

# TRAMPOLINE DETAILED PROGRAMME

## 2017 SA GYM GAMES

Joni Bach Sport Centre, 377 Eufees Road, Pretoria North

### COMPETITION CARDS

**Please note that ALL competition cards must be handed in on MONDAY morning, 2<sup>nd</sup> OCTOBER AT 12:00pm**

When competition cards are handed in, kindly put

- \* Each day's competition cards together, separate from next day's cards.
- \* Apparatus together
- \* Boys together, in the different age groups and levels
- \* Girls together in the different age groups and levels.

If possible please use coloured paper - pink or light green for girls.  
Blue or yellow for boys.

**No competitor will be allowed to compete if the competition card WAS NOT HANDED IN AT, OR, BEFORE SCHEDULED TIME**

### COMPETITORS

**MUST report for grouping 15 minutes prior to warm-up time** - Please be at competition venue 45 MINUTES before scheduled warm-up time (except for first 2 events of the day) - if there are withdrawals the programs might run earlier.

### DRESS CODE

**Coaches, Judges & Gymnasts MUST be dressed in the correct attire;**

Judges - Black or navy blue trousers, with a white shirt and black or navy blue jacket

Coaches – Tracksuit pants or team shorts with district or province shirt and tekkies

Gymnasts – district or provincial leotard, white socks, white gymnastic shoes, shorts for the boys and/or longs. No jewelry allowed and hair must be tied up.

### JUDGES GUIDE

Gymnastics is a judgment sport. As a result, the rules for officiating must be transparent, fair and must maintain sport justice for all gymnasts. Judges officiating at competition have to:

- Maintain integrity of all decisions showing no preference or bias
- Possess competence to apply the Code of Points and other rules of the FIG
- Demonstrate moral and ethical behavior
- Show respect to others by being punctual and respecting all rules
- Respect the judges' oath and the FIG Code of Ethics.

### APPEALS

An appeal can only be filed by a coach or competitor. Spectators are not allowed to participate in the appeal process. A difficulty inquiry can be made at the judge's table using the appropriate form. The written appeal, with the appropriate appeal fee of R500.00 must be submitted to the Head Judge prior to the start of the next round. "Next round" refers to the actual competition, not the warm-up of the next flight. In the case of an appeal concerning the final pass, the appeal must be submitted immediately after the end of the round. In no case, will an appeal be accepted after the medals have been awarded. Appeals concerning the execution scores can only be made with respect to numerical error. Appeals must be dealt with by the Jury of Appeal prior to the start of the next round, and its decision must be announced immediately.

# TUESDAY 3<sup>RD</sup> OCTOBER

10:00 - 11:30 Refresher Course for TRA and DMT Judges, compulsory for judges who will judge at SA Gym Games. Other judges and coaches are welcome to attend.

11:30 - 12:00 Meeting: Floor Manager, Competition Cards Manager, and Cheryl

12:00 - 12:30 Meeting: Orientation Coaches and Team Managers (DMT & Euro)

