

TRAMPOLINE NEWS No 27

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EDITORIAL

John Beeton

Dear all

The months of June and July have been extremely busy times for our officials, coaches and gymnasts, with no less than three international competitions coming one after the other, with the National Championships held in between. June began with the European Championships in **Sofia BUL** (senior and Junior) with the Nissen Cup event being held in **Savignon SUI** some two weeks after the Nationals.

It is to the credit of both our gymnasts and their coaches, that Great Britain has produced such fine results in all international vents this year; and a special mention must be made here to the dedication of our youth team members, a number of whom combined competition at the highest level, with sitting their school examinations whilst in Sofia.

Results of various events can be found elsewhere in this edition of Trampoline News.

As we go to press, our Olympians **Kirsten** and **Gary** have arrived in **Barcelona ESP** at the Team GB training camp, along with the rest of the British gymnastic team, and I am certain that all members will join with me in wishing them every success on the 21st and 22nd August respectively.

I, myself depart for Athens on the 16th and if anyone would like to have a message of good luck passed on to Kirsten and Gary, then I would be pleased to do so on your behalf, as I will be meeting up with the GB team prior to their competition. You can either send your message by email (this address) or by card / letter to my home address.

The passing of **Paul Luxon**, to all of us, has been the saddest of times. Although suffering greatly, he made a very special effort to attend our National Championships early in July to see his son compete as a guest, and spent a great deal of time that day reminiscing with a number of friends.

Paul was truly a champion in all senses of the word. He will be sadly missed by all that knew him throughout the world of trampolining.

Our thoughts at this time are with his young family, and his beloved mother.

Our international program for the remainder of the year includes a visit to Sweden for our under 15 youth squad members, and if successful, this event will become an annual event. The 2004 / 2005 program is now almost complete and will be reported on in the next issue of Trampoline News.

In the meantime, have a lovely summer wherever you are. **Ed.**

COACHING

Cathy Page

Tutor Accreditation: the following are appointed Tutors at Coach level – **Bill McLoughlin** (London Region), **Michael Johnson** (North Region), **Jim Mathews** (NITA), **Kevin Redgrift** (East Midlands) accredited Examiner only. **Richard Ollerenshaw** and **Elaine Whyte** (formerly Rushby) accredited Examiners at Coach level. **Ricky Molyneux** accredited Tutor at Senior level.

Tutor / Examiner Seminar: to be held at **Loughborough** on 4/5 September. This meeting will examine the introduction of Assistant Coach and the syllabuses for the new National Coaching Certificate, as well as the updating of mechanics at Coach grade.

Rig Module: a two-hour module for the use of the rig in teaching somersaults, for those qualified at Coach level, is now available. It is important for those going on to Club Coach to become familiar with handling the rig *prior* to the Club Coach course.

Success in Switzerland

The Great Britain youth team members that traveled to **Savignon SUI** to compete in the youth section of the **NISSEN CUP** took the event by storm, especially in the boy's competition by taking seven out of eight final places. They then went on to take 1st, 2nd and 4th slots in the synchro event.

In the girls section, three of the girls made finals in the individual event, whilst the synchro pairs took silver and bronze places. A great result all round.

Results: Page 4

FIG CODE OF POINTS

PROPOSED CHANGES 1 JAN 2005

The FIG TRA TC has made a number of proposed changes to the Code of Points, which will come into effect on 1st January 2005. These are:

Trampoline:

5.3 At World and Continental Championships, World Cups, Olympic Games and World Games in addition to § 1.1 § 1.2 § 5.1.1 § 5.1.2 and § 5.1.3 further requirements must be fulfilled in the voluntary routines:

5.3.1 the first routine in the Qualification Round includes elements (skills) with counting difficulty. The difficulty of these elements will be added to the Execution Score. The number of elements will be set by the TRA TC (re. § 5.1.2 special requirements).

5.3.2 in the second routine none of the elements, already counted for difficulty in the first routine, can be repeated, otherwise the difficulty of those elements will not be considered for calculation (see 15.1).

5.3.3 in Finals, any elements from the first and second routines may be repeated (as per § 1.2.1 and § 5.1.3).

