



Invitational

## TRAMPETTE AND BEAM COMPETITION

### Oakwood Sports Centre, Horley

10<sup>th</sup> July 2011

Competition commences 2:00pm

#### TRAMPETTE

##### Intermediate (DOB 2002-2005)

##### Trampette Score

ELISE FRY (Springfit)	2003	6.10	2 <sup>nd</sup>
MAISIE GIBBINS (Pointers)	2004	5.45	
JACK GARNER (Pointers)	2002	6.85	1 <sup>st</sup>
MILLIE GIBBINS (Pointers)	2002	5.20	
DANIEL BRIGDEN (Springfit)	2003	5.60	
JACOB MIZON (Springfit)	2004	5.55	
AMBER WORTH (Pointers)	2004	4.85	
ANASTASIA CHRISTODOULIDES (Pointers) 2002		5.70	3 <sup>rd</sup> =
OLIVIA LEDGER (Donyngs)	2003		
LIAM ARNOLD (Springfit)	2004	5.60	
KIERAN HART (Springfit)	2003	5.55	
GEORGE JONES (Springfit)	2003	5.70	3 <sup>rd</sup> =

##### Intermediate (DOB 2001)

##### Trampette Score

LUCY GENGE (Donyngs)	2001	6.50	3 <sup>rd</sup>
REBECCA CUMMINGS (Springfit)	2001	6.80	2 <sup>nd</sup>
ALIYAH QUIRADOR (Donyngs)	2001	5.95	
ERIN LONGWELL (Donyngs)	2001	5.60	
ZOE SMITH (Springfit)	2001	5.80	
SACHA COPSEY (Springfit)	2001	5.65	
MIA FAVA (Donyngs)	2001	7.95	1 <sup>st</sup>
LAURA ELLIOT (Donyngs)	2001	5.70	
GABRIELLA GILLIAT (Donyngs)	2001		

**Intermediate (DOB 2000)****Trampoline Score**

ALICE POOLE (Springfit)	2000	5.75	3 <sup>rd</sup> =
STACEY CONNOR (Springfit)	2000	6.10	2 <sup>nd</sup>
LUCY PARKER (Springfit)	2000	5.35	
SOFIA SGAMBELLONE (Springfit)	2000	6.30	1 <sup>st</sup>
SARAH CHARMAN (Springfit)	2000	5.40	
EMILIE MARSH (Springfit)	2000	5.75	3 <sup>rd</sup> =
ALISHA DOHERTY (Springfit)	2000	5.60	
CAITLYN HEALEY (Springfit)	2000	5.60	

**Intermediate (DOB 1996-1999)****Trampoline Score**

ALICE MELVILLE (Springfit)	1998	5.35	
LAUREN MURRAY (Springfit)	1998	7.25	2 <sup>nd</sup>
JESS FRY (Springfit)	1997	5.40	
JOSHUA PINNEY (Springfit)	1998	7.10	3 <sup>rd</sup>
ABIGAIL FERGUSON (Springfit)	1998	7.70	1 <sup>st</sup>

**Advanced (2.5 hrs per week +)****Trampoline Score****DOB 1999-2003**

KAITLYN GALVIN (Pointers)	2000		
ZARA FLINT (Springfit)	2000	8.50	2 <sup>nd</sup>
ROSA GILHAM (Springfit)	2001	7.75	3 <sup>rd</sup>
HANNAH BAGLEY (Springfit)	2000	7.55	
HANNAH McHARDIE (Springfit)	2002	5.55	
BECKY BARKER (Pointers)	2001	6.35	
HAYLEY WALMSLEY (Springfit)	1999	7.30	
KAYLEIGH MATTHEWS (Pointers)	2002	6.35	
LUCY PIDGEON (Springfit)	2001	8.80	1 <sup>st</sup>
LUCY KAY (Pointers)	2001		
HOLLY MITCHELL (Pointers)	2003	6.25	

**Advanced (2.5 hrs per week +)****Trampoline Score****DOB 1996-1998**

RACHAEL MARKLEW (Springfit)	1996	6.50	
FRANCESCA BAGLEY (Springfit)	1998	7.75	
EMILY CHARMAN (Springfit)	1996	8.45	3 <sup>rd</sup>
KATIE PIDGEON (Springfit)	1997	8.90	1 <sup>st</sup>
LILY FAIRHALL (Pointers)	1998	8.05	
ABBIE CLIFTON (Springfit)	1998	8.60	2 <sup>nd</sup>
LUCY PHIPPS (Pointers)	1998	6.25	

Full results will be made available on [www.springfit.org](http://www.springfit.org) following the event.