## HANDING IN OF ALL COMPETITION CARDS

13:00 –13:30 Lunch

## SECTION: GYM GAMES LEVELS 7 & 8

TIME	DMT - ONE	TIME	DMT - TWO	TIME	EURO - ONE	TIME	EURO - TWO
13:00	Warm-up 13/14 Lev 7 Female (3), Male (6)	13:00		13:00	Warm-up Senior Lev 8 Female (0) Male (0) & 17/0 Level 7 Fem (1) Male (9)	13:00	
13:30	<b>Competition</b> <b>13/14 Lev 7</b> <b>Female (3), Male (6)</b> <b>(9)</b>	13:30	Warm-up 15/16 Level 7 Fem (4) Male (11)	13:30	<b>Competition</b> <b>Senior Lev 8</b> <b>Female &amp; Male (0)</b> <b>&amp; 17/0 Level 7</b> <b>Fem &amp; Male (10)</b>	13:30	Warm-up 6/10 Lev 7 Female (6) Male (3) 11/12 Lev 7 Female (2) Male (1) 13/14 Lev 7 Fem (1) Male (5)
14:00	Warm-up 6/10 Lev 7 Female (5) Male (6) 11/12 Lev 7 Female (2) Male (2)	14:00	<b>Competition</b> <b>15/16 Lev 7</b> <b>Female &amp; Male</b> <b>(15)</b>	14:00	Warm-up 15/16 Lev 7 Female (3) Male (8)	14:00	<b>Competition</b> <b>6/10 Lev 7</b> <b>Female &amp; Male</b> <b>(9)</b> <b>11/12 Lev 7</b> <b>Female &amp; Male</b> <b>(3)</b> <b>13/14 Lev 7</b> <b>Female &amp; Male</b> <b>(6)</b>
14:30	<b>Competition</b> <b>6/10 Lev 7</b> <b>Female &amp; Male</b> <b>(11)</b> <b>11/12 Lev 7</b> <b>Female &amp; Male</b> <b>(4)</b>	14:30	Warm-up 17/0 Lev 7 Female (4) Male (8) Seniors Level 8 Female (0), Male (2)	14:30	<b>Competition</b> <b>15/16 Lev 7</b> <b>Female &amp; Male</b> <b>(11)</b>		
		15:00	<b>Competition</b> <b>17/0 Lev 7</b> <b>Female &amp; Male</b> <b>(12)</b> <b>Senior Level 8</b> <b>Female &amp; Male</b> <b>(2)</b>				

**NB – GYMNASTS WHO NEED TO PARTICIPATE BEFORE THEIR SCHEDULED DAY CAN BE ACCOMODATED ON THIS DAY FROM 15:30 ONWARDS – ARRANGE IN THE AM WITH COMPETITION MANAGER**

**Awards Ceremony – as soon as results are ready**

**16:30 - 18:30**

**Scheduled Training for next days competitors competing on Wednesday 3<sup>rd</sup> October**

Time	Zone
16:30 – 17:30	North Zone
17:30 – 18:30	South Zone

# WEDNESDAY 4<sup>TH</sup> OCTOBER

8:30 – 9:00

Judging Panel meets

Grouping 15 minutes prior to warm-up time

## SECTION: OLYMPIC DEVELOPMENT

TIMES	TRAMPOLINE
09:00	Warm-up Female (1) & Male (5)
09:30	<b>Competition</b>

## SECTION: WORLD GAMES DEVELOPMENT

TIMES	DOUBLE-MINI TRAMPOLINE
09:00	Warm-up Female (2) & Male (5)
09:30	<b>Competition</b>

Awards Ceremony – as soon as results are ready

## SECTION: SYNCHRO COMPETITION

10:00 Warm-up

10:40 **Competition**

11/12 Level 4 (Female 1 pair - Male 1 pair)  
6/8 Level 5 (Female 0 pairs - Male 1 pair)  
9/10 Level 5 (Female 1 pair - Male 0 pairs)  
11/12 Level 5 (Female 2 pairs – Male 1 pair)  
13/14 Level 5 (Female 2 pairs - Male 2 pairs) (11 pairs)

11:30 Warm-up

12:10 **Competition**

15/O Level 5 (Female 1 pair - Male 1 pair)  
6/10 Level 6 (Female 0 pairs - Male 1 pair)  
11/12 Level 6 (Female 1 pair - Male 0 pairs)  
15/O Level 6 (Female 0 pairs - Male 1 pair)  
6/10 Level 7 (Female 1 pair - Male 0 pairs)  
11/12 Level 7 (Females 1 pair – Male 0 pairs) (7 pairs)

13:00 –13:30 Lunch

13:00 Warm-up

13:30 **Competition**

13/14 Level 7 (Female 0 pairs - Male 2 pairs)  
15/16 Level 7 (Female 1 pair -Male 2 pairs)  
17/O Level 7 (Female 1 pair - Male 1 pair) (7 pairs)

