

REGISTRATION OF INTEREST

To be returned a.s.a.p. Priority will be given on a first come basis as we will be limited to numbers

Club/Group:

Head Coach: (Club coach or above)

Address for communication (<i>if not on e-mail</i>)

e-mail address:	Tel No:
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Please return to:

Mal Cullen
38 Sundale Drive
Woolstanwood
Crewe
Cheshire
CW2 8UB

e-mail: m.rozzell@btinternet.com / mal.cullen17@gmail.com

Tel: Home 01270 258520
Mobile 07952 368330

This event offers 3 age levels; Under 8 yrs. (2 piece only) Junior 8 – 16 yrs. Senior 17plus

Age taken from 1st January 2018

DISCIPLINE	POSSIBLE NUMBERS							
	Elite				Novice			
Men's Artistic								
Women's Artistic								
Rhythmic								
	Down Syndrome				Open			
	L1	L2	L3	L4	L1	L2	L3	L4
Trampoline								

Gymnasts can perform Special Olympic routines which are now compatible with the DSG code.

The following trampoline levels are available. These are BG routines which will enable gymnasts to progress and compete at Regional level

	Level 1		Level 2		Level 3		Level 4	
	All levels are Open Age	1	Star jump	1	½ Twist jump	1	Full twist jump	1
2		Seat landing or hands and knees landing	2	Straddle jump	2	Straddle jump	2	To feet
3		To feet	3	Seat landing	3	Seat landing	3	Straddle jump
4		Tuck jump	4	To feet	4	½ Twist to feet	4	Seat landing
			5	Tuck jump	5	½ Twist jump	5	½ Twist to feet
			6	1/1 Twist jump	6	Tuck jump	6	Tuck jump
					7	Front or Back landing	7	½ Twist jump
					8	To feet	8	Pike jump
							9	Back landing
							10	To feet