



# SPRINGFIT

Gymnastics and Trampoline Club  
Independent member of the Saturn V Association of Clubs



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## You are invited to compete in the Springfit invitational **BEAM AND TRAMPETTE GYMNASTICS COMPETITION**

Date: **Sunday 10<sup>th</sup> July 2016.**

Venue: **Gym 2, Oakwood Sports Centre**, Balcombe Road, Horley. RH6 9AB

Times: The competition will run from 2pm to approximately 6.00pm with the beam competition coming first. Individual start times will be confirmed via email shortly before the event.

Entry Fee: £11.00 for one event, £16.00 if entering both events.

Payments to be made online at time of booking. No cheques please. Payments are non refundable and places are allocated on a first come, first served basis. The **deadline for entries is 1<sup>st</sup> July or until we get 60 entrants. Whichever is first. We cannot accept late entries.** Spectators will be asked to pay a small fee to contribute towards hosting the event - £2 for adults and £1 for children, payable on the door only. NOT in advance.

Attire: **Girls** – Club leotard. Velour shorts may also be worn if desired. **Boys** – Club T-shirt and black or white P.E. shorts.

The competition will comprise of all beam routines, followed by medal presentations and a short interval then all trampette jumps and medals. Competitors will be grouped into Graded ability categories, and may be further split into age brackets.

BEAM ROUTINE will consist of 8 elements consisting of forward, backward and sideways moves, jumps/leaps and balances, plus one mount and dismount.

**See below for details of the moves and ask your coaches for advice on which to choose.**

INTERMEDIATE level is recommended for those training one hour per week, ADVANCED level is recommended for those training 2.5hrs per week or more. Medium height beam may be used, incurring a 2.0 mark reduction to the starting tariff.

TIME LIMIT: 1½ minutes. MUSIC: optional (no lyrics)

TRAMPETTE will consist of 4 set jumps. The Grade you enter at will depend on how many hours a week you train. You may choose to compete at a higher level if you wish to do so. All moves must be performed. Medals will be awarded to the overall highest scores in each category. Gymnasts should not attempt too difficult a Grade as the deductions for poor execution will more than outweigh the higher tariff.

### Grade 1

- Straight Jump
- Tuck Jump
- Straddle Jump
- Pike Jump

### Grade 2

- Straddle Jump
- Pike Jump
- Half Turn Jump
- Full Turn Jump

### Grade 3

- Half Turn Jump
- Full Turn jump
- Dive Forward Roll
- Front Somersault (tucked)

### Grade 4

- Dive Forward Roll
- Front Somersault (tucked)
- Front Somersault (piked)
- Barani (tucked)

### Grade 5

- Front Somersault (piked)
- Barani (tucked)
- Barani (piked)
- Full twisting front somersault (straight)

**To enter:** Please visit [www.springfit.org/competitions/gymnastics/beam-and-trampette](http://www.springfit.org/competitions/gymnastics/beam-and-trampette) to complete the online entry form before the closing date of 1<sup>st</sup> July. Individual start times and the final programme will be published on the website and sent out by email prior to the event.

For assistance please email [events@springfit.org](mailto:events@springfit.org) or call the club on 0203 478 0203.

# BEAM ROUTINE REQUIREMENTS

EIGHT moves to be 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.**

Time starts upon first contact of the beam.

Optional entry and exit for all moves e.g. straddle or tuck to handstand, backward roll to front support etc.

**INTERMEDIATE** competitors must complete all moves in **ORANGE** (1 hour or more training per week) **ADVANCED** competitors **MUST** complete all moves in **RED** (2.5hrs or more per week)

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

Straight jump

Star jump

Tuck jump

Straddle jump

Pike jump

W jump

Stag jump/leap

Split jump/leap

Cat leap

## Group 3 – Balance

Balance on 1 leg (free leg anywhere)

Side support

**Arabesque**

V-sit

Half lever (piked or straddled)

Y balance (wine glass)

**Handstand**

Splits (side or box)

## 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)

## Mounts:

Basic side mount

Circle up under the beam

Step/leap on

Squat on

Jump on

Forward roll

Straddle mount

Straddle to handstand

## 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)

Full height beam maximum score is 10.0, medium height beam scores out of 8.0.

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

Points will be deducted for adjusting your hair or clothing.

TIME LIMIT: 1½ minutes.

MUSIC: optional (no lyrics)

## TARIFES

Marked out of 10. Comprising:

4.00 - Content (0.5 for each move)

4.00 – Execution (0.5 for each move)

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