



Welsh Gymnastics
Gymnasteg Cymru

Trampoline and DMT Competition Handbook 2023

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dwbl-mini 2023

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Section 1 – Version History

The Trampoline Technical Committee (TTP) reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the Welsh Gymnastics website and an updated version will be made available to download at the time of change.

Any enquiries regarding competitions should be directed to one of the following:

Trampoline Technical Panel Lead – Holly Broad

Holly.broad@welshgymnastics.org

Trampoline Lead/National Coach – TBC

Trampoline Discipline Representative – David House

Trampoline Judging convenor – Nerys Williams

Trampoline National Competition Organiser – TBC

Other Trampoline/DMT related queries:

trampoline@welshgymnastics.org

Section 2 - Eligibility

Welsh Championship Titles

To compete and win Welsh titles, gymnasts must fulfil the eligibility requirements as specified below:

- Be eligible to hold a UK Passport
- Hold correct British / Welsh Gymnastics membership

and

- Be born in Wales;

or

- Mother, father or grandparents of the gymnast born in Wales;

or

- Live in Wales and have done so for a continuous period that exceeds 48 months

For full details of eligibility information and evidence requirements please click [here](#)

Welsh Open Events

Any invited gymnasts are eligible to compete in Open events provided they fulfil the relevant membership requirements.

NDP Grades

For eligibility into Grade events please refer to the British Gymnastics eligibility requirements found within the BG Competition Handbook.

Welsh Schools

For eligibility into BSGA schools events please refer to the eligibility requirements found within the BSGA Competition Handbook.

Section 3 - Qualifications and Membership

All persons attending WG events in an official capacity, whether as a gymnast, coach, judge, or TP member are required to hold current BG/WG membership in line with the level of competition entered and awards held.

Gymnasts

In normal circumstances, gymnasts should be a member of a WG/BG registered club. In exceptional cases, where a gymnast does not belong to a WG/BG registered club they must contact Welsh Gymnastics and request entry into the Event. If granted such gymnasts will be given the classification as being Unattached. In such circumstances the gymnasts must nominate a Supervising Coach and must also meet all other membership requirements.

For gymnast membership type required for each specific Trampoline and DMT competition – please see the table in section 14.

Welsh Gymnastics retain the rights to utilise the power of discretion to ensure any judgement made is with the best interests of the gymnasts involved.

Lead Coaches

Lead Coaches have a duty of care towards their performers and have a responsibility to ensure that all of the coaches under their supervision are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Lead coaches' membership level must be Coach or Life Members of BG/WG and coaches must be qualified to the level of the skills being performed by all gymnasts in the club/region before being allowed to participate in a WG/BG Event. Coaches must have current safeguarding and enhanced DBS certificates, please see Safeguarding section. With the explicit authorisation, the lead coach may authorise other coaches from their club/region to coach skills at a maximum of one level higher than that coaches' qualification but has responsibility for ensuring that they are competent to do so. If coaching at one level higher than their current qualification, coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified. When submitting entries for a WG/BG event, clubs/regions must ensure that where applicable the nominated Lead Coach is qualified to the level of performance of all the participants from their club/region. For further information on the changes introduced this year for Lead and Supervised coaches, please refer to the BG Handbook.

Coaches

Coaches' membership level must be Coach or Life Members of BG/WG and coaches must be qualified to a minimum of level 2. Coaches must be qualified to the level of the all the skills being performed by the gymnasts for which they are responsible. Coaches must have current safeguarding and DBS certificates. Please see Safeguarding section.

Supervised Coaches

Please note that Supervised Coaches' requirements have now reverted to pre-COVID levels.

To be a Supervised Coach you must be a minimum of Level 2. With the explicit authorisation of the lead coach, supervised coaches may coach skills at the maximum of 1 level higher than their current qualification before being allowed to participate in a WG/BG Event, in this instance the supervised coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified. For further information on the changes introduced this year for Lead and Supervised coaches, please refer to the BG Handbook.

