



## **Cardiff Open and Welsh Open Trampoline/Tumbling/DMT Championships 2024 Directives**

**Date:** 7<sup>th</sup> and 8<sup>th</sup> September 2024

**Venue:** Cardiff Met University, National Indoor Athletic Centre, CYNCOED,

[National indoor athletics centre cardiff - Search \(bing.com\)](#)



We are pleased to invite all clubs along to compete at our TRA/TUM/DMT open Championships 2024.

This will be the first time in many years that all 3 bounce disciplines will be held in the same venue. We are excited at the prospect of welcoming clubs from Wales and beyond.

The venue can be found by following the link above. Parking at the venue costs £2 per day with approximately 4 different car parks throughout the University grounds. We would advise being mindful when parking outside the venue as parking attendants are often patrolling.

### **Eligibility/Insurance:**

- This event includes a Guest-open opportunity for those who are not Welsh Gymnastics members. Entries may be submitted from any Region or Federation for the Open competition.
- All Welsh gymnasts who compete across the weekend will be eligible to compete for Welsh Championships titles, they can also medal in the Open competition. If there are no Open competitors in any age/category, only the closed competition will be presented.
- For those who are not members of Welsh Gymnastics but would like to apply for eligibility, please follow this link and send into [performance@welshgymnastics.org](mailto:performance@welshgymnastics.org)  
For further details regarding consideration for the Closed competition please click [here](#)
- The host Federation (Welsh Gymnastics) and organising committee will not be held responsible for any liabilities in the case of accidents, illness, repatriation and the like. All participating clubs and federations participating are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and repatriation for all the members of their delegation. The organisers of the competition will verify the insurance upon definitive entry and/or arrival of the delegation (i.e. Cover note or photocopy of the insurance policy, or British Gymnastics membership numbers). Delegations with insufficient insurance will not be allowed to compete.
- For all entries membership requirements must be Silver.

### **ENTRY**

Entries can be done via the clubs Sport80 system. Entries will open: 1<sup>st</sup> July 2024 and close: July 29<sup>th</sup> 2024.

#### Entry cost

£25 per person per discipline for Cardiff Open

£50 per person per discipline for Welsh Championships

£50 per synchro pair

#### Late entry fees:

Competition information including judging requirements and late fee information can be found in our Generic Competition handbook: [Generic-Competition-Handbook-V1-19.02.24.pdf \(welshgymnastics.org\)](#)

#### Code of Conduct:

Gymnasts: [Codes-of-Conduct-for-Gymnasts-Version-1-021023.pdf \(welshgymnastics.org\)](#)

Coaches/Officials: [Codes-of-Conduct-for-Coaches-Version-1-021023.pdf \(welshgymnastics.org\)](#)

Parents: [Codes-of-Conduct-for-Parents-Version-1-021023.pdf \(welshgymnastics.org\)](#)

#### Coaching requirements

All coaches requiring access to the competition floor and accreditation must be nominated at least 3 weeks prior to the competition date, so all relevant check can be completed. Coaches without the relevant DBS, SPC, membership and qualifications will NOT gain access to the Field of Play.

### Judges (all disciplines)

All clubs must supply the following judges ratio's:

1 – 8 gymnasts – 1 judge

9 – 16 – 2 judges (one of which must be a Regional or above)

17 – 25 - 3 judges (two of which must be a Regional or above)

25+ gymnasts – 4 judges, (one of which must be at a National or above)

Where clubs cannot supply a judge a fine of £100 per missing judge will be applied.

### Volunteers

No Non-Welsh club will be asked to supply a volunteer. Welsh Gymnastics will supply volunteer but would also ask that Welsh club supply at least one volunteer to cover one session. Volunteers must have memberships and a current DBS and an SPC.

### Tickets

Tickets will be available to purchase 3 weeks before the competition.

ADULTS - £15

CHILD - £8.50

U4'S – FREE

## **PRESENTATION**

### **Medals Ceremonies:**

- All ceremonies will have a march-on of all competing gymnasts in club alphabetical order (for those wanting to stay)

### **Open and Closed Competition Awards: Welsh Championships**

- For the Closed competition we will be presenting Welsh Championship medals to gymnasts placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>, and Welsh Championship rosettes to gymnasts placed 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>. Those finishing in 1<sup>st</sup> overall position will be presented with a Trophy
- For the Open competition (where applicable) we will be presenting large Welsh Gymnastics medals to gymnasts placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>, and Welsh Gymnastics rosettes/ribbons to gymnasts placed 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>.
- If there are only Welsh competitors in a category, then the category event will only be presented as a Closed category.
- There will be recognition for the coach of the Senior winning gymnast in each discipline.
- We will also be presenting to the winner of routine 1 and 2 separately in each discipline and age group. (ie: the highest scoring TUM/TRA/DMT qualifying routine 1 and 2 will be presented with medals)
- For those gymnasts who podium in first position but do not reach the minimum D-score (in Welsh Champs ONLY), only a medals will be awarded

## **FINALS**

For a final to take place there must be 8 or more in a qualifying round. For those categories with less than 8 the competition will be a straight final, and podium places will be determined after the qualifying round.

