

What follows are The British Stunt Register application requirements, these are taken from the former JISC grading scheme and are subject to revision by The British Stunt Register Committee.

To ensure that you are kept up to date with the latest news and updates on any amendments or changes made to The British Stunt Register application requirements please register your interest to join The British Stunt Register with our Head Office at Pinewood studios.

Address: The British Stunt Register  
Main Admin 220  
Pinewood Studios  
Pinewood Road  
Iver Heath  
SL0 0NH

Office hours: Tuesday to Thursday 9am -5pm

Phone: 01753 652821

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## **APPENDIX A**

The physical competency tests to join The British Stunt Register are as listed below which are subject to revision at any time by The British Stunt Register Committee and applicants should therefore check with the Office Administrator of The British Stunt Register at the Pinewood Head Office that they are complying with the current qualifications before making an application.

Please note that "crash" courses will not be acceptable for any qualification unless there is accompanying evidence of **not less than one year's consistent experience** in the particular skill.

### **Group A - Fighting:**

<b><u>Category</u></b>	<b><u>Standard Required</u></b>
(1) <b>Judo</b>	1st Kyu brown belt from the British Judo Association.
(2) <b>Aikido</b>	1st Kyu or brown belt equivalent from the recognised body.
(3) <b>Wrestling</b>	Evidence of skill and successful competition experience.
(4) <b>Other Martial Arts*</b>	Level immediately below black belt standard (from starting level), from the appropriate governing body which must be affiliated to the appropriate British Martial Arts Association as detailed below.

The following skills are also acceptable as Martial Arts qualifications:

Kung Fu, Karate (English Karate Governing Body),  
Jujitsu (British Jujitsu Association),  
Kendo (British Kendo Association),  
Taekwondo (British Taekwondo Council),  
Any form of kick boxing.

(5) **Boxing** Evidence of skill and successful competition experience.

### **Notes:**

Only **ONE** Martial Art is acceptable.

Thai Chi is not acceptable.

\* Subject to The British Stunt Register Committee's discretion.

**Group B - Falling:**

**Category**

**Standard Required**

**(1) Trampolining**

British Stunt Register Trampolining Test.

The test will be carried out by a British Stunt Register approved examiner:

-Jeff Hewitt-Davis	07785 574 467 (Harlow)
-Gordon Seed	07966 204 115 (Liverpool)

**Rules:**

1. A fee will be charged for each candidate in order to cover the costs of the examination.
2. The candidate must show the examiner a piece of photo ID (e.g. passport or photo driving license.)
3. Any applicant that cannot show such ID will not be allowed to take the test.
4. No candidate should send the examiner recorded evidence of their skills & the candidate must attend & complete the exam in person.
5. The test must be undertaken in one session, if applicants cannot pass all of the required moves in one session, they must be failed.

**Recommended Form Score:**

For the purpose of this test each skill/combination will be marked out of 10 with a minimum deduction of 0 & and maximum deduction of 5.

The candidate should score an average of 2 deduction with no more than 3 on any skill/combination.

**Elements to be examined:**

Single Back Somersault: Straight, Piked & Tucked.  
Single Front Somersault: Piked & Tucked.

Gain\* Front Somersault Tucked.  
Gain\* Back Somersault Tucked.

Barani: Straight, Piked & Tucked.

Link: Back Somersault Straight, Barani Straight, Back Somersault Piked.

Crash-Dive Straight, Barani Ball-out Tucked.

Lazy Back (3/4 Back Ss) Straight.

Twist to Crash Dive (Arabian.)  
Twist to Front Somersault Tucked (Arabian.)

Full Twisting Back Somersault.  
Full Twisting Front Somersault.

Side somersault.

1 1/4 Front Ss Tucked. 1 1/4 Back Ss Tucked.  
1 3/4 Front somersault Tucked, Barani Ball out Tucked.

### **Notes:**

Candidates to remember that learning does not equate with performing to the standard required.

Training required will probably take the best part of 1 year at 2-3 sessions per week.