Assisting Coaches

Assisting coaches' Membership level must be Assistant Coach (if Level 1), Coach or Life Members of WG/BG before being allowed to participate in a BG Event. Assisting coaches must have a current safeguarding & DBS certificate. Please see Safeguarding section.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

Chaperones

Additional Chaperones may be accredited; at the discretion of the Organiser, to be present in the warm-up arena to assist with the pastoral care of the gymnasts. Chaperones may not coach the gymnasts. Chaperones must be a minimum of 18 years old. Individuals must have current WG/BG membership and safeguarding and DBS certificates and will only have access to the warm-up hall when in attendance at an event.

Judges

Judges must have current WG/BG membership, relevant to their qualification and must also hold a current cycle of judging award (2022-2024). From time to time, Welsh Gymnastics may invite international judges to officiate at WG events; as such, they will not require WG/BG membership.

WG/BG does not require judges to complete a criminal record check to judge at WG competitions, as the role that judges fulfil at the event no longer falls within enhanced DBS eligibility. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for an enhanced criminal record check. WG/BG no longer requires all judges to complete safeguarding training, but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

If it is found that a club is in breach of these policies WG reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score(s) from the official results.

Coach Qualifications

When submitting entries for a WG event, clubs/regions must ensure that, where applicable the nominated Lead Coach is qualified to the level of performance of all the participants from their club. Supervising Coaches must be a minimum of level 2.

All Coaches entered into the event entry MUST be the same ones attending the Event. It is unacceptable to enter a coach you know will not be attending. The Lead Coach has the ultimate responsibility for all the participants from their club and that of the Supervising Coaches, Assistant Coaches, Chaperones & Choreographers.

Lead Coaches have a duty of care towards their performers and have a responsibility to ensure that all of the coaches under their supervision are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

Additional Chaperones may be accredited, at the discretion of the Organiser, to be present in the warm-up arena to assist with the pastoral care of the gymnasts. Chaperones may not coach the gymnasts.

If it is found that a club is in breach of these policies, WG reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post-performance, to disqualify the competitor and remove their score(s) from the official results.

Section 4 – Safeguarding

All Coaches, Lead Coaches, Supervised Coaches, Assisting Coaches, and Chaperones are required to hold a current BG specific enhanced DBS certificate and have current Safeguarding and Protecting Children Awareness training at the time of the event. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at WG/BG Events.

All Gymnasts must always have an accredited coach present on the competition floor. If a Gymnast attends a competition without a Supervising Coach, they will not be allowed to compete.

Initial Safeguarding training, which is valid for 3 years, must either be a face-to-face workshop or an online classroom and delivered by a recognised training organisation. The SPC must be renewed every three years and be valid both at the time of entry and through to the end of the Event. For members who have previously completed a face to face/virtual course an online refresher update course is available [here](#). Coaches are responsible for checking the expiry date of their safeguarding and ensuring they have sufficient time to renew their award prior to the closing date of the event.

British Gymnastics & Welsh Gymnastics accept training from the following providers:

- Local Authority Safeguarding
- FA Safeguarding
- UK Coaching Safeguarding and Protecting Children
- NHS Safeguarding
- Specific professional prior learning (Social Worker, Teacher, Police Officer etc)
- (Or Home Country equivalent approved by Scottish Gymnastics/Welsh Gymnastics/Gymnastics N Ireland)

A nominated Welfare Officer will be present at all WG Competitions.

[Policy for the Participation of Trans People in Gymnastics Competitions](#)

For more information, please refer to the British Gymnastics Transgender Policy which can be found [here](#).

Section 5 – Competition Entries

Entry Process

Entry to WG Events are online. Complete instructions for adding an entry via the GymNet online Entry Portal are available to download from the BG website. All entries must be fully submitted electronically to WG/BG by the stipulated closing date and time. Where a competition entry is not available via GymNet, the entry form should be completed in full and returned by the entry deadline.

If a club enters a gymnast into an event, they are assumed to be confirming that the gymnast is eligible to compete (according to the rules in place). Should a gymnast be deemed ineligible prior to the event, the gymnast will not be permitted to compete, and the score will not stand (if the competition has begun). A refund will not be permitted.

