disclaimer

BUCS will make every reasonable effort to ensure that its events are run in safe environments. It is the responsibility of all institutions and participants to consider any known medical conditions or disabilities before entering or competing in a BUCS event. If you know or are aware of a medical condition that might interfere with you exercising or participating safely, please consult a medical professional before participating. All participants assume full responsibility for any and all injuries, losses and damages that are incurred while participating in BUCS events.

### Data Collection

As part of the entry process we will be collecting email addresses to use in case of last minute event changes/cancellations, to pass out key information as required and for feedback post event. Please note these details will only be used for event purposes and will not be passed to any third parties.



We will also be collecting emergency contact information for each competitor for emergency purposes only. This information will be stored in BUCScore and be presented every time an athlete is selected to enter the competition. Please review this information carefully and update when necessary.

### **Provision of Officials**

All institutions with entries of **five** or more competitors will be required to provide the following:  
*At least one* full-day *qualified* Execution, Horizontal Displacement, Difficulty, or Chair Judge, *and*,  
*At least one* full-day official of any role.

Officials can be selected for either Saturday or Sunday. If desired, one person can be selected for two days - please enter each official twice, once for each day. Roles may not be shared between more than one person within a day, and competitors must only be selected to officiate on a day they are not due to compete.

Officials must be entered with their qualification level and role preference. Failure to provide the minimum requirements, or this information, will result in an institution's entry being invalidated.

### **Judge Revalidation**

In 2017, British Gymnastics communicated that all qualified judges are required to attend a revalidation course for the 2017-2020 Cycle (Cycle 14). This is to update all judges on rules and procedure, and particularly, the addition of Horizontal Displacement judging. In order to ensure that the event is as fair and consistent as possible for all, it is expected that institutions will submit judges who are qualified, or revalidated, in the current cycle. Judges from previous cycles should only be submitted with an entry in exceptional circumstances.

Available roles: Chair, Execution, Horizontal Displacement, Difficulty, Panel Manager, Written Recorder, Marshall, Video Recorder, Time of Flight.

### **Pre-Event Information**

Please review our downloads section on the BUCS website for the Trampoline Championships for provisional pre-event information, including timetables and start lists. Final pre-event information including the accepted entries list will be published on Tuesday 26 March 2018.

If you have any questions, please get in touch via your Athletic Union.

**Alysha Martin**  
**BUCS Event Coordinator**



## Routines

### BUCS ELITE

#### FIRST ROUTINE

10 **different** elements of at least **270°** somersault rotation to include:

- An element of at least 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation.
- A double somersault.

#### SECOND ROUTINE

Difficulty shall be awarded in the second routine.

Minimum Difficulty: **8.0**  
Maximum Difficulty: **Unlimited**

Time of Flight shall be awarded for both routines.

BUCS points shall be awarded as follows for each gender:

1st = 12 points  
2nd = 8 points  
3rd = 6 points  
4th = 4 points

### BUCS 1

#### FIRST ROUTINE

10 **different** elements with at least **9** somersaults of at least **270°** somersault rotation to include:

- An element of at least 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation.

**and at least one of:**

- A back somersault with 360° somersault rotation and 360° of twist, or,
- A front somersault with 360° somersault rotation and 540° of twist, or,
- A double somersault

#### SECOND ROUTINE

Difficulty shall be awarded in the second routine.

Minimum Difficulty: **5.5**  
Maximum Difficulty: **7.9**

Time of Flight shall be awarded for both routines.  
No BUCS points shall be awarded at this level.



## BUCS 2

### FIRST ROUTINE

10 **different** elements with at least 7 somersaults of at least 270° somersault rotation to include at least **one** of the following requirements:

- An element of 270° of somersault rotation, landing on front or back, followed by an element of 450° somersault rotation.
- A back somersault with 360° somersault rotation and 360° of twist.
- A front somersault with 360° somersault rotation and 540° of twist.

Somersaults must not exceed 630° of rotation.

### SECOND ROUTINE

Somersaults must not exceed 630° of rotation.

Minimum Difficulty: **3.9**

Maximum Difficulty: **5.4**

Time of Flight shall be awarded for both routines.  
No BUCS points shall be awarded at this level.

## BUCS 3

### FIRST ROUTINE

Back s/s (S)	Back s/s (S)
Straddle jump	Barani (S)
Back s/s to seat (T)	Straddle jump
½ twist to feet	Back s/s (P)
½ twist jump	Barani (P)
Tuck jump	Pike jump
Barani (T)	Full twist jump
Back s/s (T)	Tuck jump
Pike jump	¾ front s/s to back
Front s/s (P)	To feet

*or*

### SECOND ROUTINE

Somersaults must not exceed 360° of rotation and 180° of twist.

Minimum Difficulty: **3.0**

Maximum Difficulty: **3.9**

No BUCS points shall be awarded at this level.

## BUCS 4

### FIRST ROUTINE

Back s/s (T)	Back s/s (S)
Straddle jump	Straddle jump
Barani (T/P)	Back s/s to seat (T)
Tuck jump	½ twist to feet
½ twist jump	½ twist jump
Pike jump	Tuck jump
Back landing	½ twist to front
½ twist to feet	To feet
Tuck jump	Pike jump
Front s/s (P)	Front s/s (T)

*or*

### SECOND ROUTINE

Somersaults must not exceed 360° of rotation and 180° of twist.

