

DATE: Sunday 9 November 2008
TO: THE HONORARY SECRETARIES
TRAMPOLINE AND GYMNASTICS SECTIONS

R.S.L. (N.S.W.)
14 OCT 2008
FILE No.....
TO.....

33rd ANNUAL RSL YOUTH CLUBS
TRAMPOLINE SPORTS CHAMPIONSHIPS

The 33rd Annual RSL Youth Clubs Trampoline Sports Championships will be held at Central Coast Youth Club, Niagara Park, North Gosford on Sunday 9 November 2008. An invitation is extended to your Youth Club to take part in or attend the Championships.

INFORMATION

DATE: Sunday 9 November 2008

VENUE: Central Coast Youth Club
NIAGARA PARK
NORTH GOSFORD

WARM-UP: Warm-ups will be provided throughout the Championships.

START TIME: Warm up: 8:15 am – 9:15 am
March in: 9:15 am
Start: 9:30 am

ENTRIE: Miss Michelle Prestage
Secretary and Treasurer
4 Warrina Road
CARINGBAH NSW 2229
Mobile: 0402 833 484
Fax: C/- Mr Robert Bull: 02 9576 1144
Email: michelleprestage@hotmail.com

ENQUIRIES: Mr Robert Bull
Chairman
11 Graham Avenue
MIRANDA NSW 2228
Phone: 02 9522 0484
Fax: 02 9576 1144
Email: ~~rbull@town.com.au~~
rbulls@optusnet.com.au

ENTRIES CLOSE: Friday 31 October 2008 (2 weeks)
NOTE: UNDER NO CIRCUMSTANCES WILL LATE ENTRIES OR ENTRIES WITHOUT THE APPROPRIATE FEES BE ACCEPTED.

ENTRY FEES:

Individual Grade, Age and Open Events:	\$10.00 per event Maximum \$20.00
Synchronised Trampoline:	\$10.00 per pair
Team Events:	\$10.00 per team per discipline

NOTE: All team entries must be submitted and paid for and verified by 9:15 am on the day of the competition.
Cheques should be made payable to **NSW RSL Youth Council Trampoline.**

PLEASE NOTE: Any RSL Youth Club which would like further information about Trampoline Sports or a display of the Sport itself at their Youth Club, please contact the parties.

COMPETITIVE RULES:

1. As per TSNSWG Inc as amended by the Trampoline Committee of NSW RSL Youth Council.
2. If a Youth Club wishes to enter a retired Age Competitor, under the age of 25 years, in any of the disciplines, Level 6 and above is available for this competitor. (Not registered with TSNSWG Inc as a competitor for the current year).

COMPETITIVE DRESS:

GIRLS: Leotard, white socks and/or tramp shoes.

BOYS: Leotard, long whites or club T-shirt and white socks and/or tramp shoes.

- IN ALL CASES, THE OFFICIAL YOUTH CLUB UNIFORM WILL BE ACCEPTED.
- NO GLITTER AND JEWELLERY IS ACCEPTED.
- Single and Double Mini-Tramp should also wear suitable footwear.
- The only insignia to be worn on each competitor's uniform should be authorised Club Badges or State or National Markings.

TRAMPOLINE

The Open Grade Event is an optional extra event, available for all competitors capable of performing both the compulsory routine as shown and an additional voluntary routine with a minimum degree of difficulty of 6.5. There are separate events for men and women, age fewer than 25 in this event.

EVENTS:

Seven Years and Under Novice and Ten Years and Under Novice Events

These events are open to trampolinists who have not competed in TSNSWG Inc competitions and whose ages correspond to the conditions as they are set out. They are organised in age groups and require a compulsory routine only.

Grade One

This event is open to trampolinists who are:

1. Non-competitors in the TSNSWG Inc competitions and aged eleven years and over as at 1 January 2008.
2. Competitors in TSNSWG Inc competitions and are performing the Grade One routine.

Grade Two

This event is open to trampolinists who are competitors in TSNSWG Inc competitions and are performing the Grade Two routine.

Members of Youth Clubs who are non-competitors in TSNSWG Inc competitions may compete in either Grade One or Grade Two and perform the required compulsory routine or if they have a voluntary routine which meets the stated requirements of any of the following Grades, subject to the conditions in note 2 under Competitive Rules.