Judges and volunteers

No competition entries will be accepted without a nominated volunteer. Volunteers / clubs will be allocated a role for the day of the competition, and this will be communicated via the Competition Organiser. It is the responsibility of a club to communicate this with their nominated volunteer. If a Club's volunteer (or an appropriate replacement) does not attend on the day of the competition, then a fine of £50 per day will be applied. Volunteers must also be available to assist the whole section of competition assigned – should the volunteer leave part way through, the fine will be applied to the GymNet shopping basket via the Welsh Gymnastics office staff.

Please note that for Trampoline and DMT competitions, volunteers must be 16+ years or 13+ with a Sport Leaders Qualification.

Clubs entering competitions are required to nominate and supply a judge or judges for the days on which their gymnasts are competing. If a Club's competitors cover various age groups / grades it will be necessary to provide a judge for each day of their competition. The number of judges required is as below:

No. of Competitors	Volunteers/Judges required for the whole day
1 to 3 competitors	1 volunteer and 1 judge
4 to 6 competitors	1 volunteer and 2 judges
7 to 9 competitors	2 volunteers and 2 judges
10 to 12 competitors	2 volunteers and 3 judges
13 to 16 competitors	3 volunteers and 3 judges
17+ competitors	4 volunteers and 4 judges

If a club is unable to provide the proportionate number of judges, they will be unable to enter the competition. In exceptional circumstances, where a club is unable to provide judges, they must request permission in writing from the competition organiser to enter without a judge and a £100 fine per judge / day will be added to the club's GymNet shopping basket.

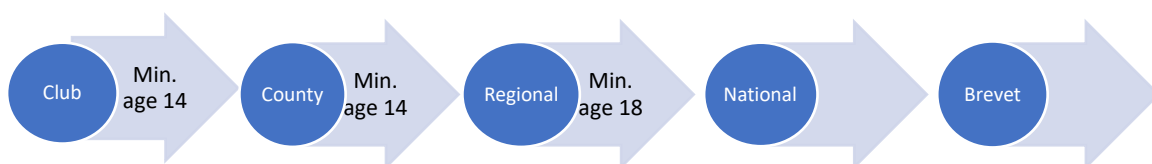
Should a nominated judge (or appropriate replacement) fail to attend the nominated event or withdraw within 48 hours of the competition start date, a £200 (per judge / day) fine will be applied. Judges must also be available to judge the whole day of competition – should the judge leave part way through the fine will be applied to the GymNet shopping basket via the Welsh Gymnastics office staff.

From April 2020 WG have implemented a 3-strike rule - If a club's judge fails to attend or leaves part way through the nominated event, on three occasions over a two year period, the club will be unable to enter any WG competitions/events for one year.

These rules must be enforced to ensure that all competitions can run. It is important that we have club judges and enough numbers of county/regional (or higher) judges at each competition to ensure fairness and expertise to recognise the work that our gymnast and coaches are producing. For Gradings, it is essential to have at least 1 County or higher judge on each panel. Clubs need to be mindful of this when nominating judges.

It is the Head Judge's responsibility to ensure that his/her apparatus is the correct specification.

Judging qualifications



Disability Gymnastics

Disability Gymnastics is designed to provide competition and development for people whose disability or impairment restricts their mainstream competitive opportunities. The competition categories are based on a two thronged classification system;

1 – Physical disability

2 – Intellectual disability

All clubs and coaches must inform Welsh Gymnastics of any gymnasts which have medical conditions that require special consideration at WG events. This information should be shared with Welsh Gymnastics at the point of competition entry and will enable WG to make the necessary adjustments where possible to cater for the additional needs of each gymnast.

Gymnasts will be required to provide proof of disability at least six weeks before the event, which should be sent to the Welsh Gymnastics Office.

Late Entries

Late entries will only be considered in exceptional circumstances and only up to 7 days after the closing date. Late entries must be made in writing to the relevant Welsh Gymnastics staff member and will then be referred to the Organiser for consideration. The Organiser and Welsh Gymnastics will have absolute discretion whether to accept a late entry.

In the unlikely event of a late entry being accepted, payment of two times the normal entry fee stated for the competition will be required for individuals (including partnerships and groups). For team late entries the fee will also be double (including clubs and areas). However, the late entry payments will be capped at £1000 (i.e., the additional payment over and above the normal entry fee per gymnast / partnership / group / team will be capped at £1000).