- All finals will be ZERO start and gymnasts will compete in a random order.
- TRA finals – 1 x routine
- DMT – final 1, then the top 4 in reverse order compete in final 2
- TUM – final 1, then the top 4 in reverse order compete in final 2

All disciplines - All final routine composition will take the same format as BG Championships rules:

### **Special Awards: - TRA ONLY**

- Welsh gymnasts competing in the Trampoline Disability Elite and F.I.G. categories will be eligible for the following awards:
  - The Halliwell Cup Form trophy will be awarded for highest execution score (HD, D score, ToF excluded) across a single routine.
  - The Chris Fordham Cup will be awarded for highest overall score (set+vol+final).
    - The score will not include any difficulty score from the first routine.

*In the event of a tie for either or both of these two Cups, the performers will share the trophy over the year, to be handed back at the next Welsh Open. This will need to be arranged between the performers.*

- Welsh gymnasts competing in DMT F.I.G. Cymru/Wales categories will be eligible for the following award:
  - The DMT Shield will be awarded for the highest overall score (across 4 passes)
    - The score will include any difficulty.

## **EQUIPMENT**

- It is the responsibility of every performer's coach and team manager to ensure the performer is able to use the equipment provided to a safe standard.
- Each individual must nominate and be accompanied by a coach qualified to the level of their competition performance.
- Biscuit Matting will be used during the weekend.

### **Trampoline**

- Trampolines for FIG, Performance, Disability Elite & Synchro Level 2 groups will be 4x4mm Ultimate beds;
- Trampolines for Intermediate, Entry, Disability Novice & Synchro Level 1 will be 6x4mm beds.
- Time of flight machines will be in use.

### **DMT**

- Eurotramp 6mm DMT.
- Tracks 2000 landing module or other FIG spec DMT Landing Area

- For Perfformiad/Performance and Mynediad/Entry Finals only, a 400 x 200 x 10 cm 'stinger' mat marked with the appropriate 250 x 100 'red' zone mat must be used.

### **TUMBLE TRACK**

We will be using one of the tumble tracks, run up and landing areas that were used at the World Championships last November, which we will be hiring from GymNova.

If needed, we will also be sourcing a track from a local club if numbers allow.

### **TRANSGENDER POLICY**

We will be following the British Gymnastics 'Policy For The Participation Of Trans People In Gymnastics Competition', which can be found [here](#). Section 7 is the part most useful in this document for this event.

### **DISABILITY CLARIFICATION**

Each disability level has two categories according to the nature of the gymnast's permanent disability:

- Category 1 – Learning Disabilities
- Category 2 – Physical or Sensory Disabilities

Please see the British Gymnastics website for guidance on qualifying conditions and further information:

[file \(british-gymnastics.org\)](#)

[file \(british-gymnastics.org\)](#)

### **PHOTOGRAPHY POLICY**

When taking photos or videos can we ask that everyone is mindful of the BG photography policy, and only photo or video your own gymnasts, please also be mindful when posting photos on social media. If you have gymnasts that can't be photographed, please let us know on the competition day and we will ensure they are given a wrist band.

[photography-policy-v1-0-march-2020.pdf \(storyblok.com\)](#)

# TUMBLING

- Efydd (BRONZE) – Entry level
- Arian (SILVER) – Intermediate
- Aur – (GOLD) – Performance
- Platinwm (PLATINUM) – FIG/High Performance

Using the current British RCC and club series work -

<https://s3.amazonaws.com/a.storyblok.com/f/83342/x/3fadd840dc/tum-technical-requirements-regional-pathway.pdf>

## CARDIFF OPEN - TUMBLING

### Efydd/BRONZE Entry Level

Regional Challenge Cup Level 1							
Age Groups - YRS	Exercise 1		D	Exercise 2		D	Exercise 3
	7-8	1	Round Off	0.1	1	Round Off	0.1
9-10	2	Flic	0.1	2	Flic	0.1	
11-12	3	Flic	0.1	3	Whip	0.2	
13-14	4	Flic	0.1	4	Flic	0.1	
15yrs+	5	Flic	0.1	5	Flic	0.1	
	6	Back s/s (P)	0.6	6	Back s/s (T)	0.5	
			1.1			1.1	