Requirements – Trampoline (new)

Requirements for the 1st Routine of the Qualifying Round at World and Continental Championships, World Cups, Olympic Games and World Games:

1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.
2. Two (2) elements will have difficulty ratings. This difficulty will be added to the execution score to give the total score for the first routine. All skills of the routine have to be written down on the competition card and the placement of the two (2) skills counting for difficulty must be marked with an asterisk (*).
3. None of these two (2) elements may be repeated in the second routine of the qualifying round, otherwise the difficulty will not be counted.

Requirements – Trampoline (new)

Requirements for the 1st Routine of the Qualifying Round at Youth Championships:

The routine consists of 10 different elements, only one element allowed with less than a minimum of 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element, but must be performed as separate elements.

1. one (1) element to front or back
2. one (1) element from front or back – in combination with requirement No 1
3. one (1) double front or back somersault with or without twist)
4. one (1) element with a minimum of 540° of twist

Double-Mini Trampoline:

18.1 Degree of Difficulty

18.1.6 in double and triple somersaults, the value of the element, including any twist, will be doubled.

Tumbling:

18.1* Degree of Difficulty

18.1.1 only elements terminating on the feet will be evaluated

18.1.2 cartwheels have no difficulty value

18.1.3 each ½ twist (180°) (with exception in § 18.1.6.4) = 0.2 pts

18.1.4 each somersault (360°) = 0.5 pts

18.1.5 each 360° of front or side somersault rotation will receive a bonus of 0.1 points

18.1.6* single somersaults or less:

18.1.6.1 aeriels, flic-flacs, round-offs and front hand-springs = 0.2 pts

18.1.6.2 whipbacks (tempo somersaults) = 0.3 pts

18.1.6.3 single somersaults done in the pike or straight position, without twist, will receive a bonus of 0.1 points

18.1.6.4 in single somersaults with more than 1 twist (360°) the difficulty of the twist will be as follows:

Each ½ twist more than 1 twist (360°) = 0.3 pts

Each ½ twist more than 2 twists (720°) = 0.4 pts

Each ½ twist more than 3 twists (1080°) = 0.5 pts

Each ½ twist more than 4 twists (1440°) = 0.6 pts

Repetitions

15.5 somersaults will not be considered as repetitions if they are preceded by a different element.

Tumbling and Double-Mini Trampoline:

Landing deduction (new)

21.3.2.2 after landing, touching the track or landing zone / area with one or both hands = 0.2 pts

21.3.2.3 landing outside the outer lines of the track or landing zone = 0.4 pts

21.3.2.4 after landing, falling to the knees, hands & knees, front, back or seat on the track or landing area = 0.4 pts

21.3.2.5 assistance from a spotter after landing = 0.4 pts

21.3.2.6 after landing in the landing area, or on the track, leaving the landing area or track, or touching outside the landing area, or touching the floor with any part of the body = 0.5 points

DMT: double or nothing....

Nick Earle

The International rules for DMT are about to change. As from 1st January 2005, the difficulty of multiple somersaults will be doubled. This means, that a half-out (t) will increase in value from 1.1 to 2.2.

The main implication of this change will be, that competitors who are currently competing with one double somersault in their pass, for example Back s/s (p) or Rudy, Double back (p), will no longer be competitive against other competitors who are competing with two double somersaults in their pass.

As an example, consider a competitor who executes a *perfect* single somersault with zero deduction, whilst another competitor completes a double somersault with an *average* deduction of 0.3 (assume that the second skill remains consistent and receives a 0.3 deduction).

Back s/s (t) / Half-out (p)

$(9.7 + 9.7 + 9.7) + (0.5 + 2.6) = 32.2$

Double back s/s (t) / Half-out (p)

$(9.4 + 9.4 + 9.4) + (2.0 + 2.6) = 32.8$

Rudy / Double back (p)

$(9.7 + 9.7 + 9.7) + (0.8 + 2.4) = 32.3$

Half-out (t) / Double back (p)

$(9.4 + 9.4 + 9.4) + (2.2 + 2.4) = 32.8$

As you can see, even a very *average* double somersault gains significantly more points due to the increase in difficulty. In the past, difficulty has represented about 7% of the total score, but these new rules double this to around 14%. As a comparison, on trampoline, the difficulty represents around 25% of the total score.

