

UPDATED MAY 2019



THE BRITISH  
STUNT REGISTER

—  
EST. 1973

APPLICATION REQUIREMENTS (updated MAY 2019)

What follows are The British Stunt Register application requirements. These are taken from the former JISC grading scheme and have been updated, made more relevant and are subject to revision by The British Stunt Register Committee.

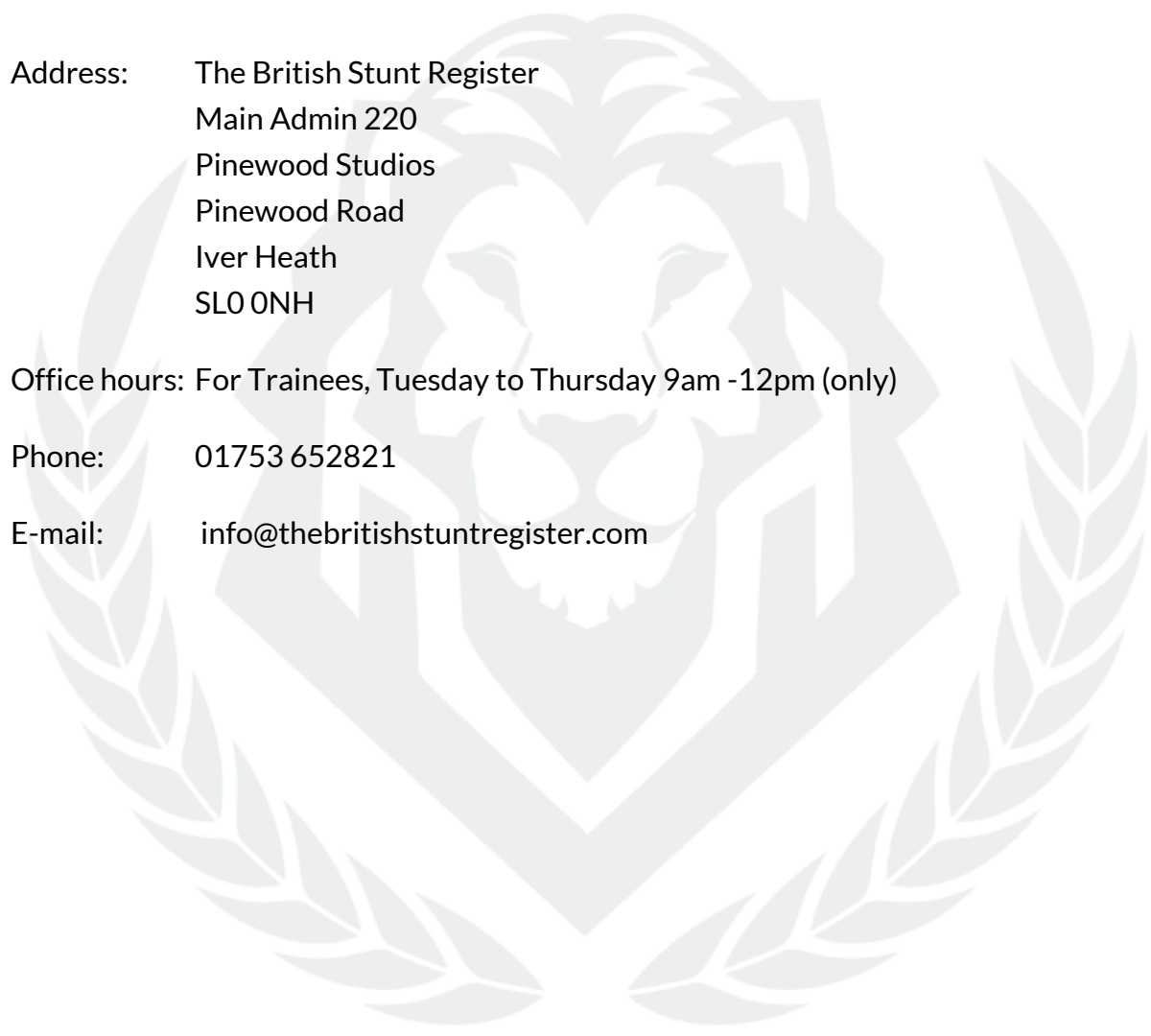
To ensure that you are kept up to date with the latest news and updates on any amendments or changes made to The British Stunt Register application requirements, please register your interest to join The British Stunt Register with our Head Office at Pinewood studios.

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

Office hours: For Trainees, Tuesday to Thursday 9am -12pm (only)

Phone: 01753 652821

E-mail: [info@thebritishstuntregister.com](mailto:info@thebritishstuntregister.com)



**PROBATIONARY MEMBERSHIP (taken from current Upgrade Rules MAY 2019)**

Procedure for making an application for Probationary Membership

- i) Applicants must produce evidence of a minimum 10 day BSR recognised drama course which is MANDATORY, unless a 2-year BSR recognised drama/acting course has been completed e.g. College/University
- ii) Must have completed one of the following options:

**Option 1:** 20 days on set in front of camera and 20 days' live shows/performance:

**OR**

40 days' live shows. (If using live shows, a minimum of 10 days on set experience in front of camera must also be submitted).