### Arian/SILVER – Intermediate

Regional Challenge Cup Level 2								
Age Groups - YRS	Exercise 1		D	Exercise 2		D	Exercise 3	D
	7-8	1	Round Off	0.1	1	Round Off	0.1	A voluntary routine of 8 moves – marked out of 10, using FIG values. You can re-use a dismount with no penalty
9-10	2	Flic	0.1	2	Flic	0.1		
11-12	3	Flic	0.1	3	Whip	0.2		
13-14	4	Flic	0.1	4	Flic	0.1		
	5	Flic	0.1	5	Flic	0.1		
15yrs+	6	Flic	0.1	6	Flic	0.1		
	7	Flic	0.1	7	Flic	0.1		
	8	Back s/s (S)	0.6	8	Back s/s (T)	0.5		
			1.3			1.3	1.1	

## WELSH TUMBLING CHAMPIONSHIPS 2024

### Aur/GOLD – Performance

Regional Challenge Cup Level 3									
Age Groups - YRS	Exercise 1			Exercise 2			Exercise 3		D
9-10 11-12 13-14 15+	1	Round Off	0.1	1	Round Off	0.1	A voluntary routine of 8 moves – marked out of 10, using FIG values. You can re-use a dismount with no penalty		
	2	Whip	0.2	2	Whip	0.2			
	3	Flic	0.1	3	Whip	0.2			
	4	Flic	0.1	4	Flic	0.1			
	5	Whip	0.2	5	Flic	0.1			
	6	Flic	0.1	6	Flic	0.1			
	7	Flic	0.1	7	Flic	0.1			
	8	Back s/s (S)	0.6	8	Full Twisting Back s/s	0.9			
			1.5				1.8	1.5/1 .3	

### Platinwm/PLATINUM – FIG/High Performance

<https://s3.amazonaws.com/a.storyblok.com/f/83342/x/0f96801366/tum-technical-requirements-fig-pathway.pdf>

AGE GROUPS (separate competitions for M/F)

- 9 -10 years
- 11 – 12 years
- 13 – 14 years
- 15 – 16 years
- 17 – 21 years
- Senior

COMPEITION D SCORES REQUIREMENTS

D score MALE	D score FEMALE
4.4*	4.4*
4.0	4.0
5.4	5.4
6.9	6.5
7.4	7.0
9.6	7.5

\*bonus for whips already built into D-score

### **MINIMUM AGE REQUIREMENTS**

Competitors must be nine in the year to compete at Welsh Championships as per British Gymnastics Rules regarding competitions leading to National Titles.

*i.e. birth date on or before 31/12/2024*

### **SPECIAL AWARDS**

#### **Execution Award (Welsh Gymnasts only)**

This award will be given to the Senior gymnast male or female with the highest overall execution score taken from the first two qualifying rounds (were a final is competing these executions scores will not count towards the award)

#### **Difficulty Award (any competing gymnast)**

This award will be given to the Senior gymnast male or female with the highest overall difficulty score taken from the first two qualifying rounds (where a final is competed these difficulty scores will not count towards the award)



## INDIVIDUAL TRAMPOLINE ROUTINES

### CARDIFF OPEN - TRAMPOLINE

#### **Effyd/BRONZE – Entry Level**

1 skill with no somersault element may be repeated.

Age categories – 7-8yrs, 9-10yrs, 11-12yrs), 13-14 yrs,15-16 yrs, 17yrs plus

The routines consist of 10 elements to include a maximum of 3 different skills with a minimum of 270° of somersault rotation.

All Routines:

- No moves with more than 180° twist rotation and 360° somersault rotation (i.e. No Fulls or Rudis. But Baranis are permitted)
- Skills with 450° somersault rotation or more are **not** permitted. (i.e. Ball out, Ball Out Barani and Cody are **not** permitted)

#### ***Arian/SILVER – Intermediate***

Age categories – 7-8yrs, 9-10yrs, 11-12yrs), 13-14 yrs,15-16 yrs, 17yrs plus

7-8yrs & 9-10 requirements

The first routine consists of 10 different elements with a minimum of 5 skills with at least 270° of somersault rotation.

11-12yrs requirements

The first routine consists of 10 different elements with a minimum of 5 skills with at least 270° of somersault rotation.

13-14yrs requirements

The first routine consists of 10 different elements with a minimum of 6 skills with at least 270° of somersault rotation.

one (1) element to front or back landing with at least 270° of somersault rotation.

15-16 yrs requirements

The first routine consists of 10 different elements with a minimum of 6 skills with at least 270° of somersault rotation.

one (1) element to front or back landing with at least 270° of somersault rotation.

17yrs plus requirements

The first routine consists of 10 different elements with a minimum of 7 skills with at least 270° of somersault rotation.

one (1) element to front or back landing with at least 270° of somersault rotation.

