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BRITISH GYMNASTICS  
SOUTH EAST REGION  
TRAMPOLINE COMPETITION SCHEME  
1<sup>ST</sup> OCTOBER 2008 – 30<sup>TH</sup> SEPTEMBER 2009

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British  
Gymnastics  
Trampoline



SOUTH EAST REGION

**INDEX**

|   |           |
|---|-----------|
| <b>BRITISH GYMNASTICS</b> .....   | <b>1</b>  |
| <b>SOUTH EAST REGION</b> .....  | <b>1</b>  |
| <b>TRAMPOLINE COMPETITION SCHEME</b> .....                                | <b>1</b>  |
| <b>1<sup>ST</sup> OCTOBER 2008 – 30<sup>TH</sup> SEPTEMBER 2009</b> ..... | <b>1</b>  |
| <b>ARTICLE I. INTRODUCTION</b> .....                                      | <b>3</b>  |
| SECTION 1.01 CHANGES .....  | 3         |
| SECTION 1.02 NATIONAL CHANGES 08/09/10 .....                              | 3         |
| SECTION 1.03 BG POLICIES.....   | 4         |
| SECTION 1.04 SPECIAL NEEDS .....  | 4         |
| SECTION 1.05 REGIONAL SQUAD .....   | 4         |
| SECTION 1.06 COUNTY CLOSED EVENTS .....                                   | 4         |
| SECTION 1.07 SANCTIONED EVENTS.....                                       | 4         |
| SECTION 1.08 EXTRACT FROM THE LTAD CHART (NATIONAL HANDBOOK).....         | 5         |
| <b>ARTICLE II. NATIONAL GENERAL INFORMATION</b> .....                     | <b>6</b>  |
| SECTION 2.01 NATIONAL GRADES / COMPETITIONS .....                         | 6         |
| SECTION 2.02 REGIONAL, COUNTY & CLUB GRADES / COMPETITIONS.....           | 6         |
| SECTION 2.03 MEMBERSHIP .....   | 7         |
| SECTION 2.04 MEMBERSHIP TRANSFER.....                                     | 7         |
| SECTION 2.05 FURTHER HELP .....   | 7         |
| <b>ARTICLE III. NATIONAL EVENTS WITHIN THE SOUTH EAST REGION</b> .....    | <b>8</b>  |
| SECTION 3.02 NATIONAL ROUTINES, SCORES & TARIFF LIMITS.....               | 8         |
| <b>ARTICLE IV. SE REGIONAL GENERAL INFORMATION</b> .....                  | <b>8</b>  |
| SECTION 4.01 CONTACTS .....   | 8         |
| SECTION 4.02 2008-09 SE TRAMPOLINE TECHNICAL COMMITTEE.....               | 8         |
| SECTION 4.03 SOUTH EAST REGIONAL FEES .....                               | 9         |
| SECTION 4.04 AFFILIATIONS, ENTRY FORMS AND OFFICIALS .....                | 9         |
| SECTION 4.05 EMAIL .....  | 10        |
| SECTION 4.06 ONLINE ENTRY .....   | 10        |
| <b>ARTICLE V. SE REGIONAL STANDARD COMPETITION INFORMATION</b> .....      | <b>11</b> |
| SECTION 5.01 REGIONAL SCHOOLS EVENTS .....                                | 11        |
| SECTION 5.02 REGIONAL COMPETITION DEFINITIONS.....                        | 11        |
| SECTION 5.03 ENTRIES .....  | 11        |
| SECTION 5.04 AGE GROUP TABLE: (2008 DATES) APPLICABLE 1.10.08.....        | 12        |
| SECTION 5.05 AGE GROUP TABLE: (2009 DATES) APPLICABLE 1.1.09.....         | 12        |
| SECTION 5.06 COMPETITION AREA DEFINITION'S.....                           | 12        |
| SECTION 5.07 COMPETITION RULES.....                                       | 12        |
| SECTION 5.08 OFFICIALS AFFILIATIONS / VALIDATION / ACCREDITATION .....    | 13        |
| SECTION 5.09 OFFICIALS.....   | 14        |
| SECTION 5.10 SPECTATORS .....   | 15        |
| SECTION 5.11 PHOTOGRAPHY .....  | 15        |
| SECTION 5.12 FINALS.....  | 15        |
| SECTION 5.13 PRESENTATIONS .....  | 15        |
| <b>ARTICLE VI. REGIONAL COMPETITIONS SPECIFIC INFORMATION</b> .....       | <b>16</b> |
| SECTION 6.01 REGIONAL SYNCHRONISED AND DMT CHAMPIONSHIPS .....            | 16        |
| SECTION 6.02 REGIONAL CHAMPIONSHIPS.....                                  | 17        |
| <b>ARTICLE VII. CALENDAR OF SE EVENTS FOR 2009</b> .....                  | <b>18</b> |

## ARTICLE I. INTRODUCTION

The following pages detail trampoline competitions for October 08 to October 2009. They supersede all previously released material. Due to significantly changing systems the previous competition pack has been replaced. Please feel free to copy this information for anyone who needs it, but **please ensure that you copy the entire document and not just individual pages as much of the information is contained on different pages**. The organisers accept no responsibility for entries being late or sent to the wrong place due to lack of, or incorrect information being passed on.

### SECTION 1.01 CHANGES

Trampolining has grown at an incredible rate following Olympic recognition and this has prompted a continual process of updates in rules, regulations, custom and practice both from FIG and BG. Clubs are also advised to keep a close eye on BG news magazines, Trampoline News (electronic circulation) and associated documents as the SE will be required to adopt major changes in policy and rules immediately.

**UPDATE NOTE:** This document has been updated from previous years and should be viewed as a totally new document; it was not possible to mark the specific changes this year. Clubs are advised to read it from cover to cover to update and also to continue checking [www.trampoline.co.uk](http://www.trampoline.co.uk) for updates. The SE TTC will advise MEMBER CLUBS ONLY AT THAT TIME of further updates available for download and wherever possible changes will be marked for ease. Clubs should ensure early registrations and memberships as required to avoid missing vital information.

**Please note:-** National grades held within the region are subject to the national review and may change. As they have for this year with the second phase of the new competition structure. Please keep abreast of National changes which we are not responsible for or responsible for disseminating the information.

On occasions, it has been necessary to change details of certain events after this document has been published. Whilst we try our best to circulate information regarding venue changes etc, it is inevitable that some clubs/competitors will not find out until the event is imminent. Clubs are advised to continue checking [www.trampoline.co.uk](http://www.trampoline.co.uk) for updates. The SE Trampoline Technical Committee hope that this will not occur in the coming season, but cannot guarantee it therefore, it is as always the clubs responsibility to remain conversant with the rules and regulations and the SETTC cannot accept responsibility for ensuring they have made themselves aware. Many of the events listed are not under direct control of the SETTC and therefore these occurrences although limited can happen. Information contained in this document should be viewed as provisional. Membership of BG National, Regional & County organisations and vigilance will help to stay fully informed throughout the year.