**Option 2:** 20 days on set experience in front of camera and a 2-year minimum BSR recognised drama course.

**Option 3:** 80 days specialist stunt performer contracts, (logged with the BSR), with reference letters from Stunt Co-ordinators. In the event of performing less than 80 Stunt days, a stunt day shall count as ½ day towards the total 40 days on set experience.

**Option 4:** 100 days foreign stunt performer contracts with reference letters from Stunt Co-ordinators on Film and TV shows, recorded and aired which are traceable by the BSR committee.

Applicants must be aged 18 years or over. Evidence of age may be required.

- iii) An applicant must provide:

Evidence of qualifications to the required standard, in a minimum of SIX of the disciplines within the five groups listed below in Appendix A, one of which must be in Group A - Fighting (with only one Martial Art being permitted, boxing is a fighting/martial art skill and cannot be used as a second discipline in this category). The disciplines must fall within at least four of the groups, but not more than two disciplines should fall within any one group.

The miscellaneous category is reserved for physical skills at international and world championship level. This category is assessed by the BSR Committee case by case.

Certificates of skills qualification required for applications for Probationary membership, must be no more than five years old, and should be supported with a video demonstrating evidence of the skills submitted. A certificate is not proof of ability, you should make sure your video clearly proves a minimum of the skill level required. The video should contain a demonstration of each of the applicant's performance in the Six disciplines where applicable. The video should **not** be creatively edited and should not have a music soundtrack. If there is any query regarding the competence of the applicant in a particular skill, then the applicant may be required to undertake an independent test in that qualification.

The Physical Competencies are a set standard of skills that an applicant needs to gain a suitable level of competency, built through experience and exposure to physical stress. These physical competencies become the foundations that can be drawn from when learning and performing stunts in the film industry. The Skills have been assessed and developed by experienced industry specialists to meet the needs of the industry. The standards are aligned with external governing bodies, where achievement can be verified and a set standard obtained. Where the BSR sets its own expected standard of skill, independent assessors and venues are used where appropriate.

iv). On successful submission and revision of all criteria, the applicant must complete Stunt Seminar Health & Safety LEVEL 1: The candidate will not be granted access to the BSR at probationary level unless the \* modules have been completed.

\* Please note candidates should always check with the office for updated criteria reviews.

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. 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 two year's consistent experience in the particular skill.

**Group A - Fighting:**

<u>Category</u>	<u>Standard Required</u>
Martial Arts:	Level immediately below black belt standard (from starting level), from the appropriate governing body, which must be affiliated to the appropriate Martial Arts Associations that track records can be proven and authenticated.
Taekwondo: (I.T.F, W.T.F)	Black Stripe, successful competition experience.
Kick Boxing: (W.A.K.O, WKA WKO, WKU)	Brown belt or equivalent, training history and successful competition experience.
Karate: (WK, EKF, EKGB)	Brown belt or equivalent grade, successful competition experience.
Kung-Fu: (British Kung Fu Association)	Grade equivalent to the grade just before black. Training history and successful competition experience.
Kendo: (WKD, FIK British Kendo Association)	Grade equivalent to the grade just before black. Training history and successful competition experience.
Judo: (BJA)	Competitive 1st Dan belt or equivalent from a recognised World or UK governing body. Training history and successful competition experience.

Aikido:	1st Kyu or brown belt equivalent from a recognised World or UK governing body. Training history and successful competition experience.
Wushu (BCCMA, IWF)	Brown Belt under a recognized federation. Training history and successful competition experience.
BJJ	Purple belt: from a recognized BJJ school. Training history and successful competition experience.
Muay Thai	Evidence of Skill, proof of training history under a recognised federation. Proof of successful competition experience. Supporting evidence is paramount with a minimum 20 fight competition experience with 15 wins.
Wrestling	Evidence of skill. Proof of training age and successful competition experience under a recognised governing body. Supporting evidence is paramount with a minimum 20 fight competition experience with 15 wins.
Other Martial Arts*	Level immediately below black belt standard or above (from starting level), from the appropriate governing body which must be affiliated to World associations/federations that grade can be authenticated. This is a skill that has been trained from young and we advise that you don't set out to learn this for the register. Evidence of a comprehensive training history and competition experience is paramount. Successful submissions will be at the discretion of the British Stunt Register committee and applicants should check well in advance with the BSR administrator.
Boxing	Evidence of training, successful competition experience spanning 2 years or more, and under appropriate boxing association (ABA). Boxing is accepted on a case by case basis as video evidence proving skill needs to be submitted to the BSR committee. Supporting material evidence is paramount and a minimum of 20 fights and 15 wins.