Grade Three to Six

Grades three to six voluntary routines run under NSW Age rules. Non-scoring skills may be repeated. These Grades are open to all other trampolinists who are eligible to compete and they should be entered in their correct TSNSWG Inc Grade, or in the Grade decided by the degree of difficulty of their own voluntary ten bounce routine, if they are not registered and Graded competitors with the TSNSWG Inc (See also subject to the conditions in note 2 under Competitive Rules).

Age

Competitors currently competing in the TSNSWG Inc Age competitions **must** compete in Age in the RSL Championships and the TSNSWG Inc rules. Ages being, U10, 11-12, 13-14, 15-16 and 17-25. A competitor who is able to perform Age and not currently competing in Age may enter into the Age competition without it affecting TSNSWG Inc Grade. A competitor can only enter Age or Grade, not **both** in any particular event.

Degree of Difficulty marks as per Degree of Difficulty sheet.

Routines for All Novice and Grades

All routines must commence within sixty (60) seconds of the referee's signal. Penalty: 0.2 after sixty (60) seconds. Restarts are allowed as per the current TSNSWG Inc Inter-Club Rules.

Routines for All Age and Open

All routines must commence within 60 seconds of the referee's signal. Restarts are allowed as per the current TSNSWG Inc and F.I.G Rules.

All Routine Must Finish

With a controlled check that must be held for a minimum of at least three (3) second. A straight bounce (out bounce) is permitted after the 10th skill and before the check. Failure to hold the check results in a deduction of up to 0.2 per judge.

Seven Years and Under Novice Event

Boys and girls seven years and under as at 1 January this year.

Ten Years and Under Novice Event

Boys and girls ten years and under as at 1 January this year.

UNDER 7s & UNDER 10s COMPULSORY ROUTINE

Routine performed twice, with a check at the end of each routine.

1. Seat Drop
2. Feet
3. Tuck Jump
4. Half Twist
5. Straddle

GRADE ONE COMPULSORY ROUTINE

Routine performed twice, with a check at the end of each routine.

1. Seat Drop
2. Feet
3. Tuck Jump
4. Half Twist
5. Straddle

GRADE TWO COMPULSORY ROUTINE

1. Seat Drop
2. Half Twist to Feet
3. Tuck Jump
4. Front Drop
5. Feet
6. Closed Pike
7. Half Twist
8. Straddle
9. Back Drop
10. Feet

GRADE THREE VOLUNTARY ROUTINE

Requirements are:

- 10 skill routine
- Maximum DD 2.2

GRADE FOUR VOLUNTARY ROUTINE

Requirements are:

- 10 skill routine
- Maximum DD 3.4

GRADE FIVE VOLUNTARY ROUTINE

Requirements are:

- 10 skill routine
- Maximum DD 4.8

GRADE SIX VOLUNTARY ROUTINE

Requirements are:

- 10 skill routine
- Unlimited DD

DEGREE OF DIFFICULTY

Grade		Maximum	
Three	Voluntary Routine	2.2	Boys and girls
Four	Voluntary Routine	3.4	Boys and girls
Five	Voluntary Routine	4.8	Boys and girls
Six	Voluntary Routine	Unlimited	Boys and girls

AGE TRAMPOLINE ROUTINE2nd Voluntary ONLY

Requirements are:

- 10 skill routine
- Unlimited DD

OPEN TRAMPOLINE ROUTINE

Compulsory routine plus voluntary (Degree of Difficulty 6.5 plus)

OPEN 1st VOLUNTARY - Junior Elite 2008 Routine (Level 7 Routine)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

OPEN 2nd VOLUNTARY

Requirements are:

- 10 skill routine
- Minimum DD 6.5

SYNCHRONISED TRAMPOLINE

The Synchronised Trampoline Event is staged into six (6) grades. Competitors in Grades 1, 2 & 3 will perform their compulsory routine and Grades 4, 5 & 6 will perform a ten (10) skill Voluntary Routine with the Degree of Difficulty of the routine determining their competitive grade - the "Required Maximum" difficulty per grade has been set out below. The "Synchronised Pairs" competitors will consist of either two girls, two boys or mixed pairs. Each competitor may only compete in one grade. The competitive grade of a pairing is determined by the grading of the highest graded member of the team. **Age competitors are not to go below Level 5.**

Grade	Degree of Difficulty - Maximum
One	Level 1 Compulsory Routines Only
Two	Level 2 Compulsory Routines Only
Three	Level 3 Compulsory Routines Only
Four	4.2
Five	5.0
Six and above	Unlimited

EACH EVENT WILL BE LIMITED TO TWO PAIRS PER CLUB, the pairs may be mixed. In all grade the degree of difficulty will be taken into consideration in determining the final result which will consist of the judges form marks, the degree of difficulty plus the synchronisation mark from the synchronisation judges.