So, now is the time to be working on those double somersault

mount and spotter skills. Since the half-out mount is initially difficult to learn, you could always consider using a half-out spotter instead. The double back spotter requires some close supervision to ensure that the gymnast continues to travel forward, rather than backward. However, providing you have already developed a good double back, the transition from trampoline is not particularly difficult.

With the **David Ward-Hunt Cup** in November 2004 and **World Championships / Age-Group Competitions** in September 2005, there is no time to lose.

EUROPEAN SUCCESS FOR GREAT BRITAIN TRAMPOLINISTS AND TUMBLERS

Another brilliant European Championship result for British Trampolinists and Tumblers, this time in Sofia BUL., following on from the St Petersburg successes in 2002.

The results speak for themselves and all gymnasts and their coaches are to be congratulated for the preparation that had obviously went into the training for these Championships. Well done all.

RESULTS: YOUTH CHAMPIONSHIPS

TRA – Girls (53 entries)

04 Lauren ALLEN

06 Daniella PIETRUSZKA

TRA – Team (Girls)

02 GBR – Lauren Allen, Hannah Lewis, Daniella Pietruszka, Stacey Dann

TRA – Boys (41 entries)

07 Paul NOBLETT

TRA – Team (Boys)

02 GBR – Dominic Swaffer, Paul Noblett, Nick Joyce, Tom Lewis

DMT – Girls (22 entries)

07 Asha PHILIP

DMT – Team (Girls)

04 GBR

DMT – Boys (19 entries)

03 Dominic SWAFFER

06 Andrew FREEMAN

DMT – Team (Boys)

03 GBR

TUM – Girls (21 entries)

01 Laura HOUSON

03 Zara McLEAN

TUM – Team (Girls)

02 GBR

TUM – Boys (29 entries)

03 Charlie BURROWS

TRA – Synchron (Girls) 20 entries

06 Hannah LEWIS / Daniella PIETRUSZKA

TRA – Synchron (Boys) 14 entries

07 Paul NOBLETT / Jem Camble

MEDALS:

01 x GOLD

03 x SILVER

04 x BRONZE

RESULTS: SENIOR CHAMPIONSHIPS

TRA – Women (39 entries)

03 Claire WRIGHT

05 Katherine DRISCOLL

30 Kirsten LAWTON

34 Aurora NECCO

TRA – Team (Women)

03 GBR

TRA – Men (57 entries)

14 Gary SMITH

17 Mark ALEXANDER

19 Simon MILNES

26 Gary SHORT

TRA – Team (Men)

03 GBR

DMT – Women (21 entries)

11 Kirsty WARD

14 Asha BAYLISS

DMT – Men (28 entries)

15 Philip DODSON

17 Toby EAGER

19 Mathew SWAFFER

26 Chris FORDHAM

DMT – Team (Men)

04 GBR

TUM – Women (23 entries)

01 Kathryn PEBERDY

08 Zoe MACLEAN

13 Julie CHEUNG

20 Donna MACLEAN

TUM – Team (Women)

02 GBR

TUM – Men (31 entries)

06 Robert PROCTOR

08 Damien WALTERS

20 Robert SMALL

23 Glenn SMITH

TUM – Team (Men)

02 GBR

TRA – Synchron (Women) 11 entries

02 Kirsten LAWTON / Claire WRIGHT

TRA – Synchron (Men) 15 entries

07 Gary SMITH / Gary SHORT

MEDALS:

01 x GOLD

03 x SILVER

03 x BRONZE

NISSEN CUP RESULTS

Boys – Individual

1st Paul Noblett 39.3, 3rd Luke Rendell 36.2, 4th Michael Freeman 36.2, 5th Mathew Wright 35.7, 6th Chris Hall 35.6, 7th Andrew Freeman 35.2, 8th Jem Camble 35.1.

Boys – Synchro

1st Paul Noblett / Jem Camble 46.9, 2nd Andrew / Michael Freeman 45.4, 4th Luke Rendell / Chris Hall 14.1.

Girls - Individual

2nd Yasmin Gumbs 35.1, 6th Roxanne Milliner 32.8, 7th Caitlin Thomson 31.5.

Girls – Synchro

3rd Roxanne Milliner / Caitlin Thomson 42.0, 4th Hannah Davies / Yasmin Gumbs