Notes:

Only ONE skill from Group A is acceptable. Thai Chi is not acceptable. Martial Arts listed above are accepted if they are under the appropriate British or World governing bodies, where training/fighting/competition experience can be authenticated. All Martial Arts/Boxing skills have to be verified with the relevant paper work and video evidence of competency. Subject to The British Stunt Register Committee's discretion. Decisions will be made on authenticity, **supporting paperwork and video evidence**. In the event of discrepancies, the BSR will seek independent expert advice of their choosing.

**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, and at British Stunt Register approved venues:

Please contact the BSR office. Email: [info@thebritishstuntregister.com](mailto:info@thebritishstuntregister.com)

Trampolining is incorporated into the falling category to aid and assess good spacial awareness, body control and the ability to adapt whilst in the air, take- off or landing. Candidates should gain EXTENSIVE experience in the sport of Trampolining in order to safely perform all elements of the test to a sufficient standard.

**Notes**

All elements must be performed at sufficient height which is at least the candidates head height.

All elements will be judged by means of deduction from 10, the remainder being the score, e.g. a deduction of 2 would leave a score of 8.

A score of 5 or above needs to be achieved for each individual element, but with a total average pass mark of 7.5 for the whole test.

A score of less than 5 for any one individual element will result in failure for that element. Failure of any elements will constitute failure of the test and will require the candidate to re-sit the test at a later date.

All elements must be performed to the required standard on the same test day. **NO DEFERRED ELEMENTS.**

Use of a crash mat is not permitted except for the specific Airbag section of the test. Sufficient warm up time will be allowed prior to the test commencing. Once under test conditions a maximum of TWO attempts will be permitted for each element.

ROUTINE A: This routine is compulsory

1. Full Twist Jump
2. Straddle Jump
3. Seat Drop
4. Half Twist to Seat
5. Half Twist to Feet
6. Pike Jump
7. Back Drop
8. Half Twist to Feet
9. Tuck Jump
10. Front Somersault Tucked

Routines B and C: Candidates must learn both of these routines. The examiner will select a routine to be performed on the day.

ROUTINE B:

1. Back Somersault Straight
2. Straddle Jump
3. Half Twist to Seat
4. Half Twist to Feet
5. Pike Jump
6. Back Drop
7. Half Twist to Feet
8. Tuck Jump
9. Crash Dive
10. Barani Ball Out Tucked

ROUTINE C:

1. Back Somersault Straight
2. Straddle Jump
3. Back Somersault to Seat Tucked
4. Half Twist to Feet
5. Half Twist Jump
6. Pike Jump
7. Back Drop
8. Half Twist to Feet
9. Tuck Jump
10. Either, Full Twisting Back Somersault or Full Twisting Front Somersault



ALL OF THE FOLLOWING INDIVIDUAL ELEMENTS MUST BE PERFORMED

1. Front Somersault Tucked
2. Front Somersault Piked
3. Back Somersault Tucked
4. Back Somersault Piked
5. Back Somersault Straight
6. Barani Tucked
7. Barani Piked
8. Barani Straight
9. LINK: Straight Back, Straight Barani, Piked Back
10. Full Twisting Back Somersault Straight
11. Twisting Front Somersault (Minimum Full Twist)
12. Gaining Front Somersault Tucked
13. Gaining Back Somersault Tucked
14. Half Twist to Crash Dive (Arabian) Straight, Half Twist to Feet
15. 1 ¼ Front Somersault Tucked, Barani Ball Out Tucked

THE FOLLOWING INDIVIDUAL ELEMENTS MUST BE PERFORMED ONTO A CRASH MAT IN ORDER TO DISPLAY GOOD FLAT BACK LANDING IN PREPARATION FOR AIRBAG LANDING TECHNIQUE.

1. 1 ¼ Tuck Back Somersault to Flat Back Landing
2. Lazy Back Somersault Straight with late Half Twist to Flat Back
3. 1 ¼ Front Somersault Tucked with late Half Twist to Flat Back
4. Elevated Full Twist Jump to Flat Back
5. Barani to Flat Back
6. Full Twisting Crash Dive Straight to Flat Back
7. 1 ¼ Front Somersault to Flat Back

Category

Standard Required

(2). High Diving

The British Stunt Register High Diving Test

STUNT REGISTER HIGH DIVING QUALIFICATION (Updated 2018):

Role of the Diving qualification:

To promote and test a performer's aerial awareness.

To learn the effects of falling in different positions, rotations, directions and heights.

To acquire the ability to make adaptations on the board, in the air and on entry. In order to perform the dives safely and efficiently.

The ability to replicate each skill 'on demand' without rehearsal.  
 Ability to perform learned skills under the pressure of test conditions.