The routines performed in this event will come under the current TSNSWG Inc and FIT Rules, which state that the routine must be commenced within one minute of beginning bouncing - however the routine must be commenced and performed by both competitors simultaneously or the prescribed penalties will apply.

GRADE ONE SYNCHRO ROUTINE

Routine performed twice, with a check at the end of each routine.

1. Seat Drop
2. Feet
3. Tuck Jump
4. Half Twist
5. Straddle

GRADE TWO SYNCHRO ROUTINE

1. Seat Drop
2. Half Twist to Feet
3. Tuck Jump
4. Front Drop
5. Feet
6. Closed Pike
7. Half Twist
8. Straddle
9. Back Drop
10. Feet

GRADE THREE SYNCHRO ROUTINE

1. Half Twist to Front Drop
2. Feet
3. Full Twist
4. Tuck Jump
5. $\frac{1}{2}$ Twist to Seat Drop
6. Swivel Hips
7. $\frac{1}{2}$ Twist to Feet
8. Straddle
9. Back Drop
10. Feet

TRAMPOLINE DIFFICULTY TABLE

Tuck Jump	.0	Front Cody (Tucked)	.3
Pike Jump	.0	Front Cody (Piked)	.3
Straddle Jump	.0	Front Cody from Front Drop to Front Drop	.5
Front Drop or from Front Drop to Feet	.1	Back Cody (Tucked)	.7
Back Drop or from Back Drop to Feet	.1	Back Cody (Piked)	.7
Pullover	.3	Back Cody (Straight)	.7
Half Twist	.1	Half Twist Back Somersault	.6
Full Twist	.2	Full Twist Back Somersault	.7
Half Twist to Feet from Seat Drop	.1	Rudi (1 ½ Twist Front Somersault)	.8
Half Twist to Feet from Back Drop	.2	Double Twist Back Somersault	.9
Half Twist to Seat Drop	.1	Randi (2 ½ Twist Front Somersault)	1.0
Half Twist to Front Drop (Aeroplane)	.2	1 ¾ Front Somersault (Tucked)	.8
Half Twist to Back Drop	.2	1 ¾ Front Somersault (Piked)	.9
Front Somersault (Tucked)	.5	1 ¾ Front Somersault (Straight)	.9
Front Somersault (Piked)	.6	Barani Cody	.4
Back Somersault (Tucked)	.5	Ballout (Tucked)	.6
Back Somersault (Piked)	.6	Ballout (Piked)	.7
Back Somersault (Straight)	.6	Ballout (Straight)	.7
¾ Back Somersault (Tucked)	.3	Rudi Out (Tucked)	1.3
¾ Back Somersault (Piked)	.3	Rudi Out (Piked)	1.5
¾ Back Somersault (Straight)	.3	Double Back Somersault (Tucked)	1.0
Barani (Tucked)	.6	Double Back Somersault (Piked)	1.2
Barani (Piked)	.6	Double Back Somersault (Straight)	1.2
Barani (Straight)	.6	Half Out (Tucked)	1.1
Back Somersault Tucked to Seat Drop	.5	Half Out (Piked)	1.3
1 ¼ Front Somersault (Tucked)	.6	Half Out (Straight)	1.3
1 ¼ Front Somersault (Piked)	.7	Half In (Tucked)	1.1
1 ¼ Back Somersault (Tucked)	.6	Half In (Piked)	1.3
1 ¼ Back Somersault (Piked)	.7	Half In (Straight)	1.3

All competitions follow FIG Rules with the following variations for Age & Open.

