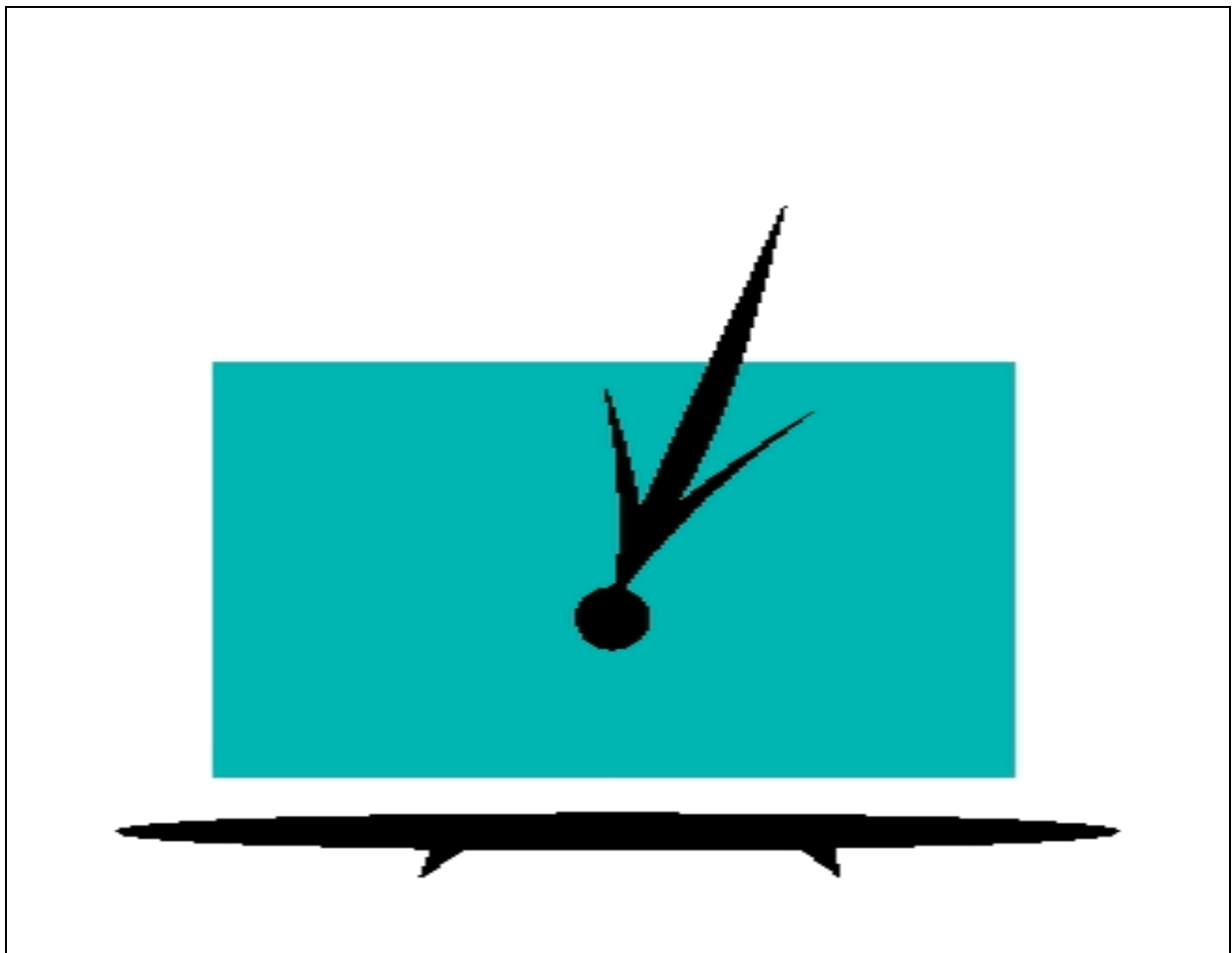

2017 – 2020

Trampoline Routines

Version 2 January 2017



Rev2 Jan 2017

2017 – 2020 GENERAL RULES

1. Each Level is sub-divided into age groups in order to increase the number of competitive sections.
2. The gymnast's age on the **31st December** in the year of competition is taken.
3. Prescribed routines are performed first, followed by the Voluntary routine.
4. **ALL** beginners should start at level 1, **BUT** the Level in which a gymnast is entered remains entirely at the discretion of the gymnast's coach, regardless of the gymnast's score or level at previous competitions. However, a gymnast may only participate at the Zone Festival, Gym Games or National Championships in the Level for which he qualified at a qualifying competition.
5. A gymnast should only be entered into a Level for which he is suitably prepared to participate in safely.
6. The average gymnast is expected to spend two years in each Level. Above average gymnasts are expected to spend one year in each Level.
7. Skills to be taught according to FIG skill progression
8. NB – According to SAGF rules a gymnast aged 5 years and younger cannot participate in any official event however, talented gymnasts can still compete in club competitions and can participate in the first age group 6-7 years, or any other age group as determined by the organisers
9. It is very important that the gymnasts and coaches pay attention to the proper technical execution of skills In this regard judges have an enormous impact on the development of proper technique by awarding credit for skills when properly executed and by deducting appropriately for improper technique.
10. This syllabus contains a development structure to steer coaches into deliberately preparing gymnasts with the necessary skills to enable them to cope with the demands of competitive gymnastics. Gymnasts must strive to perform the required skills (elements) with excellence while developing the skills for the next level

2017 - 2020

PRESCRIBED ROUTINES TABLE-TOP

Competitions are held in the following age groups for girls and boys:
 6 – 7 years 8 – 9 years 10 – 12 years 13-14 years 15 years and over

(Table-Top Routines are the same for all levels & age groups)