Part 1.

Dives to be performed in regular swimwear (no wet suit) and without bubbles.

	<u>Dive Number</u>	<u>Position</u>	<u>Dive Description</u>	<u>Approach</u>	<u>Board</u>	<u>Notes/Assistance</u>
1	100	A	Forward Jump Straight	Standing	10	Recognised arm movement
2	200	A	Backward Jump Straight	Standing	10	Recognised arm movement
3	101	A	Forward Dive, Straight	Running	10	
4	103	D	Forward 1.5 Somersault	Choice	10	Recognised position, notified to judges
5	201	A	Backward Dive, Straight	Standing	10	
6	301	A	Reverse Dive, Straight	Standing	10	
7	401	D	Inward Dive	Standing	10	Recognised position
8	5111	D	Forward Dive Half Twist, Free	Running	10	
9	5121	D	Forward Somersault Half Twist, Free	Standing	10	

Part 2.

Dives to be performed CLOTHED, without bubbles. Loose long-sleeved blouse/shirt, loose fitting trousers/jeans, socks, shoes. NB: Regular clothing, no adaptations or inserts.

	<u>Dive Number</u>	<u>Position</u>	<u>Dive Description</u>	<u>Approach</u>	<u>Board</u>	<u>Notes</u>
10	101	A	Forward Dive, Straight	Standing	10	
11	302	D	Reverse Somersault, Free	Running	10	
12	202	D	Falling Back Somersault, Free	Standing	10	
13	102	D	Forward Somersault Free	Choice	10	

Part 3:

Divers to repeat 3 Dives taken from Section 1 chosen at random by the judges, and to be performed at a randomly selected platform height. No wet suit, no bubbles.

	<u>Dive Number</u>	<u>Position</u>	<u>Dive Description</u>	<u>Approach</u>	<u>Board</u>	<u>Notes</u>
14	TBC (1-9)		3 Dives randomly selected from Section 1 to be performed again, from a randomly selected height		5, 7 or 10	
15	TBC (1-9)				5, 7 or 10	
16	TBC (1-9)				5, 7 or 10	

NOTES

- Every dive must be demonstrated safely and under full control. Tests will be stopped should this not be evident.
- 'Running' may constitute a traditional two footed platform take off, or a one footed 'run' style take off.
- Jumps (1 and 2) must involve appropriate diving arm movements, entry should be with arms to sides.
- Judges to mark each dive out of 10.
- To pass a candidate must score a 5 or over on all the dives.
- Tests must be carried out at an approved centre in the presence of a minimum of 3 judges.
- One judge must be an examiner on the national list of judges (or retiree thereof). This judge cannot be the divers own coach.
- All Dives must be performed in one sitting, in succession, with no lead-ups once the test has begun.
- All Dives are to be carried out under test/competition conditions.
- ONE dive may be repeated ONCE at the end of the test competition, should the required standard not be met.
- 'Dive Recorder' (or official BSR manual entry dive sheets), should be completed and a copy sent with BSR application.
- All tests must be videoed and the footage submitted with BSR application.
- Position 'D': As per FINA rules, position D may be any of the recognised diving positions, or a combination, so long as the legs are together and the toes are pointed.

NB: Prior Notice/Permission to video the Dive Test must be sought from Dive Centre Management in advance of Test Day. This may be requested in writing, several weeks/days prior to test in order to comply with the centres Child/Data Protection Policy.

- Suggested training time is 1-2 years at 2-3 sessions per week to ensure competency.

**GROUP C: - Riding and Driving:**

Category

Standard required

(1) Horse Riding

The British Stunt Register Horse Riding Test

- The test will be carried out by a British Stunt Register approved examiner.
- 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 center facilities and horses, administration costs, fee/expenses for the Horse Master present & training for new Horse Masters & 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 forfeited.

Rules:

1. All sections of the test must be passed on the same day.
2. 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 and rider. Completing the test does not necessarily indicate a pass has been achieved.
3. 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 and rider show harmony in their work.
4. A British Stunt Register Horse Master and helpers from the Test Centre MUST be present to help facilitate and advise on all sections of the test.
5. The Horse Master and the approved BSR Examiner must not be the applicant's normal coach. In such extreme circumstances where this cannot be avoided, the BSR Examiner and horse master must declare the conflict of interest and an independent expert will be used to oversee the test.
6. Other than the above, spectators are not permitted.

7. In making an application for the test, a candidate is accepting that the decision of the British Stunt Register examiner is final.
8. 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.
9. The rider must provide suitable riding attire for 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.
10. No jewellery should be worn.
11. No Whips or Spurs.
12. Candidates are aware that this test is a British Stunt Register horse test and riding horses can be dangerous. All candidates must have their own insurance to cover them for taking part in this test.
13. Candidates must have completed and had verified 10 days Riding on a film set before applying for the test. \*
14. The Test will be videoed and recorded for assessment, future improvement of the test, possible disputes and BSR records.
15. A minimum of two years riding experience that can be verified is required.