Awards Ceremony – as soon as results are ready

18H00 – 20H00 OPENING CEREMONY MATSPORT

16:00 - 18:00

Scheduled Training for next days competitors competing on Wednesday 3<sup>rd</sup> October

Time	Zone
16:30 – 17:30	South Zone
17:30 – 18:30	North Zone

# THURSDAY 5<sup>TH</sup> OCTOBER

8:30 – 9:00

Judging Panel meets

Grouping 15 minutes prior to warm-up time

## SECTION: REGION V TRIAL

TIME	DOUBLE- MINI	TIME	TRAMPOLINE
09:00	Warm-up, Junior Female (17)	09:00	Warm-up Junior Male (7), Senior Female (6) & Senior Male (4) (17)
09:30	<b>Junior Female (17)</b>	09:30	<b>Competition Junior Female &amp; Senior Female (19)</b>
10:30	Warm-up, Junior Male (14)	10:30	Warm-up Junior Female (12)
11:00	<b>Competition Junior Male (14)</b>	11:00	<b>Competition Junior Female (12)</b>
11:30	Warm-up, Senior Female (8) Senior Male (7)	11:30	Spare for those who need to jump out of section. Warm Up
12:00	<b>Competition Senior Female and Male (15)</b>	12:00	<b>Competition</b>
12:30	Spare for those who need to jump out of section. Warm Up	12:30	Spare for those who need to jump out of section. Warm Up
13:00	<b>Competition</b>	13:00	<b>Competition</b>

Awards Ceremony – as soon as results are ready

13:30 –14:00 Lunch

## SECTION: LEVEL 6

TIME	DOUBLE- MINI ONE		DOUBLE- MINI TWO	TIME	TRAMPOLINE ONE		TRAMPOLINE TWO
13:15	Warm-up <b>FLIGHT ONE</b> 11/12 Lev 6 Male (11)			13:15	Warm-up 15/0 Lev 6 Female (6) Male (9)		
14:00	<b>Competition FLIGHT ONE</b> 11/2 Lev 6 Male (11)	14:00	Warm-up <b>FLIGHT TWO</b> 11/12 Lev 6 Male (11)	14:00	<b>Competition 15/0 Lev 6 Female &amp; Male (15)</b>	14:00	Warm-up 6/10 Lev 6 Female (2) & Male (4) 11/12 Lev 6 Females (5)
14:30	Warm-up 13/14 Lev 6 Female (4) & Male (6) 11/12 Lev 6 Female (4)	14:30	<b>Competition FLIGHT TWO</b> 11/2 Lev 6 Male (11)	14:30	SPARE FOR THOSE WHO NEED TO JUMP OUT OF SECTION	14:30	<b>Competition 6/10 Lev 6 Female &amp; Male (5) 11/12 Lev 6 (5) Females (5)</b>
15:00	<b>Competition 13/14 Lev 6 Female &amp; Male (10) 11/12 Female (4)</b>	15:00	Warm-up <b>FINALS</b> 11/12 Lev 6 Male (11)	15:00		15:00	SPARE FOR THOSE WHO NEED TO JUMP

15:30	Warm-up 6/10 Lev 6 Female (5) Male (3) 11/12 Lev 6 Female (4)	15:30	<b>Competition FINALS 11/2 Lev 6 Male (8)</b>	15:30	SPARE FOR THOSE WHO NEED TO JUMP OUT OF SECTION	15:30	OUT OF SECTION
16:00	<b>Competition 6/10 Lev 6 Female &amp; Male (8) 11/12 Lev 6 Female (4)</b>	16:00	Warm-up 15/0 Lev 6 Female (7) Male (6)	16:00		16:00	Warm-up 11/12 Lev 6 Male (3) 13/14 Lev 6 Female (2) & Male (2)
16:30	SPARE FOR THOSE WHO NEED TO JUMP OUT OF SECTION	16:30	<b>Competition 15/0 Lev 6 Female &amp; Male (13)</b>	16:30		16:30	<b>Competition 11/12 Lev 6 Male (3) 13/14 Lev 6 Female &amp; Male (4)</b>
17:00							