Competition Attire

A team must wear the same club, regional or provincial dress

Girls: Leotard and bare feet or trampoline shoes

Boys: Leotard with “short” shorts and bare feet or trampoline shoes

Exception to this rule is made for new clubs and/or schools that compete in individual competition. Their clothing attire will be:

Girls and boys could jump in a neat T-shirt and a short (shorts should be above knee height and shirts should be tucked in to enable judges to see the gymnast's body position in the air). However, all the members of the club or regional team must wear “look-alike” T-shirts and shorts.

Pre-Requisite

A gymnast should be able to do 10 straight jumps on the trampoline – high, rhythmic and controlled with no displacement on the trampoline. Progress to Black Top level 1 skills to teach correct body position.

VOLUNTARY ROUTINES

Level 1,2, 3 highest competition is the “Zone Competition”. All level 1 routines to end with an outbounce. **Please note that the outbounce in prescribed routines will be judged for displacement 0.1 – 0.3 and that in the event of a missing outbounce that 0.3 will be deducted from each execution judge.**

The numbers of skills in the prescribed & voluntary routine are as follows:

5 skills – Level 1	8 skills Level 2	10 skills Level 3
6 -7 years	6 -7 years	12 years & younger
8 – 9 years	8 – 9 years	13 years & older
10 – 12 years	10 – 12 years	
13-14 years	13-14 years	
15 years & over	15 years & over	

Only half or junior colours can be awarded for levels 1,2 and 3

LEVEL 1

6 – 7 years

1	Tuck Jump	0.0
2	½ Turn	0.1
3	Seat Drop	0.0
4	To Feet	0.0
5	Straddle Jump	0.0
	Outbounce	
	TOTAL	0.1

8 – 9 years

1	Tuck Jump	0.0
2	½ Turn	0.1
3	Seat Drop	0.0
4	To Feet	0.0
5	Straddle Jump	0.0
	Outbounce	
	TOTAL	0.1

10 – 12 years

1	Tuck Jump	0.0
2	½ Turn	0.1
3	Seat Drop	0.0
4	To Feet	0.0
5	Straddle Jump	0.0
	Outbounce	
	TOTAL	0.1

13 - 14 years

1	Tuck Jump	0.0
2	½ Turn	0.1
3	Seat Drop	0.0
4	To Feet	0.0
5	Straddle Jump	0.0
	Outbounce	
	TOTAL	0.1

15 years and Over

1	Tuck Jump	0.0
2	½ Turn	0.1
3	Seat Drop	0.0
4	To Feet	0.0
5	Straddle Jump	0.0
	Outbounce	
	TOTAL	0.1

Limitations to level 1 routine: Please note that somersaults are prohibited.

