

David Ward-Hunt Cup
11th International Open
2nd & 3rd November 2024

1) MENS and LADIES-FIG license required

Awaiting Sanction

2) AGE GROUPS – Not Sanctioned so do not require FIG Licence



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COMPETITION INFORMATION AND RULES

1. CATEGORIES

**Individual Trampoline –
No FIG license required**
Aged 9/12 in 2024
Aged 13/14 in 2024
Aged 15/16 in 2024
Aged 17/21 in 2024
Aged 22+ in 2024

**FIG Sanctioned senior event
FIG license required**
FIG Senior 17+ (born 2007 and after)

Synchronised Trampoline
Junior 16 years and under in 2024
Senior 17 years and over in 2024
Jumping up an age group is not accepted

FIG Sanctioned senior event FIG license is required
FIG Senior 17+ (born 2007 and after)

Double Mini Trampoline – no FIG license required
Aged 9/12 in 2024
Aged 13/14 in 2024
Aged 15/16 in 2024
Aged 17/21 in 2024
Aged 22+ in 2024

FIG Sanctioned senior event FIG license required
FIG Senior 17+ (born 2007 and after)

Male and female competitions for each category

2. ELIGIBILITY

All participants and clubs must be members of a federation affiliated to the FIG. Participants may compete in all events including age group and senior. Passports and Insurance may be checked during the check-in process.

**3. COMPETITION
FORMAT**

Trampoline & Synchro

Gymnasts aged 9-16 have prescribed elements which must be completed in exercise one. Exercise two has no requirements other than any skills which are listed as prohibited.

Gymnasts 17+ will compete two exercises which do not have any difficulty requirements. Note, 17-21 gymnasts will not be allowed to exceed 1 body landing, also not be allowed to compete quadruple somersaults.

Age group 22+ & FIG Senior exercise requirements are stated in the FIG Handbook.

All gymnasts will compete 2 exercises in the preliminary round. Top 8 gymnasts will then compete a 3rd exercise.

FIG Senior may not follow the above rules depending on group sizes. FIG rules will be followed accordingly.

DMT

All DMT gymnasts will compete 2 exercises as a preliminary round and then the top 8 (Final 1) gymnasts will compete 1 more exercise and then the top 4 (Final 2) one more exercise.

No Skill can be repeated in the preliminary round in any place.

Top 8 (Final 1) can repeat any skill from the preliminary.

Top 4 (Final 2) can not repeat any skill from Final 1

FIG Senior may not follow the above rules depending on group sizes. FIG rules will be followed accordingly.

4. ROUTINES	INDIVIDUAL TRAMPOLINE
	<p>Age Group 9-12 years The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements.</p> <ol style="list-style-type: none"> 1. 1 element landing on the front or back of the body with minimum of 270° of somersault rotation 2. 1 element from front or back – in combination with requirement No 1 with a minimum or 450° of somersault rotation <p>Age Group 13-14 years The routine consists of 10 different elements, only two (2) elements allowed with less than 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.</p> <ol style="list-style-type: none"> 1. Back s/s with full twist 2. 1 element landing on the front of the body 3. 1 element landing on the back of the body <p>Age Group 15-16 years The routine consists of 10 different elements, only one (1) element allowed with less than 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.</p> <ol style="list-style-type: none"> 1. One element to front or back 2. One element from front or back – in combination with requirement No. 1 3. One double front or back somersault with or without twist and 4. One element with a minimum of 540° twist and minimum of 360° somersault <p>Age Group 17-21 years Two (2) voluntary exercises. The highest score of the two (2) exercises will determine the qualification to the Final.</p> <ol style="list-style-type: none"> 1. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise. 2. The degree of difficulty is capped at 2.0 per element. <p>The performing of quadruple somersaults at all the above age groups is prohibited and will result in disqualification.</p> <p>Age Group 22+ Criteria for these routines are the same for FIG Senior</p> <p>FIG Senior As per FIG Code of Points 2022-2024</p>