The organisers would like to thank all clubs/centres that have hosted events in 2008 and have offered to host in 2009. We are, as always, looking for new venues and would like to hear from any willing hosts. Please talk to Martin Laws if you would like to host a competition next season.

### SECTION 1.02 NATIONAL CHANGES 08/09/10

The National Technical Committee has released changes starting 1<sup>st</sup> October 08 which this document now includes and acknowledges as the new National competition structure. However it should be noted by clubs that three further potential change dates have been identified by the NTTTC. These are, 1<sup>st</sup> January 09, 1<sup>st</sup> October 09 and 1<sup>st</sup> January 2010. More changes COULD be applied therefore in January and if so further releases from the SETTC may need to be made. Clubs should ensure they remain alert concerning changes.

It has been decided that this document will cover 1<sup>st</sup> October 08 to 30<sup>th</sup> September 09 in the first instance.

**SECTION 1.03 BG POLICIES**

When submitting entries for any British Gymnastic event the onus is on the club to ensure that the coaches attending to participants are qualified to the participant's performance. The Coach in attendance takes the ultimate responsibility for safety and accurate support.

BG are also currently requiring an ABSOLUTE ban on all jewellery (wherever sited and including studs), which has been released in newsletters and magazines, this ban includes coaches and spotters.

SE will always adopt National codes of practice & Policies where appropriate.

The SETTC will expect all clubs in SE regional events to follow the SE regional constitution where applicable.

**SECTION 1.04 SPECIAL NEEDS**

The South East Region has always been at the forefront of special needs development and has provided both inclusive and specific events in the past. Nationally because of legislation this situation is changing and regions and counties are soon to be forced to put on activity for this membership sector, which we welcome. Rather than pre-empt such changes we have chosen to remain with the current inclusive system until the new details are announced for specific events. The South East Region will then adopt these changes automatically.

During this decision making period it is requested that any clubs who have interest in competitive activity for special needs members to make themselves known to the regional TC secretary, Tony Fricker.

**SECTION 1.05 REGIONAL SQUAD**

Although the region currently does not have a full squad in place, we do from time to time organise regional training sessions to aid the development of the regions competitors. The sessions are coached by or lead by "guest" coaches with competitive experience to provide an opportunity for competitors to develop by hopefully introducing new training ideas and by mixing in a training environment with their peers from other clubs. Competitor's own coaches are encouraged to attend the development sessions and the squad coaches will be pleased to discuss any points with a competitor's own coach at the end of the training session. Invitations for the development sessions are sent by email to the registered club contact. The South East squad will now be taking part in the English Championships which will be held in Hull 2008 later in the year and will be an annual event from now on. Selection policies can be obtained from the Squad Director.

**SECTION 1.06 COUNTY CLOSED EVENTS**

County events now come under County jurisdiction; therefore only contacts are shown. Clubs should receive information through county affiliation routes. County Competition Secretaries are:

|         |                  |                |  |
|---------|------------------|----------------|--|
| Kent:   | Dexter Millen    | 01634 855507 w | <a href="mailto:dexter@aire.tc">dexter@aire.tc</a>                       |
| Sussex: | John Varga       |                | <a href="mailto:johnsvarga@hotmail.com">johnsvarga@hotmail.com</a>       |
| Surrey: | Catherine Gibson | 01737 826761   | <a href="mailto:catherinegib4@hotmail.com">catherinegib4@hotmail.com</a> |

**SECTION 1.07 SANCTIONED EVENTS**

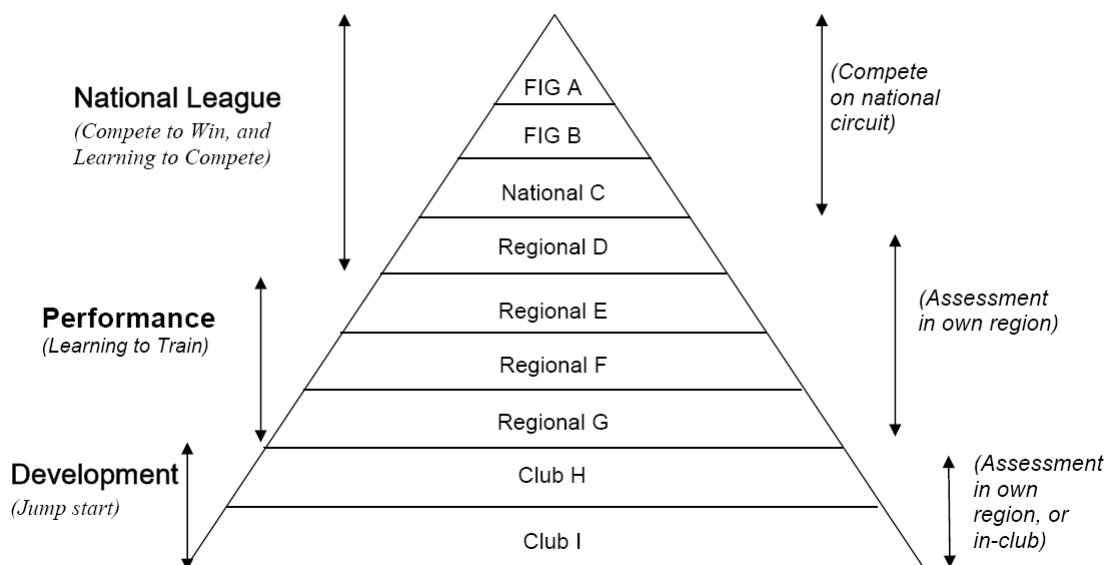
Affiliated Clubs and on occasions Counties may apply for sanctions from time to time for events (mainly grade Club I or Club H for counties). It is important that clubs entering events note if the event is "sanctioned" or not. The sanction will relate to the credibility and rules followed for the event and its publication including results. Whilst every effort is made on behalf of the region to ensure the clubs and counties hosting sanctioned events are knowledgeable, the region bears no responsibility for these events once sanctioned. Failure to provide events of the correct quality may result in clubs not gaining future sanctions.

Clubs & Counties should apply to the SETTC for sanctions at the earliest possible time to avoid disappointment.

Details of sanctioned events may be listed on [www.trampoline.co.uk](http://www.trampoline.co.uk) and/or [www.segymnastics.org.uk](http://www.segymnastics.org.uk) once sanctioned.