Late entry requests may be placed on a reserve list and clubs notified if their entry is accepted following a withdrawal, up to 1 week prior to the event.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty. Any changes made after the closing date will be charged an administration fee (equivalent to a late entry fee), which will be added to the club's GymNet. Amendments must be made in writing to the relevant Welsh Gymnastics staff member and will then be referred to the Organiser for consideration. The Organiser and Welsh Gymnastics will have absolute discretion whether to accept the amendment. In the case of withdrawals, the entry fee will be refunded – prior to the closing date.

Please note that changes to nominated team members will not be made less than seven days prior to the event. Changes must be made in email / writing to the WG office as an amendment to the entry form.

Where it is necessary to substitute a coach, the club must inform Welsh Gymnastics and the Competition Organiser, so the coach can be checked for membership, awards, and safeguarding, before they can be accredited for the Event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the

venue and produce proof of their coaching award certificate, current WG/ BG membership, a current BG enhanced DBS and a Safeguarding Certificate.

Where there are specific rules and/or processes please refer to the specific event pages.

Should a gymnast be withdrawn, for whatever reason, the club or coach must inform the Competition Organiser and Events Department in writing via email or notifying the Competition Organiser/registration desk up to the close of registration for the relevant session.

Section 6 - General Regulations

Coaches must make adequate provision for the “supervision” of their gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present.

Registration

Only register your Gymnast(s)/Club when those competing in that section of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.

During registration, coach accreditation/passes will be issued where relevant. Abuse of accreditation/passes may result in disciplinary action taken by WG.

Specific registration processes where appropriate can be found in the event work plan/running order.

Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Panel. Please note that the event timings/days that are initially provided are subject to change and will be dependent on the number of gymnasts that enter the competition. For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the TP reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm up. In order to maintain a regular competition, Welsh Gymnastics and the Competition Organiser, reserve the rights to change the working order and/or time of commencement of the competition round. Once underway the order of performance will only be changed, at the discretion of the Competition Organiser, in extenuating circumstances when a gymnast may be temporarily unable to compete.

Wherever practical the Organiser shall produce and circulate to all participating clubs and publish on the WG website, a provisional start list and running order for an event at least two weeks before the start of the competition.

Access to Warm up Hall

Access to the warm-up hall (where relevant) will be limited to the appropriate number of Coaches, Chaperones and Choreographers (where applicable) as defined in the specific details section for

each Event. On arrival, coaches will need to register and collect their accreditation from registration. In the case of events spanning more than one day, accreditation will be issued for each day. Abuse of accreditation may result in disciplinary action being taken by WG. Judges will not be allowed into the warm-up hall, once the judges meeting has taken place.

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warmup hall or field of play, even if they are being supervised by an adult.

Medical Provision

Anyone requiring First Aid assistance should speak to either the Competition Organiser or allocated medical staff. It is recommended that all coaches have a First Aid kit with them for minor injuries. When in attendance the medical team will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team, to ensure a record can be kept of treatment given and by whom. The decision of the Organiser, based upon the recommendation of the WG appointed medical officer as to the gymnast's health and medical status and their ability to compete at the Event is absolute and final.

Tenure of Trophies

All perpetual trophies remain the property of WG. Perpetual trophies are the responsibility of the winning club or area. The club or area are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either:

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition organiser at least one week prior to the competition.
- Returning it to the WG office at least one week prior to the competition.

Failure to do this or loss of a trophy will incur a cost to the individual / club.

Protests

Official TTP protest forms are available from the Competition Organiser and must be completed and returned (with £10.00 fee) to them within 15 minutes of the coach receiving the score slip. A coach may protest the D score only.

Photographic analysis/evidence will not be accepted at an event

Privacy

The full Welsh Gymnastics Privacy Notice can be downloaded [here](#).

If you agree for your club to enter you into a WG competition, we will use your personal information to confirm you have been entered into the correct category and to enable you to participate in the event.

At some events, Welsh Gymnastics may produce event merchandise (e.g., event t-shirts). These may include the names and/or clubs of the gymnasts taking part.