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 but not limited to snaffles and Pelham's where a curb chain is included, approximately 10 mins will be given for this exercise. Candidates will need to show awareness of tack once fitted. 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 WARM-UP: 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. 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. At all times the candidate must show awareness of their surroundings, for their safety, the safety and comfort of the horse and the

safety of other riders/participants. Horse Master reserves the right to change horses if the day/riders require the adjustments.

3. **STOPPING ON A MARK:** The candidate will be asked at the Horse Masters discretion to ride in and stop on a mark. The mark will consist of stopping next to another horse, between cones or beside an object. The candidate will need to show control and care of the horse. Accuracy is needed and the horse must be stopped within 1 metre of the set mark.
4. **FORMATION RIDING:** The candidate will be asked to ride single file, in pairs and all abreast, demonstrating control, maintaining distances and timing. The candidate will be holding a sword and shield or a shield and flag.
5. **FIGHTING ACCURACY COURSE:** The candidate will be asked to ride a course while holding a sword and shield. The candidate will strike with their sword the targets set out on the course to imitate fighting people on the ground. The route and choreography will be explained and demonstrated, the candidate will then **PERFORM** the desired moves. The candidate must show awareness of their environment, control of their weapon, safety of their horse and the safety of people on the ground or on horseback. The Horse Master may ask for this to be completed under filming conditions representing a filming environment.
6. The candidate will be required to jump a short course of ascending height fences starting at 0.76m (2'6") and not exceeding 1m (3'3") in height. The candidate will need to show control and correct riding position in take-off, flight and landing to progress onto the next height fence.
7. The candidate will be required to vault on and ride bareback in all three paces and jump over fences not exceeding 0.76m (2'6".)
8. **PRECISION FILM SET ORIENTATION:** A candidate will be required to follow instructions and navigate a set piece of action under filming conditions. The set piece of action will be talked through by the Horse Master and rehearsed. A candidate will be asked to **PERFORM**, but not limited to:  
Remember the action  
Vault on  
Ride a course in multiple gates  
Ride close to objects, holding the correct line  
Ride through restricted spaces  
Hit a mark close to an object  
Dismount.

Notes:

- Candidates to remember that learning does not equate with performing to the standard required.
- Riding a horse on set carries a large responsibility to the safety of the horse, the crew and the rider, this responsibility is not to be taken lightly.

- A film set, although a controlled environment, is not like riding a horse in a riding school.
- Training required will take the best part of 2-3 years at 2-3 sessions per week.
- It must also be remembered at all times that Horses are animals with their own minds and have good days and bad days. The Horse Master and examiner reserve the right to “retire” or substitute a horse at any time that they see fit.

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.
- The British Stunt Register examiner will send a short-written report to all candidates outlining their strengths, weaknesses and feedback from all sections of the test.
- The decision of the BSR committee is final.

\*The committee and all BSR approved Horse Masters are fully aware of the possible circumstances that may arise from point 13. The Horse Masters will have to deem the applicant’s competency as suitable before the applicant will be allowed to ride on a film set. This will not be unfairly withheld. The committee and the BSR approved Horse Masters will help facilitate this.

Category

Standard required

(2) Cars:

Stunt Register Driving Certification. For more information contact Silverstone Rally School: 01327 857413.

Or

(2) Cars:

Exceptional motorsport competition experience holding the relevant licence from approved Governing Body (MSA, RAC).  
Successful competition experience under approved Governing Bodies.  
A minimum 2 years of racing with at least 10 races per year.  
At least 50% of races should be top 15 finishes in top group.  
Supporting verifiable evidence of competition experience and placing is paramount.

- (3) Motorcycles
- Exceptional motorsport competition experience holding the relevant licence from approved Governing Bodies (ACU, AMCA, ORPA).  
Successful competition experience under approved Governing Bodies.  
A minimum 2 years of racing with at least 10 races per year.  
At least 50% of races should be top 15 finishes in top group.  
Supporting verifiable evidence of competition experience and placing is paramount

### **Group D: Agility & Strength**

#### **Category**

#### **Standard Required**

- (1) Gymnastics                      The Combined British Stunt Register Gymnastics Test

The Examiner must be a British Gymnastics Qualified Regional Judge or above. The Test can ONLY be taken at BSR approved venues by a BSR approved examiner on the dates released by the BSR. All candidates must be members of British Gymnastics while training and testing.

All skills MUST be recorded and included in the submission skill video. In the event of any discrepancies, the BSR committee will seek advice from an examiner of their choice.