Counties may run H & I events together, Clubs may run Club I events once sanctioned.

|                     |  |
|---------------------|--|
| <b>SECTION 1.08</b> | <b>EXTRACT FROM THE LTAD CHART (NATIONAL HANDBOOK)</b> |
|---------------------|--|



### LONG TERM ATHLETE DEVELOPMENT (LTAD)

A fuller explanation of this term is included in the coaching Resource Packs for Coach and above. The term LTAD was originally used by Balyi (1990) in describing the nature of an elite competitor's development from early sporting and movement experience to elite success. It was descriptive, (of one sport), and theoretical. The stages have now become useful labels for discussing systems and this document uses similar names:

- Jump start
- Learning to train
- Learning to compete
- Compete to win

These stages are not associated with any particular age, but with people's overall (mental, physical and trampolining) development. LTAD is now often used to describe any effort to provide a better pathway for trampolinists from beginner to elite. A competition system cannot itself provide this pathway; the performer's environment is made up mainly by coaches, peers, parents and other significant others. However, the competition system can enable or discourage appropriate behaviours from these people. This competition system is designed to achieve the following primary outcomes:

- Encourage development of National Technical Priorities, techniques and moves, and remove disincentives (particularly FIG judging of beginners)
- Match developmental stage and competitive pressure (removing incentives to premature outcome-orientation)
- Gradual development from internal process and performance goals, with clear and demonstrable performance feedback (Bandura, 1979)
- Ameliorate intense binary nature of annual qualification/relegation system, and dependence on absolute judging marks
- Realistic practice for world-class competition at elite levels

### REGIONAL PERSPECTIVE

For the region it is really the section that holds the words 'the competition system can enable or discourage appropriate behaviours from these people' that is the prime driver. The whole scheme is about trying to enlist the best behaviours from everyone and therefore the regional TC would ask all clubs to remember that when discussing events. Is the instruction or communication "best behaviour" and is it therefore in the trampolinist's best interests. It is always easy to criticise and complain, and whilst your club may wish to voice it's opinions, it is never acceptable to involve your competitors in politics.

**ARTICLE II. NATIONAL GENERAL INFORMATION****SECTION 2.01 NATIONAL GRADES / COMPETITIONS**

Clubs will need to visit the British Gymnastics website in order to gain competition information for 2008/9. FIG A, FIG B, National C grades will be run nationally; whilst Regional D and below will run within the region although they are still considered National grades, but regional hosted events.

The SETTC has been asked to hold 4 Regional D – G events per year. Although Club H & I are optional in the National Scheme, this is primarily because many regions may not be offering Club H & I events as they are considered "recreational grades". The SE Region will be offering this level and it is therefore recommended that to progress to Regional G, Club H & I should be used.

**SECTION 2.02 REGIONAL, COUNTY & CLUB GRADES / COMPETITIONS**

Under the new scheme, Regional activity is labelled D-G, then Club at grade H & I. This however is for the whole country and does not take into consideration the development of a region. Some regions could only manage to hold Regional E and above events because of limited numbers. The South East Region has the fortunate position of being the largest in the UK and able to provide events for all levels. The SETTC has decided that in order to assist clubs and increase county activity levels H & I can be run by Counties as appropriate and level I may be sanctioned by the SETTC to be run at Club level.

Club H & I events will be held as club/county "invitational" events to allow "local" progression. Details of Club H & I events should come from those clubs organising them directly and sanctioned as per section 1.07. However, for the event to be recognised, clubs wishing to hold events should gain (in writing) a "sanction" from the SE Competition Co-ordinator as early as possible within the season. Competitions held in the same area, in the same period of time are unlikely to receive sanction. Sanctions will be issued on a first come first served basis. Competitors (unless specified otherwise) must enter the equivalent group of their National grade. Those not competing nationally must come into the scheme at Club I or at the equivalent grade of last year. Information on the competition structure can be obtained from the National Competitions committee, via club registration. The information in this document on these schemes is provided as an aid only. The BG National Trampoline Technical Committee may from time to time change any of the National routines, qualification scores or structure. Clubs should check they have the correct information from the right source.

The SETTC has decided at this stage not to make the competition log books compulsory, but expect this to come in nationally in due course. Therefore it is recommended to clubs that they adopt the handbook process. Please, however, recognise that these documents are still in draft form and are changing regularly.

Regional Events – Regional D-G  
County Events - Club H & I  
Club events - Club I

## SECTION 2.03 MEMBERSHIP

Clubs please note that membership of BG is as follows:

To compete in National graded events (FIG A, FIG B & National C) - BG (National) membership is needed (which is per club member).

To compete at Regional events: Synchro, Closed and grades Regional D and above - BG (National) membership (Competitive), PLUS Regional club affiliation is needed (which is per club).

To compete at Regional E,F,G and Club H & I, BG (National) membership (recreational), PLUS Regional club affiliation is needed (which is per club).

To compete at County events (County Closed etc) - BG (National) membership, Regional club affiliation PLUS County affiliation is needed (per club).

The flow of membership is that you require BG National memberships for your club to become a regional member and regional membership to become a county member.

These memberships will also mean that clubs are eligible for participation at County and Regional events such as courses, squads, training days and conferences, and of course committee and AGM representation etc.

## SECTION 2.04 MEMBERSHIP TRANSFER

Clubs should note that there is a membership transfer process and that all clubs need to be familiar with the policy. Essentially if a member has at **any time in the past** been a competitive member of a BG Club, transfers need to be completed. The BG database will keep records of members and therefore to ensure no duplication happens clubs must follow the process.

## SECTION 2.05 FURTHER HELP

If you have any problems interpreting any of the enclosed information or need any more information, please contact Martin Laws on 01634 855507. Also the web site [www.trampoline.co.uk](http://www.trampoline.co.uk) will be regularly updated with information on competition, courses etc within the region and possibly beyond.

Please remember that all SE committee members are volunteers, and we are always looking for more support. Whilst all the committee members are totally committed to assisting the development of trampolining, they are not on 24hr call and do not have subsidised telephone bills. Please be polite, don't expect the world and call at reasonable times, these people support you because they care.

Finally, we would like to wish you all success in the season ahead and we look forward to seeing you at competitions.

Martin

South East Competition Secretary. [martin@trampoline.co.uk](mailto:martin@trampoline.co.uk)

**ARTICLE III. NATIONAL EVENTS WITHIN THE SOUTH EAST REGION****(A) REGIONAL D - G: SUNDAY 12TH OCTOBER 2008**

Jumpers Rebound Centre, Mill Road, Gillingham Kent ME7 1HN Tel: 01634 855507. Entries must reach SE Competitions by 23.59hrs Saturday 13.9.2008

**(B) REGIONAL D - G: SUNDAY 11TH JANUARY 2009**

Jumpers Rebound Centre, Mill Road, Gillingham Kent ME7 1HN Tel: 01634 855507. Entries must reach SE Competitions by 23.59hrs Saturday 13.12.2008.

**(C) REGIONAL D - G: SUNDAY 29<sup>TH</sup> MARCH 2009**

Jumpers Rebound Centre, Mill Road, Gillingham, Kent ME7 1HN Tel: 01634 855507. Entries must reach SE Competitions by 23.59hrs Saturday 28.02.2009.