Where competing gymnasts have a disability, it may be necessary to share the details of this disability with Performance staff and the Technical Panel in order to discuss if modifications to rules and processes are appropriate arising from this disability.

The scores and results will be published on the WG website on the specific event page.

Section 7 – Video, Film, and Photography

All WG competitions are large events where filming and photography by WG approved photographers and the media will take place. Images taken at our events may be used by WG for the purposes of promotion, education and development of the sport. They may also be shared with relevant third-party organisations for journalistic/promotional purposes.

Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the Event must advise the Welsh Gymnastics Event Organiser. We will ensure that any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the BG Photography at Gymnastics Events policy, which can be downloaded [here](#). Photos may only be taken for personal use. Unless specifically accredited, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites. Clubs may publish some photos, but this may only be done in accordance with BG's Safeguarding Policy, and the BG Health, Safety & Welfare Policy, both of which can be downloaded [here](#) or the Photography Policy, linked above.

Flash photography may not be used at any time while gymnasts are warming up or competing.

If you have concerns about the identity or actions of any photographer or believe that any unsuitable photos are being taken, you should report your concerns to the WG-appointed Welfare Officer at the Event.

Section 8 - Health & Safety

The health, safety, and welfare of all participants (gymnasts, coaches, and officials) is the primary consideration. All WG/BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

Should at any time during a competition, a Welsh Gymnastics Floor Manager, TP member, Head Judge or National Coaching Team member/employed staff, believe the elements performed put the gymnast at risk, they will intervene and make a decision on whether the gymnast is capable of

performing the skill/routine. A review and discussion with the personal coach and/or club will also take place post competition to ensure the safety and well-being of all gymnasts is paramount.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the main arena during the event. Such mobile devices may only be used for monitoring scores and results, where the BG Score App/or equivalent is in operation. It will be part of the role of the Floor Manager to monitor this area. Any coaches who are identified as filming their gymnasts' performances from the competition floor or using their devices in an inappropriate manner will be asked to leave the floor. This may also result in the removal of their gymnast(s) from the competition floor.

Section 9 – Safe Trips

Any attendance at competitions needs to be in line with British Gymnastics' safe trip policy. To access this, please click [here](#).

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be WG/BG recognised Safeguarding and Protecting Children Awareness training or Home Country equivalent. For overnight trips the appropriate form needs to be completed in full and sent to British Gymnastics at least four weeks prior to travel so we can get your trip approved and endorsed by our insurers. Failure to inform British Gymnastics of any overnight stays may invalidate your insurance.

Please note that the WG/BG Membership Insurance does not cover Travel or Emergency Medical Expenses, we therefore recommend that where necessary you take out additional Travel Insurance.

Section 10 - Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard. For more information please see the anti-doping section of our website [here](#) or read the BG policy [here](#).

Section 11 - Competition Attire

- Please see British Gymnastics Competition at Events for Gymnasts Policy [here](#).
- All gymnasts and coaches must march on in competition attire.
- Jewellery, body piercing and similar adornments are not allowed. Newly pierced stud earrings need to be covered with protective tape. Coaches will not be allowed on the competition floor if wearing jewellery (ear studs are permitted, wedding rings if taped). Exceptions are as per BG's Health & Safety Guidance: Safe Coaching document, which can be downloaded [here](#).
- Chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.
- As per BG protocol, coaches and volunteers should be in full length tracksuit bottoms/full length sports leggings, polo shirt / t-shirt and trainers or similar. No flip flops/sliders should be worn by coaches on the competition floor. Coaches will not be permitted onto the competition floor if they are not dressed appropriately (as set out in this section).
- The removal of leotards on the field of play is not allowed.
- Strapping – a suitable colour of tape should be used, ie no bright colours or patterns
- Judges should dress appropriately, according to the relevant discipline.

Noncompliance may result in the removal of the coach and, consequently, for Health and Safety reasons, their gymnast from the competition.

Welsh Gymnastics adopts the British Gymnastics updated clothing policy which can be found [here](#) and allows modifications to competition clothing attire that may be set out in the Code of Points .In principle this policy overarches, but should be read in conjunction with the discipline specific policies and references in the Codes of Points and other documents. In essence the policy seeks to break down barriers to participation by for example removing gender specific requirements for competition attire. Eg. girls may now wear shorts or leggings.