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

1. The candidate must show the examiner 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. All applicants must also provide evidence of British Gymnastics membership/insurance.
2. All candidates must sign a waiver on the day declaring they are in good physical condition to complete 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 at a BSR gymnastics test.
4. The test must be undertaken in one session. All elements should be attempted for assessment. If applicants cannot pass all of the required moves in one



session, they will fail the test and therefore retake the full test again on another occasion.

5. Appropriate clothing must be worn at the test. For male applicants please wear a T-shirt and athletic shorts (above the knee). For female applicants please wear a leotard or T-shirt and athletic shorts (above the knee). No jeans or sweatpants allowed. No jewellery allowed. Any jewellery which cannot be removed must be covered with a plaster.

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

Gymnastic judges to give marks out of 10 per move and deduct from there. A deduction of 3 would leave a score of 7

It is a requirement that the candidate attains all skills to a competent level, scoring a 6 or above for every element.

If a score of below 6 is achieved then the candidate fails that element and therefore fails the test.

The candidate will be allowed a second attempt at the end of the test if an element is failed. Only two attempts will be allowed.

Grading

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

Each element is marked out of 10 in half mark intervals (i.e. 7.5 is allowable, 7.3 is not). No single element below 6.

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

All skills on Rings, Parallel Bars and High Bar should be performed over landing safety mats, with the exception of 'long swings (giants) without loops and gloves' on High Bar, which may be performed over a foam pit.

Floor:

1. Handstand forward roll
2. Backward roll through handstand
3. Half lever hold 5 secs
4. Running (3 steps) dive roll
5. Cartwheel from right leg
6. Cartwheel from left leg
7. Round off
8. Standing back flic
9. Round off back flic
10. Standing back somersault
11. Round off back somersault
12. Running (3 steps) handspring
13. Running (3 steps) punch front somersault

Pommel Horse:

1. Five double leg circles on a medium height mushroom pommel trainer

Rings:

1. Muscle up to half lever (hold 3 secs)
2. Inverted hang (hold 3 secs)
3. Five swings to horizontal back & front
4. Swing into back somersault dismount

Vault:

*Table Vault (Height 135cm) from springboard to hard landing mat:*

1. Squat through
2. Straddle over
3. Squat on front somersault off
4. Handspring
5. Handspring 1/1 (360°)

Parallel Bars:

1. Short upstart on end of bars
2. Back uprise from upper arms
3. Upper arm upstart
4. Straddle lever (hold 5 secs)
5. Swing to handstand (hold 3 secs)
6. Front flank vault dismount

### High Bar:

1. Five swings (to horizontal with good technique)
2. Swinging 1/2 turn (180° at horizontal)
3. Float upstart
4. Backward hip circle
5. Forward hip circle
6. Three backward long swings (giants) with loops and gloves
7. Three forward long swings (giants) with loops and gloves
8. Either (6) or (7) without loops and gloves
9. Back somersault dismount from swing to hard mat landing

### Mini-Tramp:

All landings are on to a safety mat and must be held for a minimum of 2 secs.

1. Tuck jump
2. Straddle jump
3. 1/1 turn (360°)
4. 1 1/2 turn (540°)
5. Crash dive to land flat on back. Minimum height 2.5m (on to soft safety mat)
6. Dive roll long flight. Minimum length 2.5m.
7. Front somersault (tuck, pike or straight) with high flight Minimum height 2.5m
8. Front somersault (tuck, pike or straight) with long flight. Minimum length 2.5m
9. Back somersault (tuck, pike or straight) with high flight (from snap down)
10. Barani (tuck, pike or straight)
11. Front somersault late 1/2 turn (180°) to land on back (on to soft safety mat)
12. Straight front 1/1 (full turn) somersault

### Parkour & Freerunning:

#### *Jumps:*

1. Standing precision jump (8ft minimum. Block to block. Hold landing for 2 secs)
2. Running precision jump (10ft minimum. Block to block. Hold landing for 2 secs)
3. 360° precision jump (1/1 turn. 5ft minimum. Block to block. Hold landing for 2 secs)
4. Height drop to safety parkour roll (10ft drop minimum. To safety mat)

#### *Vaults: No Linear run-ups:*

1. Dive Kong (distance of 5ft minimum between take off and vaulting block)
2. Kong precision (distance of 5ft minimum between two level vaulting blocks. Hold landing for 2 secs)
3. Speed vault, from an angular run up
4. Dash vault, from an angular run up

*Somersaults:*

5. Running side somersault (3 steps into Webster take off)
6. Back somersault from high block (height of block must be shoulder height minimum)
7. Wall flip (1 or 2 step)

*Bars:*

8. Swinging front somersault (release on back swing. Hold landing for 2 secs)
9. Cast away back somersault
10. Muscle up

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

All skills on Beam and the single High Bar should be performed over landing safety mats, with the exception of 'long swings (giants) without loops and gloves' which may be performed over a foam pit.