**(D) REGIONAL D - G: SUNDAY 7TH JUNE 2009.**

Jumpers Rebound Centre, Mill Road, Gillingham Kent ME7 1HN Tel: 01634 855507. Entries must reach SE Competitions by 23.59hrs Saturday 09.05.2009.

**(E) REGIONAL D-G: SUNDAY 11TH OCTOBER 2009.**

Jumpers Rebound Centre, Mill Road, Gillingham Kent ME7 1HN Tel: 01634 855507. Entries must reach SE Competitions by 23.59hrs Saturday 12.09.2009.

**SECTION 3.02 NATIONAL ROUTINES, SCORES & TARIFF LIMITS****(A) PLEASE SEE THE NATIONAL COMPETITION HANDBOOK AND COMPETITION LOGBOOK FOR DETAILS.**

These documents are downloadable from [www.bg-coaches.org](http://www.bg-coaches.org) and membership is advised to stay current.

**(B) NATIONAL EVENTS**

For National competitions held in other regions, clubs will be supplied with details of all FIG A, FIG B & NAT C competitions in one pack and no further entry forms/details will be sent out. If further information is required, it is the responsibility of the club requiring such information to liaise directly with the organiser or regional competition secretary.

**ARTICLE IV. SE REGIONAL GENERAL INFORMATION****SECTION 4.01 CONTACTS**

The BG SE Secretary is: Sue James 01932 349705 [southeast@regions.british-gymnastics.org](mailto:southeast@regions.british-gymnastics.org)

SE membership runs from January 1<sup>st</sup> to December 31<sup>st</sup>.

The Kent Membership Secretary: - Peter Griffin 01622677371 [pg@petergriffin.f2s.com](mailto:pg@petergriffin.f2s.com)

The Sussex Secretary: - Marion Warner

The Surrey Secretary: - Unknown at time of printing

Kent as SE (Jan-Dec), Sussex & Surrey affiliations run from 1<sup>st</sup> September to 31<sup>st</sup> August.

**SECTION 4.02 2008-09 SE TRAMPOLINE TECHNICAL COMMITTEE**

| Role                        | Name                | Contact Tel  | Email  |
|-----------------------------|---------------------|--------------|--|
| SE Chairman                 | Martin Laws         | 01634 855507 | <a href="mailto:martin@trampoline.co.uk">martin@trampoline.co.uk</a>             |
| SE Vice Chairman            | Mike Phillipson     | 01304 825686 | <a href="mailto:mikeptramp@aol.com">mikeptramp@aol.com</a>                       |
| SE Secretary                | Tony Fricker        |              | <a href="mailto:Tony.Fricker@virgin.net">Tony.Fricker@virgin.net</a>             |
| Finance                     | Margaret Phillipson | 01304 825686 | <a href="mailto:Margphillipson@aol.com">Margphillipson@aol.com</a>               |
| Competition Co-ordinator    | Martin Laws         | 01634 855507 | <a href="mailto:martin@trampoline.co.uk">martin@trampoline.co.uk</a>             |
| Squad Director              | Jacqui Gevaux       |              | <a href="mailto:mgevaux@suttonlea.org">mgevaux@suttonlea.org</a>                 |
| Course Co-ordinator         | Liz Laws            | 01634 855507 | <a href="mailto:liz@trampoline.co.uk">liz@trampoline.co.uk</a>                   |
| Communications Co-ordinator | Cathy King          |              | <a href="mailto:cathytrampoline@tiscali.co.uk">cathytrampoline@tiscali.co.uk</a> |
| Judging Co-ordinator        | Mike Phillipson     | 01304 825686 | <a href="mailto:mikeptramp@aol.com">mikeptramp@aol.com</a>                       |
| Coaching co-ordinator       | Martin Laws         | 01634 855507 | <a href="mailto:martin@trampoline.co.uk">martin@trampoline.co.uk</a>             |
| Kent Representative         | Dexter Millan       |              | <a href="mailto:dexter@aire.tc">dexter@aire.tc</a>                               |
| Sussex Representative       | John Varga          |              | <a href="mailto:johnsvarga@hotmail.com">johnsvarga@hotmail.com</a>               |
| Surrey Representative       | Catherine Gibson    |              | <a href="mailto:Catherinegib4@hotmail.com">Catherinegib4@hotmail.com</a>         |

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| <b>SECTION 4.03 SOUTH EAST REGIONAL FEES</b> |
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Due January 1<sup>st</sup> 2009(subject to SE Gymnastics control, please check before applying)

| Club Size | Normal fee £ | Late Fee £ |
|-----------|--------------|------------|
| 0-99      | 25           | 50         |
| 100-299   | 40           | 80         |
| 300+      | 55           | 110        |

Please note trampoline clubs who were members at any point in 2008 must pay affiliations on time or the late fee applies. There are penalties for clubs not re-affiliating on time or returning at any point after first affiliation. Clubs failing to pay at the start of the season risk refusal of membership for that year and therefore access to events/courses later in the season etc. **DO NOT WAIT UNTIL YOU WANT TO COMPETE TO AFFILIATE!**

|   |
|---|
| <b>SECTION 4.04 AFFILIATIONS, ENTRY FORMS AND OFFICIALS</b> |
|---|

BG require ALL club members to be affiliated BEFORE clubs are eligible for entry into BG events and it is important that clubs understand that BG strictly monitor this process. Clubs risking entry without adhering to this policy risk expulsion from ALL events for the whole club. Affiliation information can be obtained from the BG on Tel 0845 1297129.

**(I) ENTRY FORMS AND OFFICIALS:**

The entry form has been designed to make the requirement for officials easier to understand. If enough officials are not nominated, competitors will only be accepted up to the maximum number for the nominated officials. Ideally all officials will be trained and qualified plus holding membership and therefore insurance etc. BGSE request that first consideration is given by clubs to qualified coaches as Marshals etc. It is no longer reasonable to expect parents to undertake these tasks, especially if untrained. The SETTC EXPECT that anyone put forward for an official task has undertaken CRB checking and training by the club. Clubs found abusing this process may have floor access removed for all coaches. Clubs now validating officials will be expected to sign to state what training has been received. Please put your judges down on the entry form in the order in which you would like them to be used, i.e. if you have someone who needs to work at their difficulty judging and really wants to judge to help their development put them high up on your judges entry list and specify what job they want to do.

There is an entry form attached - please use it for all regional events including Regional – Club I. Please keep it as a master and photocopy it when required. If you need a new copy, the information is on the following Internet web page:- [www.trampoline.co.uk](http://www.trampoline.co.uk) and copies can be downloaded. For FIG A, FIG B and NAT C, you should use the national entry form supplied with your details of these events. Incorrect entry forms cause a delay in processing the entries and, therefore, the information goes back to the clubs later. Please ensure that all necessary information is included on your entry form.