Invitational  
TRAMPETTE AND BEAM COMPETITION

Oakwood Sports Centre, Horley

10<sup>th</sup> July 2011

Competition commences 4:00pm

BEAM

Intermediate (DOB 2000-2001)

Beam Score

REBECCA CUMMINGS (Springfit)	2001	7.20	
ALIYAH QUIRADOR (Donyngs)	2001	6.30	
MIA FAVA (Donyngs)	2001	9.20	1 <sup>st</sup>
ERIN LONGWELL (Donyngs)	2001	6.40	
GABRIELLA GILLIAT (Donyngs)	2001		
LUCY GENGE (Donyngs)	2001	8.00	2 <sup>nd</sup>
LAURA ELLIOT (Donyngs)	2001	7.70	3 <sup>rd</sup>
OLIVIA LEDGER (Donyngs)	2001		
CHARLOTTE SMITH (Springfit)	2000	7.20	
ALISHA DOHERTY (Springfit)	2000	6.40	
CAITLYN HEALEY (Springfit)	2000	7.10	

Intermediate (DOB 2002-2004)

Beam Score

ABBIE JAMES (Springfit)	2002	7.30	2 <sup>nd</sup>
CAITLIN BIRCHNELL (Springfit)	2003		
MAISIE GIBBINS (Pointers)	2004	6.20	
MILLIE GIBBINS (Pointers)	2002	5.90	TROPHY
ANASTASIA CHRISTODOULIDES (Pointers)	2002	7.80	1 <sup>st</sup>
LARA KING (Springfit)	2003	6.70	
CARA ALONSO (Springfit)	2002	6.80	
ISOBEL FERGUSON (Springfit)	2004	7.20	3 <sup>rd</sup>

Advanced

Beam Score

LILY FAIRHALL (Pointers)	1998	9.20	3 <sup>rd</sup>
RACHAEL MARKLEW (Springfit)	1996	7.50	TROPHY
FRANCESCA BAGLEY (Springfit)	1998	9.60	2 <sup>nd</sup>
HANNAH BAGLEY (Springfit)	2000	8.80	
HANNAH McHARDIE (Springfit)	2002	8.00	
ABBIE CLIFTON (Springfit)	1998	10.10	1 <sup>st</sup>
KAYLEIGH MATTHEWS (Pointers)	2002	6.50	
KAITLYN GALVIN (Pointers)	2000		
LUCY KAY (Pointers)	2001		
LUCY PHIPPS (Pointers)	1998	6.00	
HOLLY MITCHELL (Pointers)	2003	6.60	
BECKY BARKER (Pointers)	2001	7.10	

Full results will be made available on [www.springfit.org](http://www.springfit.org) following the event.

### BEAM ROUTINE REQUIREMENTS

Minimum of 8 moves taken from the groups below, plus any mount and dismount.

You cannot leave any groups out; you have to choose at least 1 from each group.

You must use the whole beam and travel the length of it at least three times.

One turn chosen must be high, and one low.

You must link two jumps/leaps.

Points will be deducted for adjusting your hair or clothing.

Time starts upon first contact of the beam.

Optional entry and exit for all moves.

**INTERMEDIATE** competitors must complete all moves in **ORANGE** (more than 1 hr training per week)

**ADVANCED** competitors **MUST** complete all moves in **RED** (2.5hrs pw +)

#### Group 1 – Turns [one high, one low required]

**Tuck turn** (*high*)

Half turn jump (*high*)

Full turn jump (*high*)

**Pivot half turn** (*low*)

Squat half turn (*low*)

Half spin (*low*)

Full spin (*low*)

Crouching swing leg turn (*low*)

#### Group 3 – Balance

Balance on 1 leg (free leg anywhere)

Side support

**Arabesque**

Kettle stand

V-sit

Half lever (piked or straddled)

Russian lever (full lever)

Y balance (wine glass)

**Handstand**

Splits (side or box)

#### Mounts:

Basic side mount

Circle up under the beam

Step/leap on

Squat on

Jump on

Forward roll

Straddle mount

Straddle to handstand

#### Group 2 – Jumps/ Leaps [link two required]

Straight jump

Star jump

Tuck jump

Straddle jump

Pike jump

Scissor kick

W jump

Stag jump/leap

Split jump/leap

Cat leap

#### Group 4 - Tumble

**Forward/Backward Roll**

3 Bunny hops (moving forwards)

Front support to crouch to straight jump

Free roll (no handed forward roll)

**Cartwheel**

Forward/ Backward walkover

Handspring

1 handed cartwheel

Handstand forward roll

Round off

Backflip (to one)

#### Dismounts:

Shaped jump (Tuck, star, pike or straddle)

Roundoff (0.2 bonus)

Handspring (0.2 bonus)

Front/back/side somersault or barani (0.4 bonus)

Dance moves/linking moves/different types of walking should be used to show variety and originality.

### TARIFFS

Marked out of 10. Comprising:

TIME LIMIT: 1½ minutes.

4.00 - Content (0.5 for each move)

MUSIC: optional (no lyrics)

4.00 – Execution (0.5 for each move)

2.00 – Bonus – 1.2 for specified moves, 0.8 for overall performance and dismounts.