



POWER GT OPEN 2025



SUNDAY 4TH MAY
09:00 - 13:00 (APPROX)

BILLESLEY INDOOR TENNIS CENTRE
WHEELERS LANE, B13 0ST

Dear Gymnastics and Trampoline Club,

We would like to invite you to compete at our annual open competition. The event is open to all ages and aims to increase competitive participation where we are inviting entries from recreational classes to maximise participation.

We hope that you will attend this friendly competition as it provides an opportunity for those who have never competed before to engage in competition, as well as providing an additional competition to trial new routines.

Equipment:

- Trampolining:
 - o Panel 1 – Ultimate **or** Ceetex 6x4
 - o Panel 2 – Ultimate **or** Nissen 4x4
 - o Panel 3 - Continental 4x4 or Ceetex 6x6 (only used if needed)
 - o Panel 3 – Nissen 4x4 (only using if required)
- Gymnastics:
 - o Box vault (3 or 4 height)

Entry Cost: £15.00 per gymnast – Payment VIA BACS

Closing date and time: 4th April 2025 at 23:59.

- Name: Power Gymnastics Trampoline
- Sort Code: 60-83-71
- Account Number: 56965705

Age Categories:

The age groups will be 6 and under, 7-8, 9-10, 11-12, 13-14, 15+ for each category. There will be no finals at this competition. There will be medals for placing 1st, 2nd and 3rd.

Presentation and awards:

Certificates of participation given to all competitors on the day and presentations will be made routinely throughout the day to minimise numbers on site.

Gymnasts are encouraged to wear their club leotard or any leotard of their choice. Alternatively, they can wear close fitting t-shirt and shorts/leggings. All gymnasts need to wear white ankle socks or trampoline shoes and all hair must be securely tied back. If you require more information about the competition format please contact us on powergymnasticstrampoline@outlook.com

Gymnastics Competition Outline

| PGTC Gymnastics Routines | | | |
|----------------------------|--|--|--|
| | PGT G1 | PGT G2 | PGT G3 |
| Floor Routine Requirements | H Balance 3 x hop scotch Forward roll to tuck sit Pike sit Dish hold Roll to Arch Push to front support Jump to squat, stretch Star jump to land | H Balance or Arabesque Cartwheel Backwards roll Tucked headstand Half twist jump Forward roll to pike Bridge Rock backwards and forwards to stand or kick over (bonus) | Arabesque or Y Balance Handstand forwards roll Forward roll to straddle stand Straddle up to headstand 1 handed cartwheel Backwards roll to front support Turn to back support Bridge Kickover Round off jump or flic bonus |
| Vault Routine Requirements | Vault 1: Springboard jump to land Vault 2: Optional | Vault 1: Squat or straddle on stretch jump to land or squad or straddle through (bonus) Vault 2: Optional | Vault 1: squad or straddle through or handstand flatback (bonus) Vault 2: Optional |

Trampoline Competition Outline

The competition is based on the forthcoming competition criteria with the addition of club (PGTC) level routines to facilitate maximal participation for all age groups. For all levels there is no minimum tariff required.

| PGTC/Club Routines | | | | |
|--------------------|--------------|-----------------|-------------------------|--------------------|
| Level | PGT 1 | Club 1 | Club 2 | Club 3 |
| | Seat landing | Front Landing | ½ twist to front | Full Twist |
| | To feet | To feet | To feet | Straddle |
| | Tuck jump | Straddle | Straddle | Seat landing |
| | ½ twist | Seat Landing | Seat landing | ½ twist to seat |
| | Straddle | To feet | ½ twist to seat landing | ½ twist to feet |
| | Seat landing | ½ twist to feet | ½ twist to feet | Pike |
| | To feet | Tuck | Tuck jump | Back landing |
| | ½ twist | Pike | Pike jump | Half twist to feet |
| | Pike jump | Back Landing | Back landing | Tuck |
| | ½ twist | To Feet | ½ twist to feet | Front s/s (t) |

Disability Routines

| PGTC 1 | Club Series Level 1 | Club Series Level 2 | Regional Level 1 | Elite |
|---|---|---|--|--|
| Seat landing To feet Tuck jump ½ twist Straddle Seat landing To feet ½ twist Pike jump ½ twist | ½ twist to front To feet Straddle Seat landing ½ twist to seat landing ½ twist to feet Tuck jump Pike jump Back landing ½ twist to feet | Full Twist Straddle Seat landing ½ twist to seat ½ twist to feet Pike Back landing Half twist to feet Tuck Front s/s (t) | Tuck Back Straddle Seat landing ½ twist to feet ½ twist jump Pike Back landing 1/2 twist to feet Tuck Front s/s (p) | Back s/s (S) Straddle jump Back s/s (T) Barani (T) ½ twist jump Tuck Jump Back s/s to seat landing (T) ½ twist to feet Pike jump Front S/S (P) |

Regional Routines

| Level 1 | Level 2 | Level 3 | Level 4 |
|---|---|--|---|
| Back s/s (T) Straddle jump Seat landing ½ twist to feet ½ twist jump Pike jump Back landing Half twist to feet Tuck Jump Front S/S (P) | Back s/s (S) Straddle jump Back s/s (T) Barani (T) ½ twist jump Tuck Jump Back s/s to seat landing (T) ½ twist to feet Pike jump Front S/S (P) | Back s/s (S) Barani (S) Straddle Jump Back S/S (P) Barani (P) Tuck Jump Barani (T) Back S/S (T) Pike jump Front S/S (P) | 10 different elements, only three (3) elements allowed with less than 270° somersault rotation. 1. one (1) element landing on the back of the body |

Open Elite

Please refer to NAGC requirements for second exercise

| Under 11 | Age 11-12 | Age 13-14 | Age 15-16 |
|---|---|---|---|
| 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. 1. one element landing on the front or back of the body | 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. 1. one (1) element landing on the front of the body, 2. one (1) element landing on the back of the body, 3. one (1) element with 360° somersault rotation, at least, 360° of twist. | 10 different elements, only one (1) element allowed with less than 270° somersault rotation. 1. one (1) element to front or back, 2. one (1) element from front or back – in combination with requirement N°1, 3. one (1) double front or back somersault with or without twist and 4. one (1) element with a minimum of 540° twist and maximum 360° somersault rotation. | 10 different elements, only one (1) element allowed with less than 270° somersault rotation. 1. one (1) element to front or back, 2. one (1) element from front or back – in combination with requirement N°1, 3. one (1) double front or back somersault with or without twist and 4. one (1) element with a minimum of 540° twist and maximum 360° somersault rotation. |