Please note that the Regional requirements for supplying officials differ from National requirements.

We would like to thank all those officials who make the competitions possible by giving up their time and allowing themselves to be nominated. We are aware that, at some competitions, not all nominated officials are used, although this is now becoming less common as we are using more people in an official capacity. It may seem unfair that there is a requirement to nominate officials, or pay a surcharge, when all the nominees may not get used, but until the entries are received, we do not know how many panels are going to be required and therefore how many officials are needed. We have decided to ask clubs to state whether each nomination is a desire or obligation. We will then try to use all those officials who desire to officiate before using those who are obliged (dependant on qualification). There is also the opportunity for officials to nominate their preferred task, although we cannot guarantee to honour this. All officials chosen for an event are notified by a letter from the judging secretary, sent to the club with the competition information.

The SE Committee has decided that any club arriving at an event without their officials and being unable to provide a substitute of equal and approved calibre will be fined in the first instance, and that the club may be disqualified if there are further instances. Whilst we realise that this may be a hard line, we feel that it is only fair on those clubs who constantly provide ample officials and always volunteer extras when needed.

**SECTION 4.05      EMAIL**

Please supply a contact for your club and update it wherever possible with the SETTC Secretary. With statistics released of over 80-90% of British adults having access to the Internet we believe it is no longer unreasonable to use this medium extensively. Email is the quickest, cheapest and easiest method for information circulation. Some information will only be circulated via email or placed on the web page [www.trampoline.co.uk](http://www.trampoline.co.uk) please monitor this website on a regular basis. All competition results may be placed on the above mentioned website instead of paper copies being handed to each club. Clubs however MUST remain at the event to receive a formal copy of results if they require one. ALL other methods are subject to the good will of the people involved.

Where county and clubs run sanctioned Club H & I events one copy of the results, in MS Excel MUST be emailed to the regional competition secretary within two weeks of the event.

It is absolutely vital that clubs and officers keep the SE secretary up to date with email addresses.

**SECTION 4.06      ONLINE ENTRY**

The SE TTC are keen to pursue online entry facilities and are working with BG and software developers to facilitate this. However the late information of the National Scheme has delayed the ability to have this running for the early events of 2009. Please keep your information and email up to date as we will be releasing this facility soon.

## ARTICLE V. SE REGIONAL STANDARD COMPETITION INFORMATION

### SECTION 5.01 REGIONAL SCHOOLS EVENTS

#### REGIONAL SCHOOLS

The Schools competitions come under the direction of the BSGA(SE) but the events are expected to remain unchanged in structure and timing for this season. Please contact your Schools' representative, Stella Jackson for more information. Please note that age groups for this event differ from the national or regional age groups. Information on schools competition is available on the web site <http://www.schools-trampolining.co.uk/>

BSGA SE affiliation officer:- Please contact Stella Jackson for information. [funabounds@btinternet.com](mailto:funabounds@btinternet.com)

### SECTION 5.02 REGIONAL COMPETITION DEFINITIONS

#### (A) REGIONAL COMPETITION DEFINITIONS

#### (B) REGIONAL CHAMPIONSHIPS:

This is the Regional Individual & Team Championships. Entry is restricted to competitors registered and training with a club affiliated to the South East Regional Association of British Gymnastics. Champions are only the winners of the Elite categories.

#### (C) REGIONAL SYNCHRONISED AND DMT CHAMPIONSHIPS:

As above, except specifically synchronised or DMT events. Exception is granted in the synchronised championships to SE competitor status for one partner of the Synchro pair as detailed in Article V, Section 5.01(a)

### SECTION 5.03 ENTRIES

#### (i) ENTRY DATES

The region would actively encourage clubs to send their competition entries in good time and not rely on postal services getting them to the required destination in a short time limit. Entries not received by the closing date are risking rejection. Some clubs have been disappointed in the past with postal problems so please allow those extra few days for delays! The normal standard closing date for regional competitions is 4 weeks before the event unless stated otherwise.

#### (ii) AGE GROUPS LISTING ON ENTRY FORMS

In order to assist and save time inputting competitors into computer systems, clubs are required to put competitors in age blocks, then grades, gender etc on the entry forms. Forms with competitors scattered about are harder to work with and often cause organisers unnecessary work.

#### (iii) REGIONAL ENTRIES SHOULD BE ADDRESSED TO

**SE Competitions Secretary**, Jumpers Rebound Centre, Mill Road, Gillingham Kent ME7 1HN Tel: 01634 855507.  
NOTE: this does not apply to county, schools or national events unless stated (see individual events for details).  
**ALL ENTRIES MUST BE IN WRITING WITH THE CORRECT ENTRY FEE. CURRENT REGIONAL ENTRY FORMS MUST BE USED WITH NAMED OFFICIALS AND ALL OTHER INFORMATION AS REQUIRED. TELEPHONE ENTRIES, LATE ENTRIES OR INCORRECT ENTRY FORMS WILL BE REJECTED.**

#### (iv) ENTRY FEES

**£8.00 per individual** - this includes all team entries (no additional entry fee for teams unless specified). Please make cheques payable to 'SE Trampolining - BG'. **Clubs should supply one cheque with an entry and NOT individual cheques.** No refunds will be given after the closing date or for incorrect entries or withdrawals. The entry fees covers the costs for facility and equipment hire, trophies and associated costs with competition organisation.

#### (v) OFFICIALS NOT LISTED

Competitors entered on the entry form below the last nominated official will not be accepted or notified. Please put your judges down on the entry form in the order in which you would like them to be used, i.e. if you have someone who needs to work at their difficulty judging and really wants to judge to help their development put them high up on your judges entry list and specify what job they want to do.

#### (vi) LICENSING

Clubs and competitors must be licensed as per BG and BGSE policy.

#### (vii) VALIDATING

ALL, Officials now require validating which also requires CRB checking. This obviously requires much longer planning times and clubs are recommended to plan ahead for a season.