*Floor:*

1. Handstand forward roll
2. Backward roll through handstand
3. Hecht dive roll (layout position)
4. Two cartwheels
5. Forward walkover
6. Standing back flic
7. Round off into two flics
8. Standing back somersault
9. Running (3 steps) handspring to one leg step into handspring to two leg landing
10. Running (3 steps) punch front somersault
11. Free cartwheel (aerial)
12. Round off somersault

*Vault:*

*Table Vault (Height 125cm) from springboard to hard landing mat:*

1. Squat through
2. Squat on Front Somersault off
3. Handspring
4. Half on, half off

*Bars:*

*On single Low Bar:*

1. Long upstart
2. Clear circle to min. horizontal
3. Straddle sole circle dismount

*On a single High Bar:*

1. Three backward long swings (giants) with loops and gloves
2. Three forward long swings (giants) with loops and gloves
3. Either (1) or (2) without loops and gloves
4. Back somersault dismount from swing to hard mat landing

*Beam (120cm):*

1. Mount from springboard onto one leg
2. Tuck jump
3. Arabesque (leg higher than horizontal) (hold 5 secs)
4. Straddle lever (hold 3 secs)
5. Cartwheel to handstand (hold 2 secs)
6. Full spin on one leg
7. Backward walkover **or** free forward roll (no hands) **or** back somersault
8. Cartwheel tuck back somersault dismount **or** free cartwheel (aerial) dismount

*Mini-Tramp:*

All landings must be on to a safety mat and held for a minimum of 2 secs.

1. Tuck jump
2. Straddle jump
3. 1/1 turn (360°)
4. 1 1/2 turn (540°)
5. Crash Dive to land flat on back. Minimum height 2.5m (on to soft safety mat)
6. Dive roll long flight. Minimum length 2.5m.
7. Front somersault (tuck, pike or straight) with high flight Minimum height 2.5m
8. Front somersault (tuck, pike or straight) with long flight. Minimum length 2.5m
9. Back somersault (tuck, pike or straight) with high flight (from snap down)
10. Barani (tuck, pike or straight)
11. Front somersault late 1/2 turn (180°) to land on back (on to soft safety mat)
12. Straight front 1/1 (full turn) somersault.

*Parkour & Freerunning:*

*Jumps:*

1. Standing precision jump (6ft minimum. Block to block. Hold landing for 2 secs)
2. Running precision jump (8ft minimum. Block to block. Hold landing for 2 secs)
3. 360° precision jump (1/1 turn. 5ft minimum. Block to block. Hold landing for 2secs)
4. Height drop to safety parkour roll (10ft drop minimum to safety mat)

*Vaults: No linear run ups*

1. Dive Kong (distance of 5ft minimum between take off and vaulting block)
2. Kong precision (distance of 5ft minimum between two level vaulting blocks. Hold landing for 3 secs)
3. Speed vault, from an angular run up
4. Dash vault, from an angular run up
5. Reverse vault (360°)

*Somersaults:*

1. Running side somersault (3 steps into Webster take off)
2. Back somersault from high block (height of block must be shoulder height minimum)
3. Wall flip (1 or 2 step)

*Bars:*

1. Swinging front somersault (hold landing for 3 secs)
2. Cast away back somersault
3. Muscle up

Category

Qualification Required

(2) Rock Climbing

The Combined BSR Rock Climbing Qualification  
(Rock Climbing Instructor (RCI) + Climbing Assessment)  
OR  
Mountain Instructor Award (MIA)

Overview: The Combined BSR Rock Climbing Qualification

The new BSR Rock Climbing qualification consists of 2 parts. Part 1 is the technical ability to safely set up climbs and instruct others on single pitch climbs. Part 2 is an assessment of personal climbing ability on multi-pitch climbs and can only be assessed after part 1 has been completed and the pre-requisite logbook experience has been reached.

The intention is to ensure that climbers have a suitable level of competence that has been built through experience.

Part 1:

Pass the Rock Climbing Instructor (RCI) award administered by the Mountain Training (MT) in the UK and Ireland. This was previously called the Single Pitch Award (SPA), & a pass at that is acceptable.

## Part 2:

Attend and pass a 1-day multi-pitch rock climbing assessment, assessed by a BSR approved Rock Climbing Assessor.

## Logbook:

Prior to booking an assessment the candidate must complete the following pre-requisites, enter the information in their Mountain Training Dlog, and must to share their Dlog with their assessor at least 14 days prior to the assessment date:

## You MUST have:

- Led a minimum of 15 multi-pitch climbs at VS 4c (Very Severe) grade.
- All climbs must be logged on the MT Dlog and clearly show that you led them (photographic evidence of this is advised and can be saved on the Dlog).
- The climbs must be described as 'multi-pitch' in the guidebook.
- All climbs must be on traditionally placed protection (not sport climbing).
- Climbs must be no less than 2 Pitches and 30m in height.
- The climbs must also be on 3 different rock types
- The climbs must be at a minimum of 3 different UK locations.
- Must be able to prove a minimum of 1 years climbing experience.

