



**ENTRY TO THE BRITISH OPEN DOWN SYNDROME GYMNASTICS CHAMPIONSHIPS**

MA-WA-RG ELITE or NOVICE - JUNIOR and SENIOR. TRA open age by LEVELS

Overall competition + individual apparatus medals from overall results.

DSIGO competition codes will be used. The DSIGO codes are SO routine adaptable.

SUNDAY 16<sup>th</sup> June 2019 NEW COLLEGE LEICESTER ENGLAND LE3 6DN

**ARTISTIC GYMNASTICS MA and WA. This event offers 3 age levels taken from 1<sup>st</sup> January 2019**

Under 8 yrs. (2 piece only) Junior 8 – 16 yrs. Senior 17plus

**EARLY ENTRY BY NUMBERS indicator. Please indicate discipline, level and numbers.**

Please return this provisional number list to. [Trevor.low@iflip.org](mailto:Trevor.low@iflip.org) by end of February.

| HOW MANY? | ELITE SENIOR | ELITE JUNIOR | NOVICE SENIOR | NOVICE JUNIOR |
|-----------|--------------|--------------|---------------|---------------|
| MA        |              |              |               |               |
| WA        |              |              |               |               |
| RG        |              |              |               |               |

|            |  |
|------------|--|
| OFFICIALS  |  |
| SUPPORTERS |  |

PLANNED AIRPORT OF ARRIVAL AND DEPARTURE see list below for advice.

Delegations may include judges at own expense.

ADDITIONAL training days or cultural visits on request.

We will not be offering a package price for attendance. You can book your own accommodation online using services.

We will “advise and assist” if requested with any of the following;

Hotels, airport collections (Luton, East Midlands, Birmingham)

**Entry BY NAME form. Please return entry by name form by 31<sup>st</sup> March 2019 to**

## **Down Syndrome British Open Gymnastics Championships.**

|                 |
|-----------------|
| Club/Group name |
|-----------------|

|               |
|---------------|
| Head Coach:   |
| Qualification |
| Federation    |

|                           |
|---------------------------|
| Address for communication |
| E mail                    |
| Postal address            |

|                 |  |
|-----------------|--|
| e-mail address: |  |
| Tel No:         |  |

Please return entry by name form by 31<sup>st</sup> March 2019 to

Mal Cullen  
38 Sundale Drive  
Woolstanwood  
Crewe Cheshire  
ENGLAND CW2 8UB

e-mail: [m.rozzell@btinternet.com](mailto:m.rozzell@btinternet.com) / [mal.cullen17@gmail.com](mailto:mal.cullen17@gmail.com)  
Tel: Home 01270 258520  
Mobile 07952 368330

**ALL gymnasts MUST be members of SUDS, Sport Union Down Syndrome for a lifetime registration**

Please contact SU-DS for registration form and submission of medical report.

**IMPORTANT PRIORITY CONTACT** [ceo@su-ds.org](mailto:ceo@su-ds.org) as soon as possible.

**All information and assistance with rules, judging, training, airport connections and hotel reservations please contact;**

[trevor.low@iflip.org](mailto:trevor.low@iflip.org) telephone +447590122098

Please see the list of local airports, hotels and transport offers.

## OVERSEAS PAYMENT OF ENTRY FEE

Due to the excessive cost of sending funds via a bank we are trusting that all groups will pay their GYMNAST ENTRY FEE in cash on arrival.

The entry fee for Artistic and RG is £25 per gymnast.

The entry for trampoline is £10.

## HOTELS

There are many hotels in and around the City of Leicester. You are advised to research from internet accommodation platforms such as Booking.com. Watch out and ask for special deals, family rooms and weekend break offers directly at the hotels. The venue is New College, Glenfield Road, Leicester, England, **LE 3 6DN**

An ideal mid-range hotel would be the HOLIDAY INN St Nicholas Circle. This is on the fringe of the city centre so ideal to walk for evenings and eating out and a very short direct one street taxi ride to the venue.

There are 3 Premier Inn hotels at; Fosse Park, Braunstone (the restaurant can be crowded) and Leicester North West. All are a short taxi ride from the venue but not within walking distance of shops. Special offer and deals change each month.

Booking.com can offer many more in any price range, if you need any advice on a particular hotel please contact me, [trevor.low@iflip.org](mailto:trevor.low@iflip.org).

## AIRPORTS

Between 9am and 8pm we will offer a pick up and drop off service to and from the following airports at a flat rate of £5 per person each way; East Midlands Nottingham, Luton and Birmingham. Outside those hours by special request.

Heathrow, Stanstead and Gatwick will be quoted as requested.

**TRAINING** We have 2 training centres which can be available a few days before and after the 16<sup>th</sup> June. If you wish to make a longer stay please ask.

The artistic and Rhythmic codes used will be the DSIGO codes which have been amended and adapted from the FIG format. (used in Germany 2018 DS World Champs.)

The trampoline code uses the normal FIG deductions for set exercises, execution deductions, technical performance of skills and missing skills or extra jumps.

## **ARTISTIC GYMNASTICS MA and WA. This event offers 3 age levels taken from 1<sup>st</sup> January 2019**

Under 8 yrs. (2 piece only)      Junior 8 – 16 yrs.      Senior 17plus

**DSIGO CODES**      Please see attached the DSIGO MA, WA and RG codes.

**SO routines**      The DSIGO codes are SO routine friendly. However, those familiar with the FIG code format will find that by studying the DSIGO codes and making a few strategic

changed higher start values can be achieved. Remember that the emphasis, QUALITY SKILLS and CLEAN execution will always score higher than over-ambition and poor style.

**TRAMPOLINE CODE and SET ROUTINE**

**OPEN AGE in 4 levels. Select your level.**

**TRAMPOLINE ROUTINES**

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

MA, WA and RG attached.

**ENTRY FORMS**

| Men's Artistic   |      | Age on 1 <sup>st</sup> Jan 2019 |        |        |        |        |        |
|------------------|------|---------------------------------|--------|--------|--------|--------|--------|
| NAME             | DOB  | U8                              | junior | senior | Elite  | Novice |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
| Women's Artistic | NAME | DOB                             | U8     | junior | senior | Elite  | Novice |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
| Rhythmic         | NAME | DOB                             | U8     | junior | senior | Elite  | Novice |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |
|                  |      |                                 |        |        |        |        |        |

| Trampoline | Open Age |    |    |    |    |     |
|------------|----------|----|----|----|----|-----|
| NAME       | DOB      | L1 | L2 | L3 | L4 | M/F |
|            |          |    |    |    |    |     |
|            |          |    |    |    |    |     |
|            |          |    |    |    |    |     |
|            |          |    |    |    |    |     |
|            |          |    |    |    |    |     |
|            |          |    |    |    |    |     |

**Please return entry by name form by 31<sup>st</sup> March 2019 to**

Mal Cullen  
 38 Sundale Drive  
 Woolstanwood  
 Crewe Cheshire  
 ENGLAND CW2 8UB

e-mail: [m.rozzell@btinternet.com](mailto:m.rozzell@btinternet.com) / [mal.cullen17@gmail.com](mailto:mal.cullen17@gmail.com)  
 Tel: Home 01270 258520  
 Mobile 07952 368330

