**Tameside Trampolinig Competition**

Tuesday 18th June 3:15pm – 5:15pm

(at Copley Academy)

* A team consists of 4 pupils (2 boys from 7&8 and 2 from 9&10). The same for the girls’ competition.
* Competition format – this is an ‘open’ competition where the routine will be marked on a combination of difficulty (tariff) and technique (form).
* Each school can only enter 1 boys’ team and/or 1 girls’ team; however depending on the number of entries, it may be possible to enter a 2nd team shortly after the initial deadline. Should this be the case I will email each school that has entered.
* To allow for the possibility of additional teams the deadline for entries is **THURSDAY 16TH MAY.**
* Competitors should plan a routine based on their own ability. **Please be aware that all routines MUST be submitted to** [jconnolly@copleyacademy.org.uk](mailto:jconnolly@copleyacademy.org.uk) by **Thursday 6th June** in order to give us time to correctly ‘tariff’ each one. THERE WILL BE NO EXCEPTION TO THIS, WE CAN NOT TARIFF ON THE DAY OF THE EVENT.
* Registration for teams will be between 3:15pm and 3:45pm in the sports hall at the school. **Please make your way to the sports hall via the Copley Sports Centre entrance NOT the school entrance.**
* Pupils will be allocated a trampoline and have time to warm up before they compete. They will receive a warm up card upon registration, which they need to give to the marshal on their trampoline. Pupils must wait around their trampoline and wait for the marshal to call their name. Pupils will run through their routine **once** and then get off the trampoline ready for the

next pupil. There may be the opportunity for pupils to run through their routines twice.

*Scoring*

There will be four trampolines set up and 2 of them will be used for competition. There will be 4 judges as well as a tariff\* judge.

* Pupils must present to judges before competing (this consists of a competitor facing the judges and holding both arms in the air for a girl, and one arm in the air for a boy)
* Pupils will then perform their routine
* At the end of the routine, a pupils must hold/wait for 5 seconds before presenting back to the judges again.
* **Please note:** If a competitor does not hold/wait for 5 seconds before they present at the end of the routine, they will loose points.
* The competitor will then dismount the trampoline and wait at the side to see their scores.
* Judges will then hold up their scores and they will be calculated. There will also be a 5th number held up which will be the tariff\* of the routine.

*Clothing*

* In competitive Trampolining competitions, competitors wear leotards. Although leotards are not compulsory in this Tameside event, we advise that competitors wear clothing that is going to allow the judges to see the lines of their body. Baggy clothing may result in a move not scoring as high because it looks like their leg wasn’t straight for example.

*Results*

* Results will be counted and verified and announced at the end of the competition.
* Whilst results are being counted, staff and competitors need to wait quietly away from the equipment.

*Trampolining Tariffs*

* Straddle
* Pike 0 (due to no rotation of the trunk)
* Tuck
* **Seat landing**
* ½ twist
* Seat landing with ½ twist in or out 0.1
* (‘swivel hips’)
* Full twist
* Back landing to feet 0.2
* Front landing to feet
* (swivel hips + half twist out)
* Back landing with ½ twist in or out 0.3
* Front “ “ “ “
* Turntable 180 0.3
* Turntable 360 0.4
* Cradle 0.5
* Tucked somersault
* Piked somersault
* Straight somersault 0.6
* Barani

**Judging form - marks are deducted for:**

* Travelling
* Loss of height
* Poor shape/neatness/technique (eg bent knees, loose tuck)
* Failing to stop (for 3 secs) after one straight bounce at the end of the routine

**Should any of the following occur marking will stop and only completed moves will count**

* Stopping during the routine
* Landing on one foot
* Touching the frame/pads
* Falling off

Any questions, please feel free to contact me on the email above.

Kind regards,

JohnConnolly