**Awards Ceremony – as soon as results are ready**

### 18H00 – 20H00 TRAMPOLINE TECHNICAL ASSEMBLY

**17:00 - 19:00**

**Scheduled Training for next days competitors competing on Wednesday 3<sup>rd</sup> October**

Time	Zone
17:00 – 18:00	North Zone
18:00 – 19:00	South Zone

# FRIDAY 6<sup>TH</sup> OCTOBER

07:30 – 07:50

Judging Panels meet

**Grouping 15 minutes prior to warm-up time**

## SECTION: LEVEL 5 & 4

TIME	DOUBLE- MINI ONE		DOUBLE- MINI TWO	TIME	TRAMPOLINE ONE		TRAMPOLINE TWO
7:30	Warm-up 6/8 Lev 5 Female (5) Male (5)			7:30	Warm-up 15/O Lev 5 Male (13)	7:30	
8:00	<b>Competition</b> 6/8 Lev 5 Female & Male (10)	08:00	Warm-up 6/8 Lev 4 Female (14) Male (8)	08:00	<b>Competition</b> 15/O Lev 5 Male (13)	08:00	Warm-up <b>FLIGHT ONE</b> 11/12 Lev 4 Female (17) Total (35)
8:30	Warm-up 9/10 Lev 5 Male (13)	8:30	<b>Competition</b> 6/8 Lev 4 Female & Male (22)	8:30	Warm-up <b>Flight Two</b> 11/12 Lev 4 Female (18) Total (35)	8:30	<b>Competition</b> <b>FLIGHT ONE</b> 11/12 Lev 4 Female (17) Total (35)
9:00	<b>Competition</b> 9/10 Lev 5 Male (13)	9:00	Warm-up 9/10 Lev 4 Male (12)	9:00	<b>Competition</b> <b>FLIGHT TWO</b> 11/12 Lev 4 Female (18) Total (35)	9:00	Warm-up 6/8 Lev 4 Male (6) 6/8 Lev 5 Female (3) Male (5)
09:30	Warm-up 11/12 Lev 5 Male (15)	09:30	<b>Competition</b> 9/10 Lev 4 Male (12)	9:30	Warm-up <b>FINALS</b> 11/12 Lev 4 Female (17) Total (35)	9:30	<b>Competition</b> 6/8 Lev 4 Male 6/8 Lev 5 Female & Male (14)
10:00	<b>Competition</b> 11/12 Lev 5 Male (15)	10:00	Warm-up <b>FLIGHT ONE</b> 11/12 Lev 4 Male (14) Total (28)	10:00	<b>Competition</b> <b>FINALS</b> 11/12 Lev 4 Female (17) Total (35)	10:00	Warm-up <b>FLIGHT ONE</b> 9/10 Lev 4 Female (19) Total (38)
10:30	Warm-up <b>FLIGHT TWO</b> 11/12 Lev 4 Male (14) Total (28)	10:30	<b>Competition</b> <b>FLIGHT ONE</b> 11/12 Lev 4 Male (14) Total (28)	10:30	Warm-up <b>FLIGHT TWO</b> 9/10 Lev 4 Female (19) Total (38)	10:30	<b>Competition</b> <b>FLIGHT ONE</b> 9/10 Lev 4 Female (19) Total (38)
11:00	<b>Competition</b> <b>FLIGHT TWO</b> 11/12 Lev 4 Male (14) Total (28)	11:00	Warm-up 13/15 Lev 5 Females (9) 15/O Lev 5 Females (8)	11:00	<b>Competition</b> <b>FLIGHT TWO</b> 9/10 Lev 4 Female (19) Total (38)	11:00	Warm-up <b>Finals</b> 9/10 Lev 4 Female (18)
11:30	Warm-up <b>FINALS</b> 11/12 Lev 4 Male (14) Total (28)	11:30	<b>Competition</b> 13/15 Lev 5 Females 15/O Lev 5 Females (17)	11:30	Warm-up 9/10 Lev 5 Female (9) Male (5)	11:30	<b>Competition</b> <b>FINALS</b> 9/10 Lev 4 Female (18)
12:00	<b>Competition</b> <b>Finals</b> 11/12 Lev 4 Male (14) Total (28)	12:00	Warm-up 13/14 Lev 5 Male (12)	12:00	<b>Competition</b> 9/10 Lev 5 Female (9) Male (5)	12:00	Warm-up 6/8 Lev 5 Female (10) 11/12 Lev 5 Female (8)
12:30		12:30	<b>Competition</b> 13/14 Lev 5 Male (12)	12:30		12:30	<b>Competition</b> 6/8 Lev 5 Female