LEVEL 2

6 – 7 years

1	Tuck Jump	0.0
2	Seat Drop	0.0
3	To Feet	0.0
4	Pike Jump	0.0
5	Hands & Knees	0.1
6	To Feet	0.1
7	Straddle Jump	0.0
8	Pirouette	0.2
	Outbounce	
	TOTAL	0.4

8 – 9 years

1	Tuck Jump	0.0
2	Seat Drop	0.0
3	To Feet	0.0
4	Pike Jump	0.0
5	Hands & Knees	0.1
6	To Feet	0.1
7	Straddle Jump	0.0
8	Pirouette	0.2
	Outbounce	
	TOTAL	0.4

10 – 12 years

1	Tuck Jump	0.0
2	Seat Drop	0.0
3	To Feet	0.0
4	Pike Jump	0.0
5	Hands & Knees	0.1
6	To Feet	0.1
7	Straddle Jump	0.0
8	Pirouette	0.2
	Outbounce	
	TOTAL	0.4

13-14 years

1	Tuck Jump	0.0
2	Seat Drop	0.0
3	To Feet	0.0
4	Pike Jump	0.0
5	Hands & Knees	0.1
6	To Feet	0.1
7	Straddle Jump	0.0
8	Pirouette	0.2
	Outbounce	
	TOTAL	0.4

15 years and over

1	Tuck Jump	0.0
2	Seat Drop	0.0
3	To Feet	0.0
4	Pike Jump	0.0
5	Hands & Knees	0.1
6	To Feet	0.1
7	Straddle Jump	0.0
8	Pirouette	0.2
	Outbounce	
	TOTAL	0.4

Limitations to level 2 routines:

Somersaults: Somersaults with a rotation of more than 450 degrees will not be allowed
 Twisting: Back somersaults with twisting of more than 360 degrees will not be allowed. Front somersaults with twisting of more than 540 degrees will not be allowed.

LEVEL 3***12 years and younger***

1	Back Drop	0.1
2	To Feet	0.1
3	Straddle Jump	0.0
4	Seat Drop	0.0
5	½ Twist To Seat	0.1
6	To Feet	0.1
7	Pirouette	0.2
8	Tuck Jump	0.0
9	Stomach Drop	0.1
10	To Feet	0.1
	Outbounce	
	TOTAL	0.8

13 years and Over

1	Back Drop	0.1
2	To Feet	0.1
3	Straddle Jump	0.0
4	Seat Drop	0.0
5	½ Twist To Seat	0.1
6	To Feet	0.1
7	Pirouette	0.2
8	Tuck Jump	0.0
9	Stomach Drop	0.1
10	To Feet	0.1
	Outbounce	
	TOTAL	0.8

Limitations to level 3 routines:

Somersaults: Somersaults with a rotation of more than 630 degrees will not be allowed
 Twisting: Back somersaults with twisting of more than 360 degrees will not be allowed. Front somersaults with twisting of more than 540 degrees will not be allowed.

2017

PRESCRIBED ROUTINES TRAMPOLINE

IMPORTANT: Voluntary routines ARE NOT ALLOWED TO EXCEED THE DIFFICULTY DEGREE OF THE NEXT LEVEL within the same age group - UP TO LEVEL 7. From level 7 upwards there is no restriction on the difficulty, except as set out in FIG rules.

Prescribed routines have no difficulty degree, unless when repeated as a voluntary routine. Prescribed routines are performed first, followed by the Voluntary routine.

LEVEL 4

Element	6 – 8 years		9 – 10 years		11 – 12 years	
1	Seat Drop	0.0	½ Twist To Seat	0.1	½ Twist To Back	0.2
2	To Feet	0.0	½ Twist To Feet	0.1	To Feet	0.1
3	Tuck Jump	0.0	Straddle Jump	0.0	Straddle jump	0.0
4	½ Twist	0.1	Back Drop	0.1	Stomach Drop	0.1
5	Straddle jump	0.0	To Feet	0.1	To feet	0.1
6	Stomach Drop	0.1	Pike Jump	0.0	Pike jump	0.0
7	To feet	0.1	Stomach Drop	0.1	Pirouette	0.2
8	Pike jump	0.0	To Feet	0.1	Tuck jump	0.0
9	Back Drop	0.1	Tuck Jump	0.0	Front turn over	0.3
10	To feet	0.1	Pirouette	0.2	To feet	0.1
	Outbounce		Outbounce		Outbounce	
	Total	0.5	Total	0.8	Total	1.1
Element	13 – 14 years		15 and over			
1	Front Turnover	0.3	Front turnover	0.3		
2	To Feet	0.1	½ twist to feet	0.2		
3	Straddle Jump	0.0	Tuck jump	0.0		
4	Stomach Drop	0.1	Peel Off	0.2		
5	To Feet	0.1	To Feet	0.1		
6	Back Drop	0.1	Straddle Jump	0.0		
7	½ Twist To Back	0.3	Pirouette	0.2		
8	To Feet	0.1	Pike Jump	0.0		
9	Tuck Jump	0.0	Back Drop	0.1		
10	Pirouette	0.2	Back Pullover	0.3		
	Outbounce		Outbounce			
	Total	1.3	Total	1.4		