**SECTION 5.04 AGE GROUP TABLE: (2008 DATES) APPLICABLE 1.10.08**

For competitions in 2008 (excluding Schools events) use this table to work out the age groups of your competitors:-

| Year | FIG A                      | FIG B, NAT C, REGIONAL D, E, F & G |                            |
|------|----------------------------|------------------------------------|----------------------------|
|      | O15                        | U15                                | O15                        |
| 2008 | Born during or before 1993 | Born during or after 1994          | Born during or before 1993 |

Please note that regionally the Elite open group's minimum age is 12 years old in the year of competition and is for stated regional events ONLY and not National Grades. (Events will merge if the entry is not big enough, or follow international rules with regards to finals i.e. 2/3rds of entry max)

**SECTION 5.05 AGE GROUP TABLE: (2009 DATES) APPLICABLE 1.1.09**

For competitions in 2009 (excluding Schools events) use this table to work out the age groups of your competitors:-

| Year | FIG A                      | FIG B, NAT C, REGIONAL D,E,F & G |                            |
|------|----------------------------|----------------------------------|----------------------------|
|      | O15                        | U15                              | O15                        |
| 2009 | Born during or before 1994 | Born during or after 1995        | Born during or before 1994 |

Please note that regionally the Elite open group's minimum age is 12 years old in the year of competition and is for stated regional events ONLY and not National Grades. (Events will merge if the entry is not big enough, or follow international rules with regards to finals i.e. 2/3rds of entry max)

**SECTION 5.06 COMPETITION AREA DEFINITION'S****(A) EVENT ARENA**

This comprises of the spectator area, the event or competition area, warm-up area and marshalling area. The event arena is accessible to any person holding a valid ticket, pass or official accreditation.

**(B) EVENT OR COMPETITION AREA**

Those areas associated with the event, including apparatus area, marshalling area, judging podium/seating, competitors seating area, scoring/event secretariat. The event/competition area is accessible to event organisers, competitors or participants, accredited coaches, judges, team managers, runners, event officials/marshals, floor managers, announcers, equipment staff, official photographers, medical/first aid staff and others invited officially by the SE TTC for specific tasks. These persons must hold special accreditation cards or passes. Please refer to the Officials, Validation and Accreditation Section I.

**(C) WARM-UP AREA**

The restricted/designated area for event warm-ups may be integral with or adjacent to the event/competition area and should only be accessible to those accredited for the event area and warm-up area supervisors.

**SECTION 5.07 COMPETITION RULES**

As per BG rules with any stated changes applicable at the time of the competition.

**(A) TEAMS**

A team consists of a minimum of 3 females or 3 males and a maximum of 4 females or 4 males. Every member of the team performs up to 1 compulsory and up to 1 voluntary routine. Team members must be entering the same group at the same competition. **Please note** the BG ruling regarding team members wearing uniform dress.

**(B) SUBSTITUTIONS**

A substitution is only permitted if it is for the same sex, the same age group, and the same competition and from the same club as the original entry.

**(C) TRAMPOLINES**

6mm or, 6x4mm beds may be available, FIG string beds may also be used. dependant on venue.

**(D) AGE GROUPS**

As per year of birth – see Age Group Table under General Information.

**(E) ESTIMATED STARTING TIMES**

It is planned for a 9.00am warm-up for all events; however, we reserve the right to alter times to reflect entries.

**(F) WARM-UP**

For each competitor there will normally be 2 general warm-ups, PLUS a controlled warm-up for the compulsory routine, a controlled warm up for the voluntary routine and one warm-up for the final routine. If time permits, more warm-ups may be allowed.

**SECTION 5.08 OFFICIALS AFFILIATIONS / VALIDATION / ACCREDITATION**
**(A) GENERAL**

Affiliation is membership of the governing body, the organising group and the club of your first association.

Validation is a permit to operate within the confines of competitive activity.

Accreditation is the right to be in certain places at any one given competitive event.

**(B) AFFILIATION**

Clubs should note that because of changes in insurance methods, that any person taking any responsibility in the competition area **MUST** be registered with BG. This includes competitors, team managers, marshals, spotters, coaches as well as judges, etc. Clubs using parents / others to participate in teams will need to deal with this, **therefore forward planning is vital**. A minimum of **Direct Associate** (not Club Associate) membership of BG is required for all decision making unqualified personnel and qualified as per the dictates of their qualification. Coaches and Judges in particular are usually registered by BG with their first club of their association and that club has first claims over them. Although it is permitted for coaches and judges to work for other clubs, this is only with the **EXPRESS PERMISSION** of the associated club. Where an official is independent the nominating club is still responsible for checking arrival, affiliation, validation and accreditation. Where changes occur during the cycle this should be reported to both BG and the SE Competition Secretary. Where officials are nominated by more than one club entering an event, both clubs risk rejection. Therefore it is vital that clubs gain full agreement before any nominations as officials are made.

**(C) VALIDATION**

All persons requiring access to the competition area throughout the season, including named officials i.e. Judges etc **MUST** be issued with a photo ID validation pass that will be valid for one BG Cycle, 2009 will be cycle 7–coaches and 12 - judges. A cycle is usually linked to Olympic events and revalidation occurs in the Olympic year or the following year. Forms are enclosed with this publication for changes and updates throughout the cycle, please ensure that you use the correct form for this cycle. Changes to qualification and membership should be notified to the SE Competition Secretary at least three weeks prior to use, this also applies to all new Validation applications. Where emergencies occur the club should contact the SE Competition Secretary immediately for clarification. Spot checks throughout the cycle will occur and false claims in terms of qualification or membership will risk penalties for both individual and club. Anyone needing to have a validation pass must be **registered with BG, Qualified and CRB checked**.

**(D) ACCREDITATION**

Each person who wishes to be permitted entry to the competition area must be both, validated and hold an event accreditation. Accreditation is granted via the competition entry form and changes on the day via the team check in sheet. Accredited personnel should display their Validation pass at all times whilst in the competition area. Specific passes are not issued, but random spot checks will be undertaken at all SE events. Clubs with unofficial people found on the competition floor, at any time, will risk penalties therefore it is vital that you inform your parents and spectators of these rules.

**(E) COACHES ACCREDITATION IN THE COMPETITION AREA**

All personnel on the competition area **MUST** be fully registered members of BG as stated above. BG expects clubs to provide adequately trained personnel at events, and clubs who sign event entries are committing to this. **It is no longer reasonable to ask parents to officiate, spot or coach children without the correct qualification, CRB check and training.**

Coaching (in the fullest terms) at competition is not allowed. Adequate competition training should result in a competitor who understands the process as well as what the club/competition expects of them, and is capable of achieving the desired result. A number of sports have gone as far as banning coaches from competition floor; we have no wish to do this. Coaches however, should thoroughly understand their role at competitions.

Coaches on the competition floor are expected to:

Provide moral support and encouragement for all competitors.

Support the organising committee/organisation

Contribute to a safe and friendly environment controlling competitors around them.

Control behaviour

Ensure those around them are observing rules such as drink or food, validation etc.

Clubs should train their competitors (who are capable) on spotting techniques (as per the current **code of practice**) and ensure coaches are correctly qualified, validated and CRB checked.