Section 12 - Terms and Conditions of Entry to All Competitors

In addition to WG General Rules & Regulations

- All entrants agree to be treated by WG appointed medical staff only and be bound by the decision of WG medical staff in relation to their ability to compete in the competition.
- By submitting an inquiry, you agree to pay a fee which will be added to the club/region basket.
- You agree to the storing of competition scores. WG will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- You agree to abide by the WG/BG Photography at Gymnastics events policy.
- The person making the online entry on behalf of gymnast(s), a club or an area, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.

Section 13 - General Rules and Penalties

This is a summary of the WG General rules for competitions, please see the BG Code of Points for further rules.

Coaching

Clubs must have an appropriately qualified coach on the competition floor	Gymnasts/Team Withdrawn from competition, no rearrangement of the timetable permitted
Coaches must be appropriately dressed	Coach will be asked to leave the floor until they are wearing the correct attire.
Gymnasts and coaches are not permitted to wear any jewellery	0.2 deducted from the score on all routines it was noticed

Competing

Gymnasts, coaches and volunteers only permitted on competition floor	Unpermitted individuals will be asked to leave the competition floor and 0.5 deducted from the final score of gymnast
Team members/ Synchro Pairs must wear identical attire	Team/Synchro Pair Withdrawn from competition
Bandages or support pieces must not create big contrast with the skin colour	0.2 deducted from the score on all routines it was noticed

Non coach matting on DMT	Gymnasts/ group withdrawn from the competition unless an appropriate level coach is able to mat, no rearrangement of the timetable permitted.
Official not wearing correct attire	Club will be fined £30
Baby or young child on the competition floor	Club will be fined £30

Behaviour

Coach displaying aggressive behaviour, shouting, foul language	One warning to that individual, which will be recorded. Coach will not be permitted on the competition floor.
Coach cheering on the competition floor	One warning to that individual, which will be recorded. Coach will not be permitted on the competition floor.
Chewing gum is not allowed at any phase of the competition, including the opening and closing ceremonies and presentation of awards	Coach or Gymnast will be asked to leave the competition floor
Coaches eating on the floor or chewing gum	Coach will not be permitted on the competition floor.
Throwing on the competition floor	Club will be fined £30
Appeals process not being followed appropriately by club, coach or gymnast.	One warning to that individual, which will be recorded. Fine of £30.
Breach of conduct or etiquette not listed	Club will be fined £30

Parents/Spectators

Parent displaying aggressive behaviour, shouting, or foul language	Their child will be withdrawn from the competition and any scores voided.
Parent on the competition floor	One warning, which will be recorded. Their child will be withdrawn from the competition and any scores voided.
Coaches or gymnasts sitting on judging panel and/or checking scores on laptop	Club will be fined £30

Three Strike Rule

Where the same rule is broken three times by members of the same club, the club will not be allowed to compete at the next competition.

Decision Panel

The panel of three will be noted in the coaches meeting for each competition.

Please note that where multiple rules are broken, penalties for each of the individual rules will be applied.

Protests/Appeals

Official TTP protest forms are available from the Competition Organiser and must be completed and returned (with £10.00 fee) to them within 10 minutes of the Head Judge signing the Scores. These scores will be held for 10 minutes after signing, before presentations are made. A coach may protest the Difficulty score only.

Photographic analysis/evidence will not be accepted at an event

Section 14 - National Competition Calendar

Competition Name	Venue	Competition Date(s)	Closing Date	Membership Levels	Entry Fee
RCC + CC Series 1	SWNC, Cardiff	26/02/2023	22/01/2023	Silver	£20
RCC + CC Series 2	SWNC, Cardiff	16/04/2023	17/03/2023	Silver	£20
RCC + CC Series 3	SWNC, Cardiff	11/06/2023	12/05/2023	Silver	£20
Welsh Schools Competition	SWNC, Cardiff	18/11/2023	20/10/2023	BSGA affiliation	TBC
Welsh Championships	SWNC, Cardiff	9+10/12/2023	10/11/2023	Silver	£50

Section 15 - Competition Apparatus

Unless otherwise stated, the equipment at Trampoline and DMT competitions will be to current BG specifications.