In level 4 ½, ¼ and ¾ rotation and full twist (pirouette)

Recommendation: Voluntary routines - 360° rotation (somersault) and Twisting combinations

LEVEL 5

Element	6 – 8 years		9 - 10 years		11 – 12 years	
1	Tuck Back	0.5	Tuck back	0.5	¾ Layout	0.3
2	Tuck Jump	0.0	Pirouette	0.2	To Feet	0.1
3	Back Drop	0.1	Straddle Jump	0.0	Tuck Jump	0.0
4	½ Twist To Feet	0.2	½ Twist To Back	0.2	Tuck Back	0.5
5	Straddle Jump	0.0	½ Twist To Feet	0.2	Straddle Jump	0.0
6	Peel Off	0.2	Tuck Jump	0.0	Layout	0.6
7	To Feet	0.1	¾ Layout	0.3	Pike Jump	0.0
8	Pike jump	0.0	To Feet	0.1	Swan-Dive	0.3
9	Front Turn-Over	0.3	Swan Dive	0.3	Front Turn-over	0.5
10	To Feet	0.1	To Feet	0.1	To Feet	0.1
	Outbounce		Outbounce		Outbounce	
	Total	1.5	Total	1.9	Total	2.4
Element	13 – 14 years		15 and over			
1	Layout	0.6	Layout	0.6		
2	Tuck Jump	0.0	Straight Barani	0.6		
3	Tuck Barani	0.6	Tuck Jump	0.0		
4	Tuck Back	0.5	¾ layout	0.3		
5	Pike Jump	0.0	To Feet	0.1		
6	¾ Layout	0.3	Tuck Barani	0.6		
7	To Feet	0.1	Tuck Back	0.5		
8	Swan Dive	0.3	Swan-Dive	0.3		
9	Front Turn-Over	0.5	Front Turn-Over	0.5		
10	To Feet	0.1	To Feet	0.1		
	Outbounce		Outbounce			
	Total	3.0	Total	3.6		

In level 5 Front and back somersaults in all positions and baranis

Recommendation: Voluntary routines - 1 ¾ Front and back and 1/1 Twist. Tuck, Pike and Straight Baranis and Back somersaults in all positions.

LEVEL 6

Element	6 – 10 years		11 – 12 years		13 – 14 years		15 and over	
1	Pike Back	0.6	Layout	0.6	1/1 Twist (Back)	0.7	1/1 Twist (back)	0.7
2	Tuck Barani	0.6	Straight Barani	0.6	Straight Barani	0.6	Straight barani	0.6
3	Tuck Jump	0.0	Tuck Jump	0.0	Tuck Jump	0.0	Layout	0.6
4	$\frac{3}{4}$ Layout	0.3	$\frac{3}{4}$ Layout	0.3	$\frac{3}{4}$ Layout	0.3	Tuck barani	0.6
5	To Feet	0.1	Cody Tuck	0.6	Cody	0.6	1 $\frac{1}{4}$ Pike back	0.7
5	Tuck Back	0.5	Pike Jump	0.0	Tuck Barani	0.6	Pike pull-over	0.3
7	Pike Barani	0.6	Tuck Barani	0.6	Tuck Back	0.5	Pike barani	0.6
3	Straddle Jump	0.0	Tuck Back	0.5	Layout	0.6	Pike back	0.6
9	Swan Dive	0.3	Swan Dive	0.3	Swan-Dive	0.3	Swan dive	0.3
10	To Feet	0.1	Tuck Ball-Out	0.6	Barani Ball-Out	0.7	Barani Ball-out	0.7
	Outbounce		Outbounce		Outbounce		Outbounce	
	Total	3.1	Total	4.1	Total	4.9	Total	5.7

In level 6: 1 $\frac{3}{4}$ and double somersaults

Recommendation: Voluntary routines to consist of all Somersaults with a minimum of 270° rotation – 1/1 Twist and Rudi. Then working on 1 $\frac{3}{4}$ Front and Double Somersaults.