	<p>Double Mini Trampoline Age Group Age 9/12 , 13/14 minimum 1.2 DD per pass Aged 15/16, 17/21, 22+ minimum 1.3 DD per pass, minimum PLUS one pass of 1.6 minimum in each round (Preliminaries and Finals).</p> <p>2.0 Whole Mark penalty if minimum is not met.</p> <p>FIG Senior As per FIG Code of Points 2022-2024</p> <p>Synchronised Trampoline – Jumping up an age group is not accepted Junior 16 years and under The routine consists of 10 different elements, only two (2) elements allowed with less than 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.</p> <ul style="list-style-type: none"> • back s/s with full twist • 1 element landing on the front of the body • 1 element landing on the back of the body <p>Senior 17 years and over Criteria for these routines are the same for FIG Senior</p> <p>FIG Senior As per FIG Code of Points 2022-2024</p>	
<p>5. JUDGES</p>	<p>Each nation/club must bring judges as follows: 1-5 competitors = 1 judge, 6- 9 competitors = 2 judges, 10-14 competitors = 3 judges, 15 -19 competitors = 4 judges, 19+ The same ration outlined above for junior categories. Where possible with senior competitors at least one International Judge with valid brevet is required. Judge(s) to be named on your entry with discipline and qualification There will be an early morning meeting on the Saturday for all officials by the panels before the competition starts.</p>	
<p>6. COMPETITION EQUIPMENT</p>	<p>Individual Trampoline Eurotramp Ultimate</p>	<p>Synchronised Trampoline Eurotramp Ultimate</p>
<p>7. ENTRY DATES & FEES</p>	<p>Double Mini Trampoline Eurotramp Ultimate 6x6</p> <p>Maximum 500 entries, competition entry will be on a first applying basis. Entry fee £60 per discipline (trampoline, DMT) £60 a pair for synchronised competition There will be prize money awarded £100 to first place, £75 to second and £50 to third place for the Senior FIG events only. Declaration of interest: 4th August 2024 via email to liz@trampoline.co.uk with numbers of competitors only required Dead line for final entry and payments 15th September 2024 this will be open on the 4th August as online entry any questions on this please email tony@thefrickerfamily.com Spectators entry will be £18 per day or £25 for a weekend pass</p>	
<p>8. TROPHIES</p>	<p>All competitors will receive a participation certificate. Trophies will be awarded to the top 3 competitors in each event.</p>	
<p>9. TRAVEL & ACCOMMODATION</p>	<p>All travel/accommodation will be competitors own responsibility, but if you let Liz Laws know the size of your group, whether you need family, single or double accommodation, approximate arrival and length of stay as well as arrival airport I can help you arrange</p>	

	<p>transport and accommodation and can inform you of the cost of this. Nearest Airports is London Gatwick, however Heathrow / Stanstead or London City are not hard to travel from. The nearest train station is Gillingham Kent.</p> <p>Each team will be required to have their own insurance in place.</p>
10. PROVISIONAL PROGRAMME	<p>Friday 1st November– Orientation training will be available at the competition venue 6-8pm. However if you are travelling and wish training can be arranged at Jumpers Rebound Centre 9am – 5pm but YOU MUST BOOK THIS by previous arrangement only Please advise if you are planning to use this time on your entry form.</p> <p>Saturday 2nd November: All preliminary rounds for Double Mini Trampoline and Individual Trampoline. If time allows some synchronised events may also take place.</p> <p>Sunday 3rd November 9am: Synchronised event then finals for Saturday’s events.</p> <p>Note: Adjustments to the competition programme may be necessary – interested parties will be informed of any changes made.</p>
11. ENTRY FEES	<p>Individual Each Entry £60 Synchronised Entries per Pair £60</p> <p>Full payment must be submitted with entry, otherwise the entries may be rejected. Bank Charges MUST be paid with the entry.</p> <p>Please make a bank transfer to: National Westminster Bank, Maidstone Branch, Kent ME14 1XU Account Name: Gillingham Jumpers Trampoline Club Ltd Sort Code: 60 60 08 Account No. 82255105 IBAN GB54NWBK60600882255105 BIC NWBKGB2L</p> <p>Please add team name to bank transfer information.</p>
12. SPECTATING	<p>This section will be updated in accordance to government’s rules on events that are current at that time.</p> <p>There are currently no rules regarding spectating at indoor events in England. We would advise Gymnasts and Spectators do a Covid-19 test prior to attending the event to ensure the safety of others.</p> <p>Spectators entry will be £18 per day or £25 for a weekend pass.</p>
13. QUESTIONS & FURTHER INFORMATION	<p>You will be sent an email check in sheet after you have completed your on line entry, please check this and bring this with you along with any corrections / substitutions and hand to the secretariat on the Friday evening.</p> <p>Liz Laws 01634 855507 or liz@trampoline.co.uk Jumpers Rebound Centre Mill Road Gillingham Kent ME7 1HN England</p>