\* To 'Gain' means to travel in the opposite direction to rotation; i.e. 'Gain Front Ss' means to travel backwards along the bed whilst rotating forwards; 'Gain Back Ss' means to travel forwards along the bed whilst rotating backwards.

### **Category**

### **Standard Required**

#### **(2) High Diving**

British Stunt Register High Diving Test

The test will be carried out, with bubbles, at an approved venue by examiners nominated by *British Diving* from the current national list of judges and not the applicant's normal coach. 10m venues in the U.K. are as follows: Crystal Palace, Plymouth, Sheffield, Leeds, Edinburgh, Southampton, Southend, Luton & London Olympic Pool.

### **Rules:**

1. All Dives to be Performed from the 10 Metre Platform.
2. A fee will be charged for each candidate in order to cover the costs of the examination.
3. The candidate must show the examiner a piece of photo ID (e.g. passport or photo driving license.) Any applicant that cannot show such ID will not be allowed to take the test.
4. No candidate should send the examiner recorded evidence of their skills & the candidate must attend & complete the exam in person.
5. The test must be undertaken in one session, if applicants cannot pass all of the required moves in one session, they must be failed.
6. Candidates will be expected to show full control of each movement required.
7. Each dive must be demonstrated to a satisfactory standard.

**Recommended Form Score:**

Diving judges give marks out of 10 per dive.

To pass a candidate must average 5 out of 10 over all the dives.

**Elements to be examined:**

**Without Clothes**

- (a) Forward dive (straight/standing)
- (b) Forward dive (straight/running)
- (c) Back dive (straight)
- (d) Forward somersault (any position)
- (e) Reverse dive (straight/standing)
- (f) A fall off back somersault (any position)
- (g) 1 forward dive with 1/2 twist (running)
- (h) 1 Barani\* somersault

**With Clothes\*\***

- (i) Reverse somersault (any position, standing or running)
- (j) Forward somersault (any position, running)
- (k) Falling back somersault

**Notes:**

Candidates to remember that learning does not equate with performing to the standard required.

Training required will probably take the best part of 1 year at 2-3 sessions per week.

\*Barani - A forward somersault dive with half twist.

\*\*Clothes required - Long sleeved shirt/blouse, long trousers, shoes & socks.

**Group C - Riding & Driving:**

**Category**

**Standard Required**

(1) Horse Riding

British Stunt Register Horse Riding Test

The test will be carried out by an British Stunt Register approved BHS examiner. The examiner may not examine any candidate that he/she has trained for the test.

The British Stunt Register will approve the examiner and venue for the test.

The candidate must pay the test fee to The British Stunt Register prior to the test, no later than the deadline date specified in the letter of confirmation.

The fee will be set to cover the examiner's fees and expenses, use of the riding centre facilities and horses, administration costs, fee/expenses for the Horsemaster present & training for new Horsemasters & examiners.

There has to be a minimum of 3 participants otherwise the test cannot take place. Candidates cancelling will not get a refund unless unable to attend due to illness/injury. In this instance they **must** provide a valid medical certificate within two weeks of notification. They will then be reimbursed three quarters of the fee. The other quarter is administration costs. If no medical or hospital certificate is received then the entire fee will be forfeit.

### **Rules:**

1. A candidate may not take the test at a venue/centre where they have worked, ridden or trained in the last year.
2. The sections of the test must all be passed on the same day.
3. Where a candidate is below the required standard, the examiner may stop the candidate at any time in the interest of safety of the horses & rider. Completing the test does not necessarily indicate a pass has been achieved.
4. To pass, a candidate must show a correct basic position with balance which is independent of the reins. His/her aids must be correct in order that the horse & rider show harmony in the work.
5. Once a year, two BHS examiners will attend a test in order to ensure consistency of examination and marking.
6. A British Stunt Register Horse master & helpers from the test center may be present to facilitate the running of the test & command the "Stunt" part (5). The Horse master will be present throughout the "Stunt" section of the test & for most of the riding skills sections.
7. The Horse master & helpers will not 'advise' candidates.
8. The Horse master must not be the applicant's normal coach.
9. Other than the above, spectators are not permitted.
10. In making an application for the test, a candidate is accepting that the decision of the British Stunt Register examiner is final.
11. A candidate failing the test on three occasions may not re-take the test for at least one year from the date of the last test.
12. The rider must provide suitable riding attire from the test with particular attention to hats & footwear. Hats must be to a current approved standard. Footwear must have a definite heel and a smooth sole – preferably jodhpur boots or long riding boots. Motor cycle boots or heavy boots are **not suitable** as they are too bulky to be safe in normal stirrup irons.
13. No jewellery should be worn.
14. Whips may be carried but spurs will not be allowed.

