



Circular TRA TC 32-2018

12 October 2018

To: SAGF Board & TTC Members
Trampoline HP Coaches
All Provinces, Districts, Clubs & Members

REPORT BACK ON TRAMPOLINE MEETING SATURDAY 6TH OCTOBER 2018

Dear Clubs.

The Program Management Committee met after the Gym Games on Saturday 6th October together with some interested coaches.

Present:

PM Manager	Cheryl van der Walt
TUM Technical Manager	Michelle Haasbroek
TRA Technical Manager	Tiaan van der Walt
TRA Sub Committee	Helen van der Walt
	Adri Koekemoer
	Dmitry Demianenko

Absent:

TUM Development Manager	Lebo Ramo
TRA Development Manager	Lee Budler

The reason for this circular is to keep everyone informed of decisions taken at this meeting and to allow for planning by gymnasts, coaches and clubs where necessary.

Gymnast Ranking Profile

A ranking profile has been maintained for all level 7 and level 8 gymnasts since 2016 – It is discussed and agreed that this schedule will be updated when necessary (after identified competitions). The reason being;

1. Potential squads can be selected from this ranking profile
2. Are gymnasts progressing, stagnating or regressing?
3. Priority gymnasts can be identified from this ranking schedule
4. Funding where available will be provided to the top gymnast or gymnasts in the country (depending on funding available).
5. Results of the following competitions will be used to determine the ranking profile. World Champs, World Age Group Games, Youth Olympic Games, Africa Champs, Indo Pacific and Gym Games

The 2018 ranking schedule will be distributed shortly and will be updated after the World Champs and World Age Group Games.

Top Ten

The “Top Ten” Competition will be renamed to the “**South African Cup Competition**” – This competition will serve as the 1st official trial for identified international events in 2019.

1. District or Province can apply to host (Application must be submitted by 31st October 2018)
2. Approved equipment & suitable venue are necessary
3. Competition Date 5/6th April 2018
4. The format of the SA Cup Competition to follow FIG rules for WC & WAGC competitors. Africa Champs rules and routines for level 4 to level 6 gymnasts – This means there will only be two

sections. Namely; juniors (11-17yrs) and seniors team (16&O) the top sixteen male & female gymnasts in these age groups will be invited to participate – Early preparation of gymnasts for Africa Champs requirements will be beneficial.

5. The top eight (8) mini and tabletop gymnasts from North Zone and South Zone will be eligible to participate in this event. Requirements will be as per the level 3 requirements for both apparatus and with two age groups only. Namely, 12yrs & younger and 13yrs & older.
6. A cup trophy will be awarded to the winner of each section, with a smaller replica for 2nd & 3rd place.

Frivolten Cup, Herrljunga Swedan

Date: May 31st – June 1st, 2019

An international competition to assist with the development of up and coming gymnasts and to serve as a preparation competition for our WC and WAGC prior to the 2nd trials. Unfortunately this competition does not appear to cater for tumbling, who may for this reason need to look for a more suitable competition.

Classes

Trampoline Individual		Double Mini Trampoline	
U12, born 2007-2012	U12 compulsory skills.	U12, born 2007-2012	Each skill must have at least 360° of Somersault rotation
U13-14, born 2005-2006	U13-14 compulsory skills.	U13-14, born 2005-2006	
U15-16, born 2003-2004	U15-16 compulsory skills.	U15-16, born 2003-2004	
Junior, born 2002-2006	FIG B	Junior, born 2002-2006	
Open, born 2002 or earlier	FIG A	Open, born 2002 or earlier	

A declaration of interest must be received from all clubs by no later than 10th December. A budget of anticipated costs will be available shortly.

Requirements Frivolten Cup

Double Mini Trampoline

All skills in all classes must have at least 360 degrees of somersault rotation, otherwise there will be a deduction of 3.0 from the E score for each occurrence.

Exceptions – in U12 and U 13-14 you are allowed to repeat one somersault in the preliminaries and another one in the finals.

Example;

4 – 0 4 1 /

4 – 0 4 3 /

4 - < 4 1 <

4 - < 8 – 1 0

Trampoline

U 12

- Back somersault in tucked position
- Front somersault in piked position or Barany in free position
- One skill landing on front or back
- At least 3 of the skills must have at least 270 degrees somersault rotation

U 13-14

- Back somersault in tucked position
- Back somersault in piked position
- Barany in free position
- One skill landing on front or back
- At least 4 of the skills must have at least 270 degrees somersault rotation

U 15-16

- Back somersault in piked position
- Back somersault in straight position
- Barany in free position
- ¾ somersault to back or front
- At least 6 of the skills must have at least 270 degrees somersault rotation

Junior - FIG B

Open - FIG A

Please mark your difficulty skills on the competition card; otherwise skill # 1-4 will be counted in the first routine

2nd Trials

1. District or Province can host to apply (Application must be submitted by 31st October 2018)
2. Approved equipment & suitable venue are necessary
3. This trial will be combined with a training camp
4. Trial Date 4-11th July
5. The District or Province who applies to host this event, must ensure that they arrange for local gymnasts to host a visiting gymnast, in order to save on costs.

Cash Incentive for WC & WAG Competitors

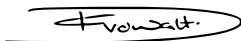
The committee is currently reviewing a cash incentive for the highest ranked gymnast (or highest score) at a WC or WAG competition (possibly only applicable to those who do not receive funding). This cash incentive would remain in the gymnasts account with the SAGF, where it can be used to contribute towards the costs of the next trip. It is agreed that coaches and judges should have all their costs paid.

Routines

The proposed new routines were distributed on the 19th August, which is sufficient notice to all coaches and clubs. No input was received regarding the routines, but coaches have asked for the routines to be changed. The committee will meet during the month of November, where both proposals will be discussed. The new routines will be sent to the clubs before the end of December 2018. It is noted that the level 4 sections are full, with less numbers in levels 5 & 6. The new routines will not be difficult to implement and they will enhance our competition program for the level 4,5 & 6 gymnasts and provide a more equal spread over all the levels.

We hope that our ideas, goals and plans motivate and inspire you.

Kind Regards



Cheryl van der Walt