LEVEL 7

(PRE-JUNIOR OLYMPIC)

Level 7 gymnasts who do not meet the required difficulty degree should not compete at Level 7 at SA's and will be penalized. The difficulty that he/she lacks will be deducted from the total score. In the voluntary routines Level 7 must adhere to special requirements & conditions as set out in **FIG RULES FOR WAGC 2017 – 2020** .

11-12 Years – Triple somersaults are prohibited

For all age groups quadruple somersaults are prohibited

Any abuse of these rules will result in disqualification of the gymnast.

6-10 Years First routine with special requirements

1. One (1) element landing on the front of the body
2. One (1) element landing on the back of the body

Minimum Difficulty Degree for routine 5.4

11-12 Years First routine with special requirements

1. One (1) element landing on the front of the body
2. One (1) element landing on the back of the body

The routine consists of 10 different elements, only (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

Maximum Difficulty Degree For A Single Element 1.5 pts

Minimum Difficulty Degree for routine 6.5

13-14 Years First routine with special requirements

1. Back somersault with full twist
2. One (1) element landing on the front of the body
3. One (1) element landing on the back of the body

The routine consists of 10 different elements, only (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

Maximum Difficulty Degree For A Single Element 1.7 pts

Minimum Difficulty Degree for routine 7.0

15-16 Years First routine with special requirements

1. Full back somersault with full twist
2. Rudi or Rudi ball out (front somersault or 1 ¼ from back with 1 ½ twist)
3. One (1) element either ending on the back or front of the body

The routine consists of 10 different elements, only (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

Maximum Difficulty Degree For A Single Element 1.8 pts

Minimum Difficulty Degree for routine 8.0

17-21 Years First routine with special requirements

1. One (1) element to front or back
2. One (1) element from back or front – in combination with requirement 1
3. One (1) double front or back somersault with or without twist
4. One (1) element with a minimum of 540 of twist and minimum 360 somersault rotation.

The routine consists of 10 different elements, only (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

Maximum Difficulty Degree For A Single Element 1.8 pts

Minimum Difficulty Degree for routine 9.0

LEVEL 8 (SENIOR OLYMPIC)

Gender	Compulsory Requirements
Open Men & Ladies	<ol style="list-style-type: none"> 1. The routine consists of 10 different elements each with a minimum of 270° somersault rotation. 2. Four (4) elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine. 3. None of these four (4) elements may be repeated in the second routine of the qualifying round otherwise the difficulty will not be counted.

Recommendation: Voluntary routines

- Level 7 - Start practising twisting doubles
 - Olympic Development
 - Do twisting doubles
- Level 8 - Open - Twisting doubles and triples.

SYNCHRO (LEV5+)

PLEASE NOTE! - in synchro competitions a competitor is allowed to move up to the same level or age group as the synchro mate in the highest level or age group. However, the team member competing in a higher level or age group is not allowed to move down.

Prescribed routines are performed first, followed by the Voluntary routine

At all competitions at least one of the two trampoline routines and two of the double mini routines must be completed to receive a medal.

TEN POINTS TO FOCUS ON

1. Arms! Stretch arms and shoulders
2. Press feet out of trampoline bed - toes pointed!
3. Body position
4. Kick-outs
5. Arms slide
6. Height
7. Chin out
8. Focus point, eyes, padding not feet
9. Red cross in centre
10. Stick

2017

PRESCRIBED ROUTINES MINI TRAMPOLINE

Competitions are held in the following age groups for girls and boys:
 6 – 7 years 8 years 9 years 10 years 11-12 years
 13 -14 years 15 years and over

(Mini Trampoline routines are the same for all levels & age groups)

Prescribed routines are performed first, followed by the Voluntary routine

Competition Attire

A team must wear the same club, regional or provincial dress

Same club or regional dress for team

Girls: Leotard and bare feet.

Boys: Leotard and “short” short, bare feet

Exception to this rule is made for new clubs and/or schools that compete in individual competition. Their clothing attire will be:

Girls and boys could jump in a neat T-shirt and a short (shorts should be above knee height and shirts should be tucked in to enable judges to see the gymnasts body position in the air).