### **Results:**

The British Stunt Register examiner only will give the result of the test.

The names of successful candidates will be displayed as soon as possible following the test.

A short written report will be sent by the British Stunt Register examiner to all candidates outlining the strengths & weaknesses



**Complaints:**

A moderator from the list of BHS examiners will be appointed in the case of a candidate complaint. A £100 deposit must be lodged by the complainant with a written report of the reasons of the complaint. The deposit will be returned in the case of the complaint being upheld by the moderator.

(A complaint should not be on a 'fail' but on maladministration of the test.)

**Elements to be examined:**

1. The candidate will be required to tack up a horse efficiently with an understanding of the safety and comfort of the tack for horse and rider. Bits may include snaffles and pelhams where a curb chain is included. The candidate will be required to lead a horse in hand with consideration for the safety of self, horse and other people and horses in the vicinity.
2. The candidate will be required to mount and dismount with agility and sensitivity for the horse and show his/her ability to ride two horses in walk, trot (rising and sitting) and canter – including correct canter leads and changing the canter lead. Transitions from pace to pace including walk to canter and canter to walk should be shown. Circles of varying sizes should be shown in the three paces of a suitable size for the horse being ridden to be executed with balance and rhythm. Accuracy of transitions at set marks should be shown. A few steps of rein-back will be required. The candidate may be requested to ride in pairs, threes or four abreast.
3. The candidate will be required to jump a short course of fences not exceeding 0.76m (2'6").
4. The candidate will be required to vault on and ride bareback in all three paces and over fences not exceeding 0.76m (2'6").
5. The candidate will be required to ride in all three paces holding lance or sword and shield showing good overall control of the horse. The candidate may be required to wear a jousting helmet during this part of the Test. Riding as a 'team' abreast and pulling up at set marks may be required.

**Notes:**

Candidates to remember that learning does not equate with performing to the standard required.

Training required will probably take the best part of 1 year at 2-3 sessions per week.

<b>Category</b>	<b><u>Standard Required</u></b>
(2) <b>Cars</b>	Proof of successful competition experience, and provision of relevant competition licences from the Royal Automobile Club.
(3) <b>Motorcycles</b>	Proof of successful competition experience, and provision of relevant competition licences from the Auto Cycle Union.

**Group D - Agility & Strength:**

<b><u>Category</u></b>	<b><u>Standard Required</u></b>
(1) <b>Gymnastics</b>	British Stunt Register Gymnastics Test.

The Coach/Examiner should be a *British Gymnastics* 3 standard coach & not the applicant's normal coach.

**Rules (for both male & female candidates):**

1. All elements should be attempted for assessment.
2. The candidate must show the examiner a piece of photo-ID such as a passport or photo- driving licence. Any applicant that cannot show such ID will not be allowed to take the test.
3. No candidate should send the examiner recorded evidence of their skills as the candidate must attend and complete the exam in person.
4. The test must be undertaken in one session, if applicants cannot pass all of the required moves in one session, they must be failed.

**Recommended Form Score (for both male & female candidates):**

Gymnastic judges to give marks out of 10 per move.

It is a requirement that the gymnast attains all skills to a competent level, with an overall pass level of 70% and no individual section below 60%.