Please note that 15 climbs are the absolute minimum and most successful candidates will have far more climbing experience than this.

Contact the BSR for a list of BSR approved climbing assessors.

## Assessment:

The candidate will be assessed trad, leading a minimum of 2 VS 4c multi-pitch climbs and must do so with a smooth style and show competence in both climbing ability and rope work. The candidate will also be required to second for other candidates on the assessment. Experience of leading with 2 "seconds" following is advised with the ability to lead in parallel and series. Elements of other climbing skills may also be assessed such as rigging, simple "rescues", etc. at the assessor's discretion. This is to aid the assessing of overall competence.

Candidates will be expected to present themselves for assessment with the appropriate climbing equipment for the assessment, including but not limited to; lead rack, ropes and helmet etc.

Where a candidate is below the required standard, the assessor may stop the candidate at any time in the interest of safety.

Completing the assessment does not necessarily indicate a pass has been achieved, as the overall ability and competence of the candidate will be taken into account by the assessor.

Assessment Outcomes:

**Pass** = The candidate has met all the personal climbing criteria.

**Defer** = The candidate has not achieved all the personal climbing criteria. An action plan will be drawn up by the assessor (this may include the need to gain more climbing experience). The candidate may not present themselves for re-assessment within 3 months.

**Fail** = The candidate has not met the personal climbing criteria and must attend another assessment. The candidate may not present themselves for assessment within 3 months. If the candidate fails a second assessment, the candidate may not present themselves for assessment within 6 months.

Exemptions:

For candidates who hold the MIA (Mountain Instructor Award) or higher mountaineering awards, there is no requirement to attend either Part 1 or Part 2. They are deemed to have past the BSR Rock Climbing award.

**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 and 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:

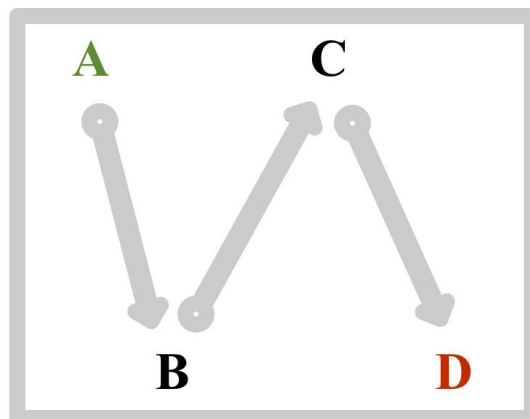
All times will be recorded on the examiners test record sheet.

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. Duck dive to min depth of 2.5m to retrieve weight of 5kg, swim 25m carrying this weight (goggles are not permitted).
6. 100m Breast stroke in 1min 50 sec's.
7. 100m Back stroke in 1min 45 sec's.
8. 20m Tow of 'Unconscious Swimmer' in 60 secs using a pistol grip around the chin.
9. 100m Butterfly in 2mins 10 secs.
10. Duck dive to min depth of 1.8m to 3m and using no assistance hold at bottom for 30 secs.
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 2 mins.
2. 20m breath-held underwater swim.
3. Tread water for 3 mins continuing 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.

<u>Category</u>	<u>Standard Required</u>
(2) Sub Aqua	CMAS Three Star. OR BSAC Advanced diver. OR PADI Dive Master. OR HSE Scuba

Notes:

Logbooks with complete diving history containing a minimum of 60 dives and all original certificates will be needed for submission. A minimum of 30% of the dives need to be in UK waters, quarries and pits (Cold Waters 12 degrees and below with Limited Visibility). The BSR committee will require verification of UK dives (Dive School/ Instructor, proof of transaction).

Foreign equivalents will be considered on exceptional circumstances if the locations can be verified.

For UK applicants starting their dive qualifications after June 2019 the BSR requires you do the first TWO levels of the dive qualification in UK waters.

**Group F - 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. This Skill has to be an exceptional talent/skill e.g. an Olympic, World or National champion

### **Experienced Stunt Career.**

The British Stunt Register recognises work experience and the positive impact it has on our system. An applicant can use a current or former stunt career to replace one skill in the BSR application process, if it meets the following criteria.

The applicant will need to show:

A minimum of 5 years' experience as a stunt performer

A minimum of 400 days' work verified by contracts paying correct rates and Co-ordinator references.

Stunt work will only be accepted from shows that have been aired on national TV, DVD, VOD platforms and/or Cinema release.

This is not a route we recommend you seek but a career that has already been achieved. A candidate will need to make the BSR office aware and register their intent to use their stunt work experience as one of their skills. An applicant will need to submit their Stunt work evidence, (2-3 months) before an application meeting, so credits and work experience can be verified.