Minimum Difficulty: **2.1**

Maximum Difficulty: **2.9**

No BUCS points shall be awarded at this level.



BUCS 5		BUCS 6	
<b>FIRST ROUTINE</b>		<b>FIRST ROUTINE</b>	
Full twist jump	Back s/s (T)	½ twist jump	Full twist jump
Straddle jump	Straddle jump	Straddle jump	Straddle jump
Seat landing	Seat landing	Seat landing	Seat landing
½ twist to seat	½ twist to seat	To feet	½ twist to feet
½ twist to feet	½ twist to feet	½ twist jump	Pike jump
Pike jump	<i>or</i> Tuck jump	Pike jump	<i>or</i> Seat landing
Back landing	½ twist to front	½ twist to seat	To feet
½ twist to feet	To feet	½ twist to feet	Tuck jump
Tuck jump	Pike jump	Tuck jump	Front landing
Front s/s (T)	Full twist jump	Full twist jump	To feet
<b>SECOND ROUTINE</b>		<b>SECOND ROUTINE</b>	
There may be a maximum of <b>two</b> somersaults, not exceeding 360° of rotation and without twist.		Somersault rotation must not exceed 270° and must be without twist.	
Minimum Difficulty:	<b>1.2</b>	Minimum Difficulty:	<b>0.5</b>
Maximum Difficulty:	<b>2.0</b>	Maximum Difficulty:	<b>1.1</b>
No BUCS points shall be awarded at this level.		No BUCS points shall be awarded at this level.	

### BUCS Disability

Disability competitors of either category 1 or category 2 may enter this BUCS category and perform any two routines as permitted in the British Gymnastics Disability competition structure. Difficulty shall be awarded in the second routine. Time of Flight shall not be awarded.

No BUCS points are currently awarded at this level.  
Any routine per the above criteria may be performed in the individual final round.

### INDIVIDUAL FINAL ROUND (ALL LEVELS)

There will be a **top 8** zero final for all levels.

One routine should be performed within the second routine requirements for each level.



PENALTIES	
FIRST ROUTINE	SECOND/FINAL ROUTINE
BUCS 6 - BUCS 3: Interruptions apply (per Code of Points) BUCS 2 - BUCS ELITE: Below minimum requirements: 2.0 penalty	BUCS 6 - BUCS ELITE: Below minimum difficulty: 2.0 penalty Above maximum difficulty: <b>Disqualification</b>

Further penalties can be found in the BUCS Rules and British Gymnastics Code of Points 2017-2020.

BUCS Team Trampoline Championships			
There will be a separate Men's and Women's team event. In each event, the three best total scores from the qualification round (first routine plus second routine) by competitors from the same institution, across all groups, will be added together for an overall team score.			
Total scores will be based solely on execution, HD, and difficulty. Time of flight scores from the BUCS 2 – ELITE groups will NOT be included in the calculation of the overall team score. One team per institution per gender will be counted.			
BUCS points shall be awarded as follows:			
1 <sup>st</sup> = 20 points	3 <sup>rd</sup> = 10 points	5 <sup>th</sup> = 5 points	7 <sup>th</sup> = 2 points
2 <sup>nd</sup> = 14 points	4 <sup>th</sup> = 7 points	6 <sup>th</sup> = 3 points	8 <sup>th</sup> = 1 point

BUCS Synchronised Trampoline Championships		
BUCS SYNCHRONISED 1	BUCS SYNCHRONISED 2	BUCS SYNCHRONISED 3
Pairs of competitors in categories BUCS ELITE, BUCS 1 and BUCS 2.	Pairs of competitors in categories BUCS 3 and BUCS 4.	Pairs of competitors in categories BUCS Disability, BUCS 5 and BUCS 6.
A first and second routine shall be performed, as prescribed, at the category of the lowest level competitor in the pair. The routine requirements of this category shall apply to both competitors as per the individual event, and difficulty shall be awarded.		
Pairs may be mixed gender and levels but both members must be within the individual category ranges specified for each level.		
<b>A paper for the provision of BUCS points for Synchronised Trampoline is being reviewed for the 2018 Championships.</b>		

## Rules

The BUCS Trampoline Championships 2018 shall use the British Gymnastics Code of Points 2017-2020, as varied by the BUCS sport-specific rules.

The sport-specific rules for Trampoline can be found on the BUCS website [here](#).



## Competition Card – Individual

Name:
Club:

Category:
Panel:                      Number:

First Routine		
	Skill	Shape
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Second Routine			
	Skill	Shape	Difficulty
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Total			

Chosen compulsory elements for BUCS 2 – BUCS ELITE must be marked by an asterisk (\*).

Competitor's Signature: \_\_\_\_\_

Coach: \_\_\_\_\_

Level: \_\_\_\_\_

Coach Signature: \_\_\_\_\_



## Competition Card – Synchronised

Pair:
Club:

Category:
Panel:                      Number:

First Routine		
	Skill	Shape
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Second Routine			
	Skill	Shape	Difficulty
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Total			

Chosen compulsory elements for BUCS Synchronised 1 must be marked by an asterisk (\*).

Competitors' Signatures: \_\_\_\_\_

Coach: \_\_\_\_\_

Level: \_\_\_\_\_

Coach Signature: \_\_\_\_\_