However, all the members of the club or regional team must wear “look-alike” T-shirts and shorts.

LEVEL 1

No	6 – 7 Years	8 Years	9 Years	10 Years	11-12 Years	13-14 Years	15 Years & Over
1.	Tuck Jump	Tuck Jump	Tuck Jump	Tuck Jump	Tuck Jump	Tuck Jump	Tuck Jump
2.	Straddle Jump	Straddle Jump	Straddle Jump	Straddle Jump	Straddle Jump	Straddle Jump	Straddle Jump
3.	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>
4.	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>

LEVEL 2

No	6 – 7 Years	8 Years	9 Years	10 Years	11-12 Years	13-14 Years	15 Years & Over
1.	Pirouette	Pirouette	Pirouette	Pirouette	Pirouette	Pirouette	Pirouette
2.	Free Salto Of 360°	Free Salto Of 360°	Free Salto Of 360°	Free Salto Of 360°	Free Salto Of 360°	Free Salto Of 360°	Free Salto Of 360°
3.	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>
4.	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>	<i>Voluntary</i>

The 2nd skill must be a salto of 360° - failure to adhere to this requirement will incur a .5 penalty from each execution judge

LEVEL 3

No	12 Years and Younger	13 Years and Older
1.	<i>Four Voluntary passes where the difficulty degree counts in all four of the passes. Each skill must have a minimum difficulty degree of 0.4</i>	<i>Four Voluntary passes where the difficulty degree counts in all four of the passes. Each skill must have a minimum difficulty degree of 0.4</i>
2.		
3.		
4.		

Limitations – Only half or junior colours can be awarded for levels 1,2 and 3

Exception to standard judging rules:

Gymnasts aged 6,7,8 level 1, 2, 3, 4, & 5 will not be penalised for landing outside the landing zone in front of the apparatus, as we do not want to teach the gymnasts incorrect technique of leaning for their skills. This exception does not apply if the gymnast lands on either side of the landing zone in which case normal penalties will apply.

2017

PRESCRIBED ROUTINES DOUBLE MINI

IMPORTANT: Voluntary routines ARE NOT ALLOWED TO EXCEED THE DIFFICULTY DEGREE OF THE NEXT LEVEL within the same age group - UP TO LEVEL 7. From level 7 upwards there is no restriction on the difficulty.

Skills within prescribed routines' difficulty degree don't count towards final mark.

LEVEL 4

Pass	6 - 8 years		9 – 10 years		11 – 12 years	
1.	Tuck Jump	0.0	Tuck Jump	0.0	Pike jump	0.0
	½ Twist	0.2	Pirouette	0.4	Pirouette	0.4
2.	Straddle Jump	0.0	Pike Jump	0.0	½ Twist	0.2
	Pike Jump	0.0	Straddle Jump	0.0	Tuck jump	0.0
Pass	13 – 14 years		15 and over			
1.	Straddle Jump	0.0	Pike jump	0.0		
	Pirouette	0.4	Pirouette	0.4		
2.	Pirouette	0.4	Pirouette	0.4		
	Tuck Jump	0.0	½ Twist	0.2		

LEVEL 5

Pass	6 - 8 years		10 and under		11 – 12 years	
1.	Tuck jump	0.0	Tuck Jump	0.0	½ Twist	0.2
	½ Twist	0.2	Pike Front	0.6	Tuck Back	0.5
2.	Straddle jump	0.0	Straddle Jump	0.0	Tuck Jump	0.0
	Tuck front	0.5	Tuck Front	0.5	Tuck Barani	0.7
Pass	13 – 14 years		15 and over			
1.	Tuck Back	0.5	Tuck Back	0.5		
	Tuck Barani	0.7	Straight Barani	0.7		
2.	Tuck Front	0.5	Straight Barani	0.7		
	Tuck Front	0.5	Lay-Out	0.6		

Exception to standard judging rules:

Gymnasts aged 6,7,8 level 1, 2, 3, 4, & 5 will not be penalised for landing outside the landing zone in front of the apparatus, as we do not want to teach the gymnasts incorrect technique of leaning for their skills. This exception does not apply if the gymnast lands on either side of the landing zone in which case normal penalties will apply.

LEVEL 6

Pass	6 – 10 years		11 – 12 years	
1.	Tuck Back	0.5	Tuