



## IAPS Trampolining

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## IAPS Trampolining

### Booking onto an event

- All bookings are made online via the [IAPS website](#).
- Only a member of school staff with a school email address can book onto an event.
- If the event is fully booked, please join the waiting list. Should a space become available, we will contact you to offer you the space.

### Entry eligibility

- All competitors must attend an IAPS School.
- Competitors ages is taken from 1st September.
- Competitors can only participate in one age group throughout the competition. The competition is defined as both qualifying events and the finals.
- Unless otherwise specified, schools can only enter one team per tournament/championships.
- Only competitors who are part of the Prep School are eligible to take part. Competitors in Year 7 and Year 8 who are part of the Senior School are not eligible to take part in U13 events.
- All schools must bring first aid and additional first aid might be provided.

### Booking terms & conditions

- Please read our [booking terms and conditions](#) before booking onto an event.  
Competition format

**Opening date:**  
Tuesday 16 January  
2024, 09:00

**Closing date:**  
Thursday 14 March  
2024, 23:55

**Cost of entry:**  
£44.00





## IAPS Trampolining

### Event information

#### Age groups and entries

U9, U11 & U13 age groups for girls and boys.

There is an individual and team competition, pupils can enter either or both.

Teams are to be single sex.

Competitors are to compete in the same age group for both individual and team competitions.

#### Teams

Teams consist of three or four competitors of the same sex, age group and school.

The best three scores in each round count towards the final team score.

#### Award

Individual places will be awarded from 1st to 6th place in all age groups.

There will be an A team competition with prizes awarded from 1st to 3rd.

There will be a B team competition for schools wishing to enter more than one team.

Places will also be awarded 1st to 3rd.

#### Routines

There is a choice of three compulsory set routines:

Compulsory routine 1	Compulsory routine 2	Compulsory routine 3
Front Drop to Feet	Full Twist	Full Twist
Straddle Jump	Straddle	Straddle
½ Twist Jump	Seat Drop	Seat Drop
Seat Drop	½ Twist to Seat Drop	½ Twist to Seat Drop
½ Twist to Seat Drop	½ Twist to Feet	½ Twist to Feet
½ Twist to Feet	Pike Jump	Pike Jump
Tuck Jump	Front Drop To Feet	Back Drop
Pike Jump	Tuck Jump	½ Twist to feet
Full Twist Jump	½ Twist	Tuck Jump





## IAPS Trampolining

		½ Twist
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Plus a Voluntary Routine (max of 5 tariff)

### Equipment and dress

Minimum 6mm Trampolines (6x4mm x 4x4mm).

Girls – Leotard and white socks or suitable trampolining shoes

Boys – Shorts and T-shirt or long gym trousers, white socks or trampolining shoes.

Teams must be dressed in the same attire.

### Event programme

The programme and event day information will be sent to schools approximately two weeks before the event.

School will be asked to provide competitor details before attending the qualifier. In line with GDPR, only essential information is collected in order to be able to organise the sports event.

All the draws are created by IAPS after the closing date and will share with the organisers.

### Para Sport

If you have a child at your school who you would like to get involved in one of our events, but an adaptation would be required, please contact the sport team to discuss. [sport@iaps.uk](mailto:sport@iaps.uk)

## Rules and regulations

The national governing body for Trampolining in England is [British Gymnastics](#).

The championships are conducted under the [British Gymnastics rules](#).

Please read the rules and regulations in full before entering the event.





## IAPS Trampolining

### Risk Assessment

A full risk assessment is carried out by the host. If you would like a copy of the risk assessment, please contact [IAPS Sport](#).

### IAPS policies

Please make sure you have read and understand the following policies before booking onto an IAPS Sport event:

1. IAPS eligibility criteria
2. IAPS booking terms and conditions
3. Safeguarding policy and procedures
4. Media policy
5. Codes of conducts
6. IAPS anti bullying policy