							<b>11/12 Lev 5 Female (18)</b>
<b>13:00</b>	Warm-up <b>FLIGHT ONE</b> 11/12 Lev 4 Female (20) Total (41)	<b>13:00</b>		<b>13:00</b>	Warm-up 13/14 Lev 4 Male (15)	<b>13:00</b>	
<b>13:30</b>	<b>Competition FLIGHT ONE</b> <b>11/12 Lev 4 Female (20) Total (41)</b>	13:30	Warm-up <b>FLIGHT TWO</b> 11/12 Lev 4 Female (21) Total (41)	<b>13:30</b>	<b>Competition 13/14 Lev 4 Male (15)</b>	13:30	Warm-up <b>FLIGHT ONE</b> 9/10 Lev 4 Male (11) Total (22)
14:00	Warm-up <b>FLIGHT ONE</b> 9/10 Lev 4 Female (17) Total (34)	<b>14:00</b>	<b>Competition FLIGHT TWO</b> <b>11/12 Lev 4 Female (21) Total (41)</b>	14:00	Warm-up <b>FLIGHT TWO</b> 9/10 Lev 4 Male (11) Total (22)	<b>14:00</b>	<b>Competition FLIGHT ONE</b> <b>9/10 Lev 4 Male (11) Total (22)</b>
<b>14:30</b>	<b>Competition FLIGHT ONE</b> <b>9/10 Lev 4 Female (17) Total (34)</b>	14:30	Warm-up <b>FLIGHT TWO</b> 9/10 Lev 4 Female (17) Total (34)	<b>14:30</b>	<b>Competition FLIGHT TWO</b> <b>9/10 Lev 4 Male (11) Total (22)</b>	14:30	Warm-up <b>FINALS</b> 9/10 Lev 4 Male (11) Total (22)
15:00	Warm-up <b>FINALS</b> 11/12 Lev 4 Female (21) Total (41)	<b>15:00</b>	<b>Competition FLIGHT TWO</b> <b>9/10 Lev 4 Female (17) Total (34)</b>	15:00	Warm-up 11/12 Lev 4 Male (15)	<b>15:00</b>	<b>Competition FINALS</b> <b>9/10 Lev 4 Male (11) Total (22)</b>
<b>15:30</b>	<b>Competition FINALS</b> <b>11/12 Lev 4 Female (21) Total (41)</b>	15:30	Warm-up <b>FINALS</b> 9/10 Lev 4 Female (17) Total (34)	<b>15:30</b>	<b>Competition 11/12 Lev 4 Male (15)</b>	15:30	Warm-up 15/O Lev 4 Female (4) Male (4) 11/12 Lev 5 Male (12)
16:00	Warm-up 9/10 Lev 5 Female (18)	<b>16:00</b>	<b>Competition FINALS</b> <b>9/10 Lev 4 Female (17) Total (34)</b>	16:00	Warm-up 13/14 Lev Female (18)	<b>16:00</b>	<b>Competition 15/O Lev 4 Female &amp; Male 11/12 Lev 5 Male (20)</b>
<b>16.30</b>	<b>Competition 9/10 Lev 5 Female (18)</b>	16:30	Warm-up 11/12 Lev 5 Female (18)	16:30	<b>Competition 13/14 Lev 4 Female (18)</b>	<b>16:30</b>	Warm-up 13/14 Lev 5 Female (10) 15/O Lev 5 Female (9)
17:00		<b>17:00</b>	<b>Competition 11/12 Lev 5 Female (18)</b>	17:00		<b>17:00</b>	<b>Competition 13/14 Lev 5 Female 15/O Lev 5 Female (19)</b>

