



Trampoline Championships

Sunday 20th April 2008

VENUE All Saints Sports Centre / Goals Soccer Centre, Sheffield, S2 2RJ

ORGANISER PAUL GREAVES : Tel – 07868 743548 Email – paultramp@yahoo.co.uk

All British Schools Gymnastic Trampoline Rules for Schools Competitions apply to this event.

<u>AGE GROUPS</u>	Male & Female	Under	11	School Years 6 downwards
<u>Open / Closed</u>		Under	13	School Years 7 and 8
		Under	15	School Years 9 and 10
Novice age categories please see Routines sheet!		Under	19	School Years 11, 12, 13 and 14

Please see attached routines list!

<u>Open Level</u>	<i>British Gymnastics Trampoline Grade 5 or above. (Previously D Grade or above.)</i>
<u>Closed Level</u>	<i>Must have never competed at Grade 5 or above. (Previously D Grade or above.)</i>
<u>Novice Level</u>	<i>Must not have competed at any higher level other than Sheffield Schools B level.</i>
<u>Teams</u>	<i>3 or 4 individuals per team 3 scores to count. Only 2 teams per section!</i>

TRAMPOLINES Closed / Novice Competition – Option of half inch & 6mm beds
 6x4mm for the Open Competition

FORMAT One Set Routine, One Voluntary Routine.

TARIFF LIMIT 2.0 for Closed Event , No tariff counted for novice section.

ENTRIES TO
 Paul Greaves
 355a Ecclesall Road
 Ecclesall
 Sheffield
 S11 8PF

Tel 07868 743548
 E-Mail paultramp@yahoo.co.uk or
paul@abbeyflyers.co.uk

CLOSING DATE Thursday 20th March! No late entries will be accepted!

OFFICIALS All schools must offer volunteer officials that are not the designated Team Manager.

TRAMPOLINE CODE OF PRACTICE		
As Team Manager I Will ensure that, at all times my party adhere to the TRAMPOLINE CODE OF PRACTICE.		
Team Manager Signature :	Date	
Head Teacher Signature :	Date	

This entry form will not be accepted unless signed by the Head Teacher.

Every Competitor must be accompanied by a suitably qualified Teacher / Coach who will take responsibility for the competitors performance on the trampoline.

Name of Teacher / Coach		Coaching Level e.g. (BG Teachers Award)	
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Please note that the organisers or venue cannot be held responsible for loss of Property or injury to any participants or spectators at this event, howsoever caused.



Sheffield Federation for School Sports

Sheffield Schools Trampoline Championships

ENTRY FORM

PLEASE USE BLOCK CAPITALS TO COMPLETE THE ENTRY FORM

Competition	Sheffield Schools Championships	Sunday 11th March
School		Colours
Team Manager		Fax Number
Address		
Post Code		Telephone Numbers
		Day
e-mail (This is essential!)	This is an essential part of communication.	Other

Elite Competition

	First Name	Surname	School Year	M/F	Age Group	Team
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						



Sheffield Federation for School Sports

Sheffield Schools Trampoline Championships

ENTRY FORM

Closed Competition

	First Name	Surname	School Year	M/F	Age Group	Team
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						



Sheffield Federation for School Sports

Sheffield Schools Trampoline Championships

Novice Competition

	First Name	Surname	School Year	M/F	Age Group	Team
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						

Officials Nomination (Must provide at least one!)

Name	Capacity in which Willing to Officiate	Tel No Day	Email



Sheffield Schools Set Routines

OPEN LEVEL

Full Twist Jump
 Straddle Jump
 Seat Drop
 Half twist to seat
 Half twist to feet
 Pike Jump
 Back Drop
 Half twist to feet
 Tuck Jump
 Front S/S Tucked

CLOSED LEVEL

Full Twist Jump
 Straddle Jump
 Seat Drop
 Half twist to seat
 Half twist to feet
 Pike Jump
 Back Drop
 Half twist to feet
 Tuck Jump
 Half Twist Jump

NOVICE SECTION

U16 & U19

Half Twist Jump
 Straddle Jump
 Seat drop
 Half twist to Seat
 To Feet
 Pike Jump
 Back drop
 Half Twist to Feet
 Tuck Jump
 Full Twist Jump

U14

Half Twist Jump
 Straddle Jump
 Seat drop
 To Feet
 Pike Jump
 Back drop
 To Feet
 Tuck Jump
 Seat drop
 Half twist to Feet

U11, U12 & U13

Half Twist Jump
 Straddle Jump
 Seat drop
 To Feet
 Pike Jump
 Seat drop
 Half Twist to Feet
 Tuck Jump
 Front drop
 To Feet

Please note the Novice age categories are differentiated as follows;

U11 – Years 6 and below

U12 - Year 7

U13 – Year 8

U14 – Year 9

U16 – Years 10 & 11

U19 – Years 12 &13