**WELSH TRAMPOLINE CHAMPIONSHIPS 2024**

***Aur/GOLD – Performance***

Aur – (gold) – performance

Youth 9-12yrs

Jnr 13-16yrs

Snr 17yrs

	<b>1<sup>st</sup> Routine</b>	<b>2<sup>nd</sup> Routine- Vol</b>
Age group 9-10	10 different elements	Minimum Difficulty: 4,1
	6 elements with at least than 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	Requirements cannot be fulfilled by combining into one element	

	<b>1<sup>st</sup> Routine</b>	<b>2<sup>nd</sup> Routine- Vol</b>
Age group 11-12	10 different elements	Minimum Difficulty: 4,1
	6 elements with at least 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	Requirements cannot be fulfilled by combining into one element	

	<b>1<sup>st</sup> Routine</b>	<b>2<sup>nd</sup> Routine-Vol</b>
Age group 13-14	10 different elements	Minimum Difficulty: 5,2
	7 elements with at least 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 360° of twist.	
	Requirements cannot be fulfilled by combining into one element	

	<b>1<sup>st</sup> Routine</b>	<b>2<sup>nd</sup> Routine-Vol</b>
Age group 15-16	10 different elements	Minimum Difficulty: 5,6
	8 elements with at least 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 360° of twist.	
	Requirements cannot be fulfilled by combining into one element	

	<b>Vol</b>
Age group 17+	Minimum Difficulty: 5,8

## Platinwm/PLATINUM – FIG/High Performance

Platinwm (platinum) – FIG/High Performance

Youth 9-12yrs

Jnr 13-16yrs

Snr 17yrs

	1 <sup>st</sup> Routine	2 <sup>nd</sup> Routine- Vol
Youth	10 different elements	Minimum Difficulty: 5,6
	8 elements with at least 270° somersault rotation	
	One (1) element landing on the front of the body,	
	One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 360° of twist.	
	Requirements cannot be fulfilled by combining into one element	

	1 <sup>st</sup> Routine	2 <sup>nd</sup> Routine- Vol
Junior	10 different elements	Minimum Difficulty: 6,0
	9 elements with at least 270° somersault rotation	
	One (1) element landing on the front of the body or One (1) element landing on the back of the body	
	One (1) element with 360° somersault rotation, at least, 540° of twist.	
	One (1) double front or back somersault with or without twist and	
	Requirements cannot be fulfilled by combining into one element	

<u>SNR</u>	Female	Male
	Min D Score 7.5	Min D score 9.5

## DMT ROUTINES

### CARDIFF OPEN – DMT

The FIG code of points states that no repetitions of skills are allowed

#### *Effyd (Bronze) – Entry Level*

##### Age Categories

- 8 yrs
- 9-10yrs
- 11-12yrs
- 13-14yrs
- 15-16yrs
- 17yrs plus

<b>9-10</b>	<b>11-12</b>	<b>13-14, 15-16 and 17+</b>
Max DIF: 0,4 No somersaults allowed	Max DIF: 0,5	Each pass may contain an element with a 360° rotation Max dif 0.7

#### *Arian/SILVER – Intermediate*

##### Age Categories

- 9-10yrs
- 11-12yrs
- 13-14yrs
- 15-16yrs
- 17yrs plus

	<b>9-10</b>	<b>11-12</b>
Compulsory routine	Straddle (V) Front somersault tuck (4-0)	Pike (=) Front somersault pike (4-<)
Vol Routine	Min DIF: 0.4	Min DIF: 0.5

	13-14	15-16	17+
Free construction routine with Requirements*	Back Somersault Tuck (4-0) Barani tuck (41o)	Back Somersault Pike (4-<) Barani pike (41<)	Back Somersault straight (4-/) Barani Straight 41/
Vol Routine	Min Dif 0,7	Min Dif 1.2	Min Dif 1.3

***\*The routine must have the two requirements. They can be performed in the most convenient order for the gymnasts: mount, spotter, or dismount. Penalties of 2.0 will apply for each requirement not fulfilled***

### **WELSH DMT CHAMPIONSHIPS 2024**

#### ***Aur/GOLD – Performance***

Age Categories

- Youth 9-12yrs
- Jnr 13-16yrs
- Snr 17yrs

	11-12	13-14	15-16	17+
Routine 1 + Routine 2 minimum Difficulty *	1,9	2,5	3,3	5,6

***\* The difficulty of the two routines added must be at the minimum presented.***

#### **Platinwm/PLATINUM – FIG/High Performance**

Age Categories

- Youth 9-12yrs
- Jnr 13-16yrs
- Snr 17yrs

	Junior Female	Junior Male	Senior Female	Senior Male
<b>Minimum Difficulty *</b>	<b>6,4</b>	<b>8,8</b>	<b>9,6</b>	<b>13,6</b>

***\* The difficulty of the two routines added must be at the minimum presented.***

<u>Date</u>	<u>Details/Amendment</u>	<u>By Whom</u>	<u>Action</u>
10 <sup>th</sup> June 2024		MG	DRAFT to FINAL Version