In the past many coaches, parents etc have become nuisances on the competition area getting in the way of competitors and refusing to spot for those who were not part of their club etc. All coaches/officials on the competition area are required to validate as above, qualifications etc may be checked at any time. Clubs should list accompanying validated coaches on the entry form for accreditation and make suitable substitutions in the same way as they currently do the other officials and competitors. **Coaches on the competition area are asked to manage themselves into teams with coaches from other clubs to support and provide spotting and giving themselves time to attend to their own performers.** Any coach on the competition floor should be actively spotting, be it for their own performer or that of another club. Any coach not seen to be doing so may be asked to leave the competition floor and can risk their validation being withdrawn. This self-regulating system will hopefully raise the safety standards at events, however if clubs do not co-operate with each other further restrictions will need to be applied. **When coaches/officials/competitors are uninvolved in the event, they are requested to leave the competition floor and join the spectators**

#### (F) COACHING NUMBERS

The following is the MINIMUM/MAXIMUM expected:

A **minimum** of 1 qualified, validated and accredited coach. In addition a **maximum** of one validated and accredited coach per panel that the club has competitors involved in, plus if a club has MORE than 10 competitors on any panel in that round then 1 extra validated and accredited coach per 10 competitors over the first 10.

Clubs **must** ensure there is always a MINIMUM of 1 validated and accredited coach present (within the competition arena) with a team no matter how small or large their numbers, **competitors arriving without a validated and accredited coach will not be permitted to compete.**

Once details are released on the number of panels, clubs with validated coaches may decide how to deploy coaches on the competition floor at any time to comply with competition requirements.

These coaches are expected to spot and control the competitors and general safety during the whole time they are on the competition floor as per the coach's accreditation section above. When not working, ALL personnel are asked to leave the competition floor.

#### (G) DRESS

Coaches and arena floor officials (marshals etc) should be dressed appropriately under the same regulations as competitors and spotters as per the current **BG Code of Practice**.

Judges should follow the current BG judging code.

## SECTION 5.09 OFFICIALS

Please note that this region requires every club entering these competitions to provide officials for the duration of the event. The MINIMUM required is: -

|                                    |  |
|------------------------------------|--|
| Clubs entering 2 - 4 competitors   | 1 named qualified official                 |
| Clubs entering 5 - 8 competitors   | 2 named qualified officials                |
| Clubs entering 9 - 12 competitors  | 3 named officials (minimum of 2 qualified) |
| Clubs entering 13 - 18 competitors | 3 named qualified officials                |
| Clubs entering 19 - 25 competitors | 4 named officials (minimum of 3 qualified) |
| Clubs entering 26 - 30 competitors | 4 named qualified officials                |
| Clubs entering 31 - 35 competitors | 5 named officials (minimum of 4 qualified) |
| Clubs entering 36 - 40 competitors | 6 named officials (minimum of 4 qualified) |

Clubs entering 41+ competitors 6 named officials, plus 1 per 10 competitors over 40 (minimum of 4 qualified)

Only fully Qualified Swescore computer operators may be used as **one** qualified official space, the remainder must be qualified judges.

This criteria applies only to regional events unless specifically stated otherwise. Counties are able to adjust their own requirements for officials accordingly to their respective needs.

Clubs are encouraged to nominate extra officials. Nominated officials should not also be competing as it is impossible to schedule timetables to accommodate. Competitors who would like to officiate whilst they are not competing should be nominated as extra officials and they will be used if possible. Please note that a synchronised pair or a competitor entered for an age group plus Open Men's/Ladies counts as 2 competitors.

#### (A) NEW CLUBS

New clubs will be allowed to enter 2 events without supplying qualified officials as long as they have submitted at least one name to the courses' organiser for a judge course. After 2 events they will be allowed to continue to enter events without providing qualified officials, if the region has been unable to offer their nominee a place on a course. New clubs must however, supply the correct number of unqualified people to match their entry as above.

**(B) OFFICIALS SURCHARGE**

Clubs are NO LONGER allowed to pay a surcharge for officials and MUST provide the required officials. In the case of an official not showing on the day without a replacement of equal and approved calibre being offered, the surcharge would be £35.00. No further entries would be accepted from that club until the surcharge has been paid. Repeated offences risk further penalties as the competition committee reserves the right to disqualify any club who does not supply their nominated officials on the day.

**(C) UNQUALIFIED OFFICIALS**

Unqualified officials can be expected to be used as competition marshals, warm-up marshals or manual recorders. **Clubs may also be asked to provide Floor managers or door managers for the day.**

These roles ALL still require validation, and therefore cannot be arranged at the last minute. Clubs are duty bound to ensure that all their officials are adequately trained. There will be job descriptions released and continually updated for any of the unqualified positions, BOTH club and official will need to sign that this has happened prior to validation, without a validation pass, entry to the competition floor will not be permitted and therefore the club will be issued with a fine.

**Please note** that all officials may be used in any capacity and must appear correctly dressed. Any club failing to arrive at the required time with their officials, or with officials incorrectly dressed, can be withdrawn. All officials must wear full competition attire and behave as stated in BG Code of Conduct.

Competitors listed after an empty 'official's name' box on the entry form will not be entered into the competition. If a penalty is being paid, write 'penalty paid' in space for official's name.

All officials must be members of British Gymnastics at the appropriate levels, trained or qualified and CRB checked.

**SECTION 5.10 SPECTATORS**

All non-official and non-competitive persons over the age of 5 entering the competition event arena will be expected to pay a spectator entry fee of £1.00. **Clubs are held responsible for the behaviour of their spectators at all events.**

**SECTION 5.11 PHOTOGRAPHY**

Flash photography is not permitted anywhere in the competition arena whilst competitors are performing (warm-ups included). They may only be used during presentations when performers are not competing.

Video and any media cameras (mobile phones included) are not permitted unless permission from the region has been authorised prior to the competition.

BG has produced a new photography policy which the region has implemented.

This policy may be found on the BG website [www.british-gymnastics.org](http://www.british-gymnastics.org) These rules have been introduced to protect our competitors from child abuse as recommended by Social Services and the Police.

**SECTION 5.12 FINALS**

As per FIG events, finals will be 2/3rds (rounded up) of the total competing entry to a maximum of 8. In addition where this equates to less than 3 competitors (4 or less entering) no final round will be held and the final result will be decided on the preliminary rounds.

**SECTION 5.13 PRESENTATIONS**

Clubs are asked to ensure competitors are trained to march-on and manage themselves professionally in front of an audience. Club track suits is the desired dress, however it is understood that not every club has tracksuits in which case competition attire is the only other acceptable clothing.

Competitors not presenting themselves at the appropriate time in the appropriate way are being disrespectful of other coaches, competitors and officials who maintain high standards. Therefore anyone not attending the presentations at the appropriate time and in the appropriate dress, will NOT be presented with an award. Awards will not be given out before presentation ceremonies and anyone who has failed to be presented will not receive the award later, however this will not affect the final positions.

**ARTICLE VI. REGIONAL COMPETITIONS SPECIFIC INFORMATION****SECTION 6.01 REGIONAL SYNCHRONISED AND DMT CHAMPIONSHIPS**

Due to the lack of support for these events the TC has decided to trial holding the event preceding/following/during the regional championships.