DEDUCTIONS FOR FAULTY EXECUTIONS (Trampoline)

Lack of form, consistency of height and control in each element:	0.1 – 0.5
Lack of stability on or after the last element. Landing on one foot (Age only):	0.3
Land on both feet but lacking stability, not standing still for three (3) seconds:	0.1 – 0.2
Touching the bed with one or both hands:	0.4
Touching the bed with knees or hands and knees, falling to seat or back:	0.6
Touching the springs, pads, frame or safety platforms:	0.6
Landing or falling on the springs, pads, frame, safety platforms and spotting mats:	0.8
Landing or falling outside the area of the trampoline:	1.0
Talking to or giving any form of signal to a competitor by their own spotter or coach during the routine. For each offence:	0.3
Intermediate (straight) jumps in a routine. For each jump (Age only):	1.0
Additional elements (Age only):	1.0
Exceeding the time limit:	0.3
Changes to the elements written in the 1 st voluntary. For each element (Age only):	0.2
Missing required elements in the 1 st voluntary. For each element (Age only):	1.0
Repetition of an element during the 1 st voluntary routine. For each element (Age only):	1.0

SINGLE MINI TRAMPOLINE

Competitors may enter either single mini tramp or double mini tramp, but not both. Scoring and Degree of Difficulty as per trampoline events. Winners decided on the total of the form marks plus degree of difficulty. Feet to feet skills only are allowed, each pass must end with a standing check held for three (3) seconds.

No repetition of skills is permitted.

Seven Years and Under and Ten Years and Under Novice Event: are for non competitors TSNSWG Inc competitions only, however they may enter the higher grades where the degree of difficulty will count if they wish.

Seven Years and Under

Boys and Girls 10 Years as of the 1st January this year.

Ten Years and Under

Boys and Girls 7 Years as of the 1st January this year.

SINGLE-MINI PASSES

The combined 3 passes will have a maximum Degree of Difficulty as listed below. The penalty for exceeding the Degree of Difficulty will be the reducing of the Degree of Difficulty to meet the maximum allowed. Repeated skills are not permitted. Penalty for repeated non-scoring skills is maximum deduction for the repeated skill from each performance judge. Penalty for repeated scoring skills is no Degree of Difficulty awarded for the repeated skills.

7 & 10 Years & Under

Three Voluntary Passes Non-scoring skills

NO straight jumps or star jumps

Grade		Degree of Difficulty
One	Three voluntary passes	Non-scoring skills No Straight Jumps or Star Jumps
Two	Three voluntary passes	0.1 minimum, 0.5 maximum
Three	Three voluntary passes	0.6 minimum, 1.3 maximum
Four	Three voluntary passes	1.4 minimum, unlimited maximum

DOUBLE MINI TRAMPOLINE

EVENTS:

Grade 3, 4, 5, 6, 7 & 8

All competitors shall consist of (2) voluntary passes.

Age

Competitors currently competing in the TSNSWG Inc Age competitions **must** compete in Age in the RSL Championships and to TSNSWG Rules. Ages being, U10, 11-12, 13-14, 15-16, 17-25.

A competitor who is able to compete in Age and not currently competing may enter into the Age competition without it affecting T.S.N.S.W.G Inc. Grades. A competitor can only enter **one** part of the competition either Age or Grade **not both** in any particular discipline.

COACHES, PLEASE NOTE: Non-scoring skills cannot be repeated in the same area.
Penalty is maximum deduction for each repeated skill 0.5 from each performance judge.

Grade		Degree of Difficulty
Three	Two voluntary passes	0.8 maximum
Four	Two voluntary passes	1.7 maximum
Five	Two voluntary passes	2.9 maximum
Six	Two voluntary passes	Unlimited
Open	Two voluntary passes	Women – 4.6 minimum
	Two voluntary passes	Men – 5.7 minimum

The **Open Grade Event** is an optional extra event available for all competitors who can perform **two voluntary passes** with a minimum degree of difficulty of 4.6 for women and 5.7 for men - there will be no maximum for the degree of difficulty mark.

DEDUCTIONS FOR FAULTY EXECUTIONS (Double & Single Mini Trampoline)

Lack of form, consistency and height in each element: 0.1 – 0.5

Lack of stability after the dismount (a single deduction for the greater fault only):

Land on both feet but lacking stability and/or not standing still for three (3) seconds: 0.1 – 0.2

Or make the following deduction on the instruction of the chair of the judge's pane:

Touching the landing mat with one or both hands: 0.2
 Placing the hands on or falling against the Double Mini Trampoline: 0.3
 Landing outside the landing zone: 0.3
 Falling to knees, hands and knees, seat, front or back: 0.4
 Assistance from a spotter after landing in the landing zone: 0.4
 After landing in the landing zone, leaving the landing zone or touching or touching outside the landing zone with any part of the body: 0.5

Make the following additional deductions on the instruction of the chair of the judge's panel:

Not initiating the first element within 20 seconds after signal to begin: 0.1
 Talking to or giving any form of signal to a competitor by their own spotter or coach during the pass. For each offence: 0.3
 Touching the penalty zone in the centre of the Double Mini Trampoline while performing a mount, spotter or dismount skill. For each offence: 0.1
 Touching anything other than the bed during a pass: 0.1
 After landing, touching or falling outside the landing zone with any part of the body: 0.1
 Exceeding the time limited: 0.1

TUMBLING – SHORT TRACK

EVENTS:

Novice Beginners (Inter -Club Rules apply)

In the **Seven Years and Under and Ten Years and Under** events the competitors are required to perform the compulsory pass as set out.

