Trampolining For Schools

With the inclusion of trampolining as an option in the GCSE and A-level PE syllabus, there has been an increase in interest in this discipline within schools, and there are now very few secondary schools which are not equipped with at least one trampoline. As many schools share their sports facilities with public provision, it has become easy in many areas for children to progress from trampolining within their PE classes to participating in more specialised training sessions that are run by the Local Authority outside school hours, and from there into competitive clubs. Whilst club members have access to a wide range of competitive opportunities provided by the clubs and by British Gymnastics, a series of 'Schools Trampoline Competitions' has been adopted by BSGA. This series aims to offer competitions for schools per se, and with particular emphasis on accommodating the relative novice who does not receive training outside the school. To this end, all athletes are entered under the name of their school (even if they are trained at a club). Competitors are grouped by age and gender; each enters as an individual, with teams being formed by three or four individual competitors in any age/gender group.

There are two parallel series of competitions: the 'Novice' events are restricted to athletes who are not registered with BG for national competitions, whilst the 'Elite' series is open to athletes of any standard. Events within each series are run together, with each having its own trophies and titles. The competitions are open to any school and FE college below 'University grade', with an upper age limit of 18 years at the start of the school year. 6x6mm competition beds will be offered at both levels. 6x4mm beds may be offered to the Elite level entrants at the discretion.

Both series comprise three 'rounds'. The first is held at Regional level (South, North West, etc.); Wales, Northern Ireland, and Scotland are individual Regions for the purposes of these competitions. These Regional rounds are held early in December. From the Regional events, the top three individuals and top two teams in each age/gender group progress to a 'Zonal' round (rather like a semi-final). There are three nominal Zones, covering the South, Midlands, and North of Britain. Wales competes in the Midlands Zone, whilst Scotland and Northern Ireland compete in the northern Zone. The Zonal rounds are staged in January. From the Zonal events, the top three individuals and top two teams again progress, to the National Schools Championships, which are staged in March.

The Zonal and National competitions are organised by individual Regions on a rota basis. Because the trampoline coaches in each Region are also committed to hosting events within the BG national competitions calendar, the rota has to be planned in co-operation with the BC National Trampoline Competitions Committee. Attire: In the Awards Ceremony at Zonal & National Levels, competitors must present themselves in competition attire.

'Retired' Competitors: Competitors who have retired from National competitions & wish to enter a Novice Level competition must apply for permission to the Schools Trampolining Working Group. Such permission must be obtained before the closing date for entry to the Regional competitions. Permission will not normally be given to athletes who have ever competed at National Grade 2 level.

Officials:
Schools submitting more than 3 competitors must provide at least 1 official. Schools submitting 6+ competitors must provide a judge amongst their officials.

Accompanying' Officials:
Every competitor must be accompanied by a suitably-qualified coach who will take responsibility for the competitor's performance on the trampoline. Such a coach does not need to be a member of staff of the competitor's school. The coach must be named on the entry form for each round of the competition. Should the nominated coach fail to attend, a suitably qualified substitute may be requested to offer his/her services. If no substitute can be secured, then the competitor must not be allowed to compete.

Does your school need TRAMPOLINE JUDGES?

If your school is taking part in the annual Schools Trampoline Championships, then you will need a knowledge of judging and the duties of competition officials.

The Schools Trampoline Working Group is staging special Judging/Officials courses for schools staff, in order to help schools to take part in the Championships. Courses will be arranged around the Regions to meet demand. If you would like to take this opportunity, please contact:

Ron Linton(r.linton3@ntlworld.com).
Routines
Competitors will perform one Compulsory Routine and one Voluntary Routine. In the voluntary routine at Open Level, a maximum 7.0 will be awarded, whilst in the Closed Level a maximum difficulty mark of 2.0 will be awarded. The compulsory routines are listed below:

<table>
<thead>
<tr>
<th>Elite</th>
<th>Novice</th>
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</thead>
<tbody>
<tr>
<td>1. Full Twist Jump OR</td>
<td>1. Full Twist Jump</td>
</tr>
<tr>
<td>2. Straddle Jump</td>
<td>2. Straddle Jump</td>
</tr>
<tr>
<td>5. Half Twist to Feet</td>
<td>5. Half Twist to Feet</td>
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<tr>
<td>8. Half Twist to Feet</td>
<td>8. Half Twist to Feet</td>
</tr>
<tr>
<td>10. Front Somersault (Tucked)</td>
<td>10. Full Twist Jump</td>
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In the voluntary routine at Novice Level, competitors may not perform more than three skills which have more than 270º of somersault. A full copy of the rules is listed on the schools trampolining web site http://schools.trampolining.net

Support for P.E. Teachers
As teachers have to be familiar with a wide range of sports, it is not practical for them to take a governing body coaching qualification in every sport that their schools may promote. The NCF and BG have jointly produced a 'Trampoline coach' award for qualified P.E. teachers that has a narrower syllabus than the BG Level 2 Coach award, but is sufficient to enable teachers to coach trampolining within their school environment to GCSE requirements, and to a standard suitable for entry into the Schools Trampoline Competitions. These courses can be run at the request of an LEA, and it is hoped that they can be promoted via the medium of the BSGA.

Liaison
Within the Regional framework of BG/BSGA there is a 'Schools Secretary' on each Trampoline Technical Committee, and also a National Schools Competitions Secretary on the BG Trampoline Competitions Committee. These officers offer a medium of liaison and advice over matters of schools trampolining within their own Regions, and will be pleased to hear from any teacher in need of assistance. A list of these officers is in Regional Information.

Representatives for Schools Trampolining
Chair National Schools Committee
Ron Linton
91 Cheadle Road, Cheadle Hulme, Cheadle, Cheshire SK8 5DW.
Tel: 01614 857880. Email: r.linton@ntlworld.com

National Competition Dates
Regional Rounds..................... 1st/2nd December 2012
Zonal Finals............................. 13th or 20th January 2013
National Finals.......................... 10th or 17th March 2013

(Exact dates subject to the BG National Competitions calendar)