Section 16 – Competitions

Trampoline

It is the responsibility of the coach to select the most appropriate grade and pathway for their gymnasts. There is an expectation that gymnasts are appropriately prepared for their grading and that the correct pathway is chosen, considering a gymnast's likely development and progression.

Clubs should also check that gymnasts hold silver WG/BG membership to take part in Grades events. For more information, please liaise with the Welsh Gymnastics office.

Please note that if a Grade leads to a National Final it is imperative that a gymnast holds Silver membership prior to taking part in the regional round. This is stipulated by British Gymnastics.

There are 3 main Competition structures currently available in Wales and provided by WG, depending on the gymnasts ability – Welsh NDP Club/NDP Gradings, Welsh Schools and Welsh Open Championships.

DMT + DMT Disability

This is the same as Trampoline except currently there is no Welsh Schools competition.

Club Cup Series

For routines, please see the BG website; [tra-club-cup-series-2023.pdf](#)

Regional Challenge Cup Series

For more information, please see the BG handbook; [2023-trampoline-tumbling-v1-2-competition-handbook.pdf](#)

Section 17 – Welsh RCC Competitions

The top two scoring gymnasts (not including TOF), across the three competition opportunities in Wales, from each of the levels and gender categories below will be selected to represent the region of Wales in the British Finals.

Trampoline:

Level	Competition
RCC Level 1	Under 13 Years Men and Women
	Over 13 Years Men and Women
RCC Level 2	10-12 Years Men and Women
	13-14 Years Men and Women
	15+ Years Men and Women
RCC Level 3	Under 15 Years Men and Women
	Over 15 Years Men and Women
RCC Level 4	9-10 Years Men and Women
	11-12 Years Men and Women
	13-14 Years Men and Women
	15+ Years Men and Women
FIG Level	10 Years Men and Women
	11-12 Years Men and Women
	13-14 Years Men and Women
	15-16 Years Men and Women
	17-21 Years Men and Women
	Senior Men and Women

DMT:

Level	Competition
FIG	10 Years Men and Women
	11-12 Years Men and Women
	13-14 Years Men and Women
	15-16 Years Men and Women
	17-21 Years Men and Women
	Senior Men and Women

Section 18 – Welsh School Competition

The Welsh Schools Competitions is the one of the first of three rounds - Regional, Zonal (semi-final), followed by a National Finals.

The UK has been split into three Zones, each comprising of a number of regions, as follows:

- * Northern Zone: North, North West, Yorkshire and North Midlands, N. Ireland.
- * Central Zone: Eastern, East Midlands, West Midlands, Wales.
- * Southern Zone: South, South West, London, South East.

The rules are set out by the British Schools Gymnastics Association (BSGA) and gymnasts do not need BG membership to compete.

Gymnasts compete representing their school and all Entry forms must be signed by the school. The top 3 individuals and top 2 teams from each group go through to the next round.

For the 2023/24 season only, the top 5 individuals and top 3 teams from each group go through to the next round – tbc.

The rules and routines for the competition can be found at:

<https://www.bsga.org/events-rules/competition-rules/>

Section 19 – Welsh Open Trampoline and DMT Championships

The Welsh Open Championships are an annual event showcasing the best in Wales but also giving an opportunity to everyone in Wales and outside Wales.

The competition will consist of the following categories:

- Individual Trampoline:
 - F.I.G.
 - Perfformiad / Performance Level
 - Canolraddol / Intermediate Level
 - Mynediad / Entry Level
- Disability Trampoline:
 - Disability Elite
 - Disability Novice
- DMT:
 - F.I.G. Cymru / Wales
 - Perfformiad / Performance Level
 - Mynediad / Entry Level
- Synchro Trampoline:
 - Level 1 - For Mynediad / Entry Level and Canolraddol / Intermediate competitors
 - Level 2 – For F.I.G. and Perfformiad / Performance competitors

Competitors must be nine in the year to compete at Welsh Open Championships as per British Gymnastics Rules regarding competitions leading to National Titles. *i.e. birth date on or before 31/12/2014.*

More details around the Welsh Championships will be communicated closer to the competition date.