NOTE: These events are for non-competitors of TSNSWG Inc competitions only. However, they may enter, if they wish, the higher grades where their degree of difficulty will count.

Grade (Inter-Club Rules apply)

In **Grades One to Eight** tumblers are required to perform the passes as shown below.

NOTE: These events are for non-competitors of TSNSWG Inc competitions only. However, they may enter, if they wish, the higher grades where their degree of difficulty will count. Grade two and above, must start from a run up.

Age (FIG Rules apply)

Competitors currently competing in the TSNSWG Inc Age competitions **must** compete in Age in the RSL Championships and to TSNSWG Rules. Ages being, U10, 11-12. 13-14. 15-16, 17-25.

A competitor who is able to perform Age Degree and not currently competing in Age may enter into the Age competition without it affecting TSNSWG Inc Grade. A competitor can only enter Age or Grade **not both** in any particular discipline. **Passes must start from a run up.**

Open (FIG Ruled apply)

The Open Grade Event is an optional extra event, available for all competitors capable of performing two voluntary passes of the required minimum amount of difficulty.

There are separate events for men and women; age limit 25 applies to this event. See also note 2 under competitive rules. **Passes must start from a run up.**

Winners are decided on the total of the form marks plus the degree of difficulty. Gymnastic skills such as bridges etc. are not permitted within a pass as they must be continuous or they will be terminated.

Each pass must finishing in a standing check, held for three (=) seconds. A reversal of direction is only allowed on the last skill. The tumbling mat will be a minimum of 10 metres long. A beat board is allowed on the first skill and the final skill must end on a landing mat.

Seven Year and Under Novice Event

Boys and Girls Seven years and under as at the 1st January this year.

Ten Years and Under Novice Event

Boys and Girls Seven years and under as at the 1st January this year.

**UNDER 7s AND UNDER 10s
(NOVICE)**

Compulsory Pass

Pass performed twice

From standing:

1. Forward Roll
2. Forward Roll
3. Jump ½ Turn
4. Backward Roll
5. Straight Jump

GRADE ONE

Compulsory Pass 1

From standing:

1. Forward Roll
2. Forward Roll
3. Jump ½ Turn
4. Backward Roll
5. Straight Jump

Compulsory Pass 2

From standing:

1. Forward Roll
2. Cartwheel
3. Cartwheel Snap
4. Backward Roll
5. Straight Jump

GRADE TWO

Compulsory Pass 1

From standing:

1. Handstand Forward Roll
2. Forward Roll
3. Jump ½ Turn
4. Backward Roll
5. Tuck Jump

Compulsory Pass 2

Run to:

1. Round-off
2. Jump ½ Turn Step Out
3. Cartwheel (to Star)
4. Round-off
5. Star Jump

NOTE:

Grade 3 and above, Age and Open

Routine sheets must be submitted to difficulty judge at beginning of warm-ups of that event.

GRADE THREE

Compulsory Pass 1

Run to:

1. Front Sault
2. Hurdle
3. Round-off
4. Jump ½ Turn Step Out
5. Round-off

Compulsory Pass 2

Run to:

1. Round-off
2. Flic
3. Jump ½ Turn Step Out
4. Round-off
5. Backward Roll

GRADE FOUR

Compulsory Pass 1

Run to:

1. Front Sault Step Out
2. Round-off
3. Flic
4. Flic
5. Straddle Jump

Compulsory Pass 2

Run to:

1. Round-off
2. Flic
3. Flic
4. Flic
5. Back Sault (Tuck)

GRADE FIVE

Compulsory Pass 1

Run to:

1. Front Sault Step Out
2. Round-off
3. Flic
4. Flic
5. Back Sault (Pike or Straight)

Compulsory Pass 2

Run to:

1. Round-off
2. Flic
3. Flic
4. Flic
5. Back Sault (Pike or Straight)

GRADE SIX

Compulsory Pass 1

Run to:

1. Front Sault Step Out
2. Round-off
3. Whip
4. Flic
5. Back Sault (Optional)

Compulsory Pass 2

Run to:

1. Round-off
2. Whip
3. Flic
4. Flic
5. Back Sault (Pike or Straight)

OPEN GRADE

Two (2), eight (8) skill passes with no repetition of the first and last skills between the two (2) passes (repeat rule applies).