- 0- 4 Graded failure to complete movement.
- 5- 6 Completed move but with insufficient style or technique.
- 7- 8 A competent performance of the movement with reasonable style.
- 9-10 Excellent/flawless performance.



**Elements to be examined (MALE):**

**Floor Exercise:**

1. Handstand forward roll.
2. Back roll through handstand.
3. Two cartwheels.
4. Round off (Arab spring)
5. Standing back flip.
6. Round off back flip.
7. Handspring.
8. Front somersault from Reuther board.

**Pommel Horse:**

1. Half shear off left leg.
2. Half shear off right leg.
3. Five double leg circles on a mushroom pommel trainer.

**Rings:**

1. Five swings to horizontal back & front
2. From inverted hang layaway and inlocate
3. Dislocate from swing.
4. Swing and back flyaway dismount.
5. Muscle up and hold half lever.

**Vault:**

Cross Horse: Height 130cms

1. Layout squat through
2. Handspring

Long Horse: Height 130cms

1. Straddle vault.

**Parallel Bars:**

1. Swing to handstand and hold three seconds
2. Back uprise from upper arms.
3. Upper arm upstart.
4. Short upstart on end of bars.
5. Flank vault dismount.

**Horizontal Bars - Low Bar:**

1. Backward circle.
2. Forward hip circle.
3. Float upstart.
4. Straddle sold circle dismount.

**High Bar:**

1. Backward long swings using gloves and loops
2. Forward long swings using gloves and loops
3. One or the other of 1 or 2 without loops.
4. Swing and back flyaway dismount.

**Mini-tramp:**

1. Tuck jump.
2. Straddle jump.

**Elements to be examined (FEMALE):**

Safety mats should be allowed under the beam and the single high bar elements can be performed over a pit. Each element is marked out of 10 in half mark intervals (ie. 7.5 is allowable, 7.3 is not). Candidates will be allowed a maximum of two attempts at each skill, the best mark to count.

**Floor:**

1. Handstand forward roll.
2. Back roll to handstand.
3. Two cartwheels.
4. Handspring to one leg, handspring to two legs.
5. Dive roll (Hecht, layout position)
6. Round-off two flics.
7. Round-off tuck back somersault OR Round-off flic, tuck back somersault.
8. Tucked front somersault from springboard.
9. Standing tuck back.
10. Running punch front.

**Vault (Performed on vaulting table at 125cms):**

1. Handspring.
2. One of: Half on, half off, Yamashita, Tsukahara tucked.

**Bars**

**On single low bar:**

1. Upstart
2. Clear circle to min. horizontal.

**On shiny bar with loops and gloves:**

1. 3 x forward giants.
2. 3 x backward giants.

**On single high bar:**

1. 3 x back giants from cast.
2. Tucked somersault dismount from swing under bar.

**Beam: On high beam 120 cms:**

1. Mount from springboard onto one leg
2. Tuck jump
3. Either: Backward walkover **or**, Free forward roll **or**, Backflip
4. Cartwheel to handstand hold 2 secs.
5. Full spin on one leg.
6. Cartwheel tuck back somersault dismount **or** Free cartwheel dismount.

**Mini-tramp:** (minimum 12" safety mat for landing )

1. Piked straddle jump.
2. Piked front somersault.
3. Piked or straight barani.
4. Tucked somersault.
5. Straight somersault.
6. Running tucked front somersault.
7. Running straight front somersault.
8. Standing back somersault tucked.

**Category**

**Qualification Required**

(2) **Rock Climbing**

B.M.C. (British Mountaineering Club) S.P.S.A.  
(Single Pitch Supervisors Award. Combined with  
an ability to lead climbs confidently at a H.V.S. (hard  
very severe) standard.