**DMT.** Saturday 25<sup>th</sup> October 2008 at Jumpers Rebound Centre.

**Synchro** Sunday 26<sup>th</sup> October 2008 at Jumpers Rebound Centre. Entries must reach SE Competitions by 23.59hrs Saturday 27<sup>th</sup> September 2008, FOR BOTH EVENTS.

The South East Region has always been at the forefront of development in trampolining. The Regional Synchro and DMT events are actively encouraged for ANY club who is on a development pathway and British Gymnastics has taken the step of giving both DMT and Synchro EXTRA funding to take teams abroad who may not make individual trampoline status.

**(A) SYNCHRO***(i) ELIGIBILITY*

Performers must enter the equivalent of their National Grade (see groups for Regional Closed). Performers may partner someone in an older age group but the age entered is determined by the oldest of the pair. Performers may partner someone one grade higher (regional E may partner a regional D etc) but the grade is determined by the highest ranked of the pair. **For the Elite sections only, one of the pair may come from another region.**

*(ii) TARIFF LIMITS*

Tariff limits are decided as per corresponding National limits for the highest ranking of the pair. Limits may be exceeded but only the maximum will be given.

*(iii) AGE GROUPS*

U15 & 15+ in all grades. The oldest of the pair determines the age group in which they compete. Boys and girls compete in the same group therefore mixed pairs are allowed (except where applying for selections). Age groups determined by year of birth – see Age Group Table under General Information.

*(iv) GRADES*

Elite (grades FIG A, B & Nat C), and Intermediate (grades Regional D).

*(v) ENTRY FEE*

£16.00 per pair. Where the two partners come from different clubs, one club only must ensure that the pair is entered with the correct officials and the complete fee paid. Where full payment is not received, the entry will not be accepted.

*(vi) ROUTINES*

Competitors must use the national set routine for their age group and grade. The oldest and highest ranked of the pair determines the routine that shall be used. See National Set Routines for detailed routines. The Elite Grades may use the National Synchro set.

*(vii) FINALS*

Finals for all Elite groups only groups (as per the Finals section). The Elite Open finals starting from 0.0 as per FIG, all other groups all three rounds to count.

**(B) DMT**

The South East has always been at the forefront of DMT development and this is intended to continue. We are actively encouraging clubs to venture into DMT competitive training and activity. Where clubs require support in terms of coaching and training they should contact the regional competition secretary for advice and assistance.

*(i) DMT Grades*

Grades FIG A & B and Nat C. Age groups to be split into U15 (Junior) & O15 (Senior), and split between male & female. See National DMT structure for further details.

*(ii) ENTRY FEE*

As per Trampoline, £8 per competitor inclusive of teams

*(iii) Officials*

As per Trampoline, with the exception that DMT Judge qualification may be waved to assist development. The same official CANNOT be nominated for DMT and Synchro events where combined.

Please contact the regional competition secretary for advice and assistance

|  |
|--|
| <b>SECTION 6.02 REGIONAL CHAMPIONSHIPS</b> |
|--|

Sunday 26<sup>th</sup> October 2008 at Jumpers Rebound Centre. Entries must reach SE Competitions by 23.9hrs Saturday 27<sup>th</sup> September 2008.

(i) *CHAMPIONSHIPS*

ONLY those winning the Open Men's / Ladies will be considered "Regional Champions" those in lower grades will be consider regional "winners".

(ii) *ELIGIBILITY*

Competitors must enter the equivalent group of their National grade (see grades below).

Anyone in Regional E, providing they have competitive membership, may "jump up" in the Intermediate group.

It is the responsibility of team managers to ensure fair play and the committee reserves the right to withdraw any competitor or competitor's club that they feel is entering below their standard and therefore deemed to be cheating. Clubs with any competitors that cannot compete at the corresponding level of their National grade or the equivalent of last year's regional grade must write to the competition organiser stating reasons for consideration.

(iii) *TARIFF LIMITS*

All groups as per corresponding national limits for the higher grade of the group. Limits may be exceeded but only the maximum will be given.

(iv) *AGE GROUPS*

U15 and O15, in Intermediate, No age group in the Elite section. Separate groups for boys and girls. Age groups determined by year of birth – see Age Group Table below, NOT the one under General Information. The organisers reserve the right to merge the groups if there are less than 5 entrants.

(v) *GRADES*

Intermediate (Regional D) & Elite Men's and Ladies

|                     |              |                  |
|---------------------|--------------|------------------|
| Usual BG Grade      | REG D        | FIG A, B & NAT C |
| Regional Equivalent | Intermediate | Elite            |
| U15                 | 5.0          | N/A              |
| O15                 | 5.0          | N/A              |
| Open (Champs) M&L   | N/A          | No Limit         |

(vi) *ROUTINES*

Intermediate – Regional D routines

Elite – National C routine

(vii) *FINALS*

Finals for elite only. The Open Men's and Ladies finals starting from 0.0 as per FIG, all other groups all three rounds to count.

These Championships will be the qualifying competition for the Regional squad for the English Championships.

**ARTICLE VII. CALENDAR OF SE EVENTS FOR 2008/9**

| Month       | Day                          | Competition                | Venue                  |
|-------------|------------------------------|----------------------------|------------------------|
| <b>2008</b> |                              |                            |                        |
| October     | Sunday 12 <sup>th</sup> 2008 | Regional D, E, F & G       | Jumpers Rebound Centre |
|             | Saturday 26th                | Regional DMT Championships | Jumpers Rebound Centre |
|             | Sunday 27th                  | Regional Tra Championships | Jumpers Rebound Centre |
|             |                              |                            |                        |
| <b>2009</b> |                              |                            |                        |
| January     | Sunday 11th                  | Regional D, E, F & G       | Jumpers Rebound Centre |
|             |                              |                            |                        |
|             |                              |                            |                        |
| February    |                              |                            |                        |
|             |                              |                            |                        |
|             |                              |                            |                        |
| March       | Sunday 29th                  | Regional D, E, F & G       | Jumpers Rebound Centre |
|             |                              |                            |                        |
|             |                              |                            |                        |
|             |                              |                            |                        |
| April       |                              |                            |                        |
|             |                              |                            |                        |
|             |                              |                            |                        |
| May         |                              |                            |                        |
|             |                              |                            |                        |
|             |                              |                            |                        |
| June        | Sunday 7th                   | Regional D, E, F & G       | Jumpers Rebound Centre |
|             |                              |                            |                        |
|             |                              |                            |                        |
|             |                              |                            |                        |
| July        |                              |                            |                        |
|             |                              |                            |                        |
|             |                              |                            |                        |
| August      |                              |                            |                        |
|             |                              |                            |                        |
|             |                              |                            |                        |
| September   |                              |                            |                        |
|             |                              | Start of New Scheme        |                        |