Minimum Degree of Difficulty of 5.4 over the two (2) passes.

TUMBLING DIFFICULTY TABLE

Cartwheel:	0.0
Roundoff and Handspring:	0.2
Flic (Back Flips):	0.2
Back Somersault (Pike and Layout Position 0.1 bonus):	0.5
Front Somersault (Pike and Layout Position 0.1 bonus):	0.6
Whip Back:	0.5
Full Twist Back Somersault:	0.9
Punch Front:	0.7
Barani:	0.8

NOTE: Age & Open Rules (FIG Rules apply)

1. Routine sheets must be filled out for both passes & submitted to difficulty judge during warm-up of that event.
2. First and last skill must be different.
3. A reverse of skill direction can only be performed on the last skill.
4. Only the last skill can be changed during a routine, changing any other skill in the routine will result termination.

SCORING

In the compulsory pass, the pass terminates when a skill is omitted or changed. In voluntary passes the current T.S.N.S.W,G inc. rule applies.

All competitions follow FIG Rules with the following variations:

NOTE: (Grades 1 to 4)

- Code of points deductions will not apply when falling to end a completed pass without a somersault, failing to land in landing zone or movement without somersault rotation.
- Code of point deduction will not apply for touching the track with body parts other than hands or feet when executing rolls.

DEDUCTIONS FOR FAULTY EXECUTIONS (Tumbling)

Lack of form, control, height, speed and rhythm in each skill element:	0.1 – 0.5
Lack of stability on or after the (8 th) element.	
Landing on both feet, but lacking stability or not standing for three (3) seconds:	0.1 - 0.2
Landing outside the outer lines of the track or landing:	0.4
After landing, touching the track or landing zone with one or both hands:	0.4
After landing, falling to the knees, hands and knees, front, back or seat on the track or landing zone:	0.5
Assistance from a spotter after landing:	0.7
After landing in the landing area or on the track, leaving the landing area or the track or touching outside the landing area or touching the floor with any part of the body.	0.8

Making the following additional deductions on the instruction of the superior judge.

Not initiating the first skill with 20 seconds after the signal given by the superior judge:	0.1
Talking to or giving any form of signal to a competitor by their own spotter, or coach.	
For each offence:	0.3
Failing to end a completed pass with a somersault:	0.5
Additional elements:	1.0
Failing to comply with the special requirements for a pass. For each offence:	1.0
Failing to end a completed pass in the correct area:	0.2
After landing touching or falling outside the landing zone with any part of the body:	0.1
Exceeding the time limit:	0.3

Deductions for Incomplete Passes given on Instruction of Chair of Judges panel:

Touching outside the outer line of the tumbling track, falling to the track/zone/area with any part of the body other than hands or feet:	0.7
Assistance from a spotter:	1.0
Landing outside the landing area of the floor beside the track:	1.0

TERMINATION OF PASSES

A pass is terminated if a performer:

1. Falls to the mat.
2. Tumbles off the mat.
3. Is helped by a spotter (skill is not judged either).
4. Takes intermediate steps to stop.
5. Changes a skill (or its order) in any compulsory pass.
6. Obviously does not land with both feet.
7. Performs movement without somersault rotation.
8. Other than feet or hand contact with track.

DD will be added to the Total Performance Score.

INDIVIDUAL DISCIPLINE TEAM EVENTS AND OVERALL CHAMPION CLUB TROPHIES

Each participating RSL Youth Club is invited to nominate teams, at the cost of \$10.00 per team per discipline, to compete in the teams event for trampoline, single mini trampoline, double mini trampoline and tumbling. A team nomination form is attached and it contains further details. Payment for team entries are to be made to the competition registrar on the day of the competition.

Trampoline

The winning team is to be determined by the total of the form marks only (not degree of difficulty) of the best nine competitors from each Youth Club's nominated team. Each team will consist of a **maximum of twelve competitors** from any of the competitive grades - but not from Open Event. Team scores will be calculated proportionally.