**Awards Ceremony – as soon as results are ready**

**13:00 –13:30 Lunch**

**18H00 – 20H00 TUMBLING TECHNICAL ASSEMBLY**

**17:30 - 19:30**

**Scheduled Training for next days competitors competing on Wednesday 3<sup>rd</sup> October**

<b>Time</b>	<b>Zone</b>
17:30 – 18:30	South Zone
18:30 – 19:30	North Zone

# SATURDAY 7<sup>TH</sup> OCTOBER

07:30 – 07:50

Judging Panels meet

**Grouping 15 minutes prior to warm-up time**

## SECTION: LEVEL 5 & 4 - OVERFLOW

TIME	DMT - ONE	TIME	DMT - TWO	TIME	EURO - ONE	TIME	EURO - TWO
08:00	Warm-up 15/O Lev 5 Male (14)	08:00		08:00	Warm-up 13/14 Lev 5 Male (16)	08:00	
08:30	<b>Competition</b> 15/O Lev 5 Male (14)	08:30	Warm-up 15/O Lev 4 Female (7) Male (7)	08:30	<b>Competition</b> 13/14 Lev 5 Male (16)	08:00	
09:00	Warm-up <b>FLIGHT ONE</b> 13/14 Lev 4 Female (14) Total (28)	09:00	<b>Competition</b> 15/O Lev 4 Female & Male (14)				
09:30	<b>Competition</b> <b>FLIGHT ONE</b> 13/14 Lev 4 Female (14) Total (28)	09:30	Warm-up <b>FLIGHT TWO</b> 13/14 Lev 4 Female (14) Total (28)				
10:00	Warm-up 13/14 Lev 4 Male (20)	10:00	<b>Competition</b> <b>FLIGHT TWO</b> 13/14 Lev 4 Female (14) Total (28)				
10:30	<b>Competition</b> 13/14 Lev 4 Male (20)	10:30	Warm-up <b>FINALS</b> 13/14 Lev 4 Female (14) Total (28)				
11:00		11:00	<b>Competition</b> <b>FINALS</b> 13/14 Lev 4 Female (14) Total (28)				

**Awards Ceremony – as soon as results are ready**

## SECTION: LEVEL 1 & 2 MINI TRAMPOLINE

TIME	MINI- TRAMP ONE	TIME	MINI- TRAMP TWO
09:30	Warm-up 9 & 10 Years L2 Female (3) (4) Male (2) (5)	09:30	
10:00	<b>Competition</b> 9 & 10 Years L2 Female (7) Male (7)	10:00	Warm-up 11/12 Years L2 Female (10) Male (3)
10:30	Warm-up 13/14 Years L2 Female (3) Male (3) 13/O Years L3 Female (4) Male (5)	10:30	<b>Competition</b> 11/12 Years L2 Female (10) Male (3)
11:00	<b>Competition</b> 13/14 Years L2 Female & Male (6)	11:00	Warm-up 12/U L3 Female (6) Male (7)



	<b>13/O Years L3 Female &amp; Male (9)</b>		
<b>11:30</b>		11:30	<b>Competition 12/U L3 Female (6) Male (7)</b>

**Awards Ceremony – as soon as results are ready**

**MINI TRAMP - REGION 5 TRIAL**

<b>TIME</b>	<b>MINI- TRAMP ONE</b>		<b>TIME</b>	<b>MINI- TRAMP TWO</b>	
12:00	Warm-up Region 5 Trial Female (15)		12:00		
<b>12:30</b>	<b>Competition Region 5 Trial Female (15)</b>		12:30	Warm-up Region 5 Trial Male (20)	
			<b>13:00</b>	<b>Competition Region 5 Trial Male (20)</b>	