**OR**

**Mountaineering**

M.I.A. (Mountain Instructor Award)

**OR**

**Mountaineering**

M.I.C. (Mountain Instructor Certificate)

**Group E - Water:**

**Category**

**Standard Required**

**(1) Swimming**

British Stunt Register Swimming Test

The test will be carried out by a British Stunt Register approved examiner:  
Jan Brinkley (ASA Principal Tutor & British Stunt Register Head Swimming Examiner)

E-mail: [bbrink76@aol.com](mailto:bbrink76@aol.com)

Tel: 07747773903

**Rules:**

1. The candidate must show the examiner a piece of photo ID (e.g. passport or photo driving license.) Any applicant that cannot show such ID will not be allowed to take the test.
2. No candidate should send the examiner recorded evidence of their skills & the candidate must attend & complete the exam in person.
3. The test must be undertaken in one session, if applicants cannot pass all of the required moves in one session, they must be failed.
4. The Test must be taken in a pool not less than 25m in length and with a Depth of not less than 1.8m and not less than 3m.
5. The test should be taken in the order listed and must be completed in one session of not more than 60 Minutes.
6. At no time during the test parts A or B should a start or entry be made by diving into the pool.
7. Goggles to be worn if preferred other than when stated that they are not permitted.

**Recommended Form Score:**

All times will be recorded on the examiners test record sheet.

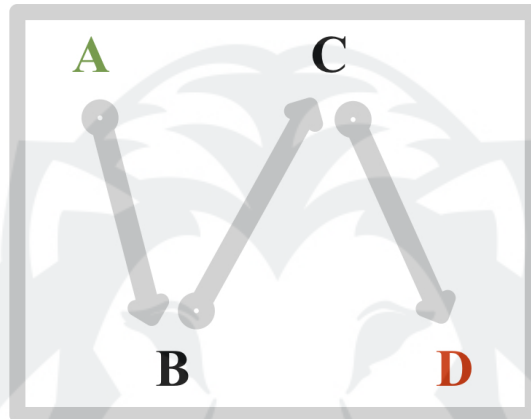
**Elements to be examined:**

**Part A- Unclothed**

1. Straddle jump from pool side keeping head out of the water.
2. Swim 400m Free style in 10 mins.
3. 25m Breath held swim underwater, surface and rest for not more than 20sec and repeat 25m under water swim.
4. 100m freestyle in 1min 30 sec's.
5. Duckdive to Min depth of 2.5m to retrieve weight of 5kg,swim 25m carrying this weight (Goggles are not permitted)
6. 100m Breast stoke in 1min 50 sec's.
7. 100m Backstroke in 1min 45 sec's.
8. 20m Tow of "Unconscious Swimmer" in sec 60secs using a pistol grip around the chin.

9. 100m Butterfly in 2mins 10 sec's.
10. Duckdive to Min Depth of 1.8mt to 3m and using no assistance hold at bottom for 30 sec's.
11. Duck-dive and swim an underwater course through 4 hoops placed at depth of 2.5m (as shown in Figure 1) in one breath and without the use of Mask or Goggles. Course to be laid out A to B=7m B to C=10m C to D=7m

**Figure 1.**



**Part B -Clothed\***

1. 100m Freestyle in 2mins.
2. 20m Breath – Held Underwater swim.
3. Tread Water for 3 mins continued for 2 mins with no hands.
4. While treading Water remove clothing.

**Notes:**

\*Clothed for the purposes of the test shall mean a long sleeved loose fitting shirt, open fronted [not to be buttoned] jacket, long loose fitting trousers, lace up trainers and socks. No water proof or denim clothing and clothes to be of Linen or cotton.

**Category**

**(2) Sub Aqua**

**Standard Required**

CMAS Three Star.

**OR**

BSAC Advanced diver.

**OR**

PADI Dive Master.

**OR**

HSE Scuba.

**Group D - Miscellaneous:**

1. Only one qualification under this section is allowed.
2. Evidence of a high standard of qualification in a relevant skill not listed above may, **at the discretion of The British Stunt Register Committee**, be accepted in substitution of **ONE** of the categories listed which will be considered as an enhancement to the Register.
3. Candidates should already have this qualification.
4. Specific training should not be necessary.
5. It should be an **exceptional talent/skill** e.g. an Olympic or National champion.