Double/Single Mini Trampoline & Tumbling

The winning team is to be determined by the total of the form marks only (not degree of difficulty) of the best four competitors from each Youth Club's nominated team. Each team will consist of a **maximum of six competitors** from any of the competitive grades -but not from Open Event. Youth Clubs may nominate and pay for more than one team.

NB. In tumbling the form mark will be taken from the first pass.

All RSL Youth Clubs that compete will automatically take part in the competition for the **Overall Champion Club Trophy**. The winning Youth Club is to be determined by the total of the points gained by each Youth Clubs competitors taking places in the individual discipline events. (Not including synchro or any of the open events). On the basis of 1st place - 5 point, 2nd place - 4 points, 3rd place - 3 point, 4th place - 2 points, 5th place - 1 point.

The trophies for these teams are Perpetual Shields to be held by the winning Youth Club for one (1) year and are to be returned to the convenor one month prior to the following year's competition date.

As from after these championships there will be promotions posted out with the results for the following year's competition. A selection panel will hear any appeals pertaining to these promotions.

DISPUTES

Disputes to be taken to main table to be looked at by "Dispute Panel" of three, which is made of the life members.

- John Hendry
- Robert Bull

**ENTRY FORM - TEAM EVENT
SINGLE MINI TRAMPOLINE**

CLUB: **OFFICIAL:**

1. In all team events only performance marks will count.
2. Clubs should nominate the number of competitors shown in brackets, however, teams comprising fewer entrants will be accepted provided the entry fee is paid.
3. Teams must be nominated and paid for 30 minutes prior to commencement of the first event.
4. Teams may be selected from any grades, except the Open Events and may comprise any mixture of boys and girls.
5. Trophies for team events are Perpetual Shields to be held by the winning Club for one year.

SINGLE MINI TRAMPOLINE							
TEAM 1				TEAM 2			
	NAME	GRADE	SCORE		NAME	GRADE	SCORE
1.				1.			
2.				2.			
3.				3.			
4.				4.			
5.				5.			
6.				6.			
TEAM 3				TEAM 4			
	NAME	GRADE	SCORE		NAME	GRADE	SCORE
1.				1.			
2.				2.			
3.				3.			
4.				4.			
5.				5.			
6.				6.			

**ENTRY FORM - TEAM EVENT
TUMBLING**

CLUB: **OFFICIAL:**

1. In all team events only performance marks will count.
2. Clubs should nominate the number of competitors shown in brackets, however, teams comprising fewer entrants will be accepted provided the entry fee is paid.
3. Teams must be nominated and paid for 30 minutes prior to commencement of the first event.
4. Teams may be selected from any grades, except the Open Events and may comprise any mixture of boys and girls.
5. Trophies for team events are Perpetual Shields to be held by the winning Club for one year.

TUMBLING							
TEAM 1				TEAM 2			
	NAME	GRADE	SCORE		NAME	GRADE	SCORE
1.				1.			
2.				2.			
3.				3.			
4.				4.			
5.				5.			
6.				6.			
TEAM 3				TEAM 4			
	NAME	GRADE	SCORE		NAME	GRADE	SCORE
1.				1.			
2.				2.			
3.				3.			
4.				4.			
5.				5.			
6.				6.			

**ENTRY FORM -TEAM EVENT
DOUBLE MINI TRAMPOLINE**

CLUB: **OFFICIAL:**

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DOUBLE MINI TRAMPOLINE							
TEAM 1				TEAM 2			
TEAM 1				TEAM 2			
	NAME	GRADE	SCORE		NAME	GRADE	SCORE
1.				1.			
2.				2.			
3.				3.			
4.				4.			
5.				5.			
6.				6.			
TEAM 3				TEAM 4			
	NAME	GRADE	SCORE		NAME	GRADE	SCORE
1.				1.			
2.				2.			
3.				3.			
4.				4.			
5.				5.			
6.				6.			

**ENTRY FORM - TEAM EVENT
TRAMPOLINE**

CLUB: **OFFICIAL:**

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TRAMPOLINE							
TEAM 1				TEAM 2			
	NAME	GRADE	SCORE		NAME	GRADE	SCORE
1.				1.			
2.				2.			
3.				3.			
4.				4.			
5.				5.			
6.				6.			
TEAM 3				TEAM 4			
	NAME	GRADE	SCORE		NAME	GRADE	SCORE
1.				1.			
2.				2.			
3.				3.			
4.				4.			
5.				5.			
6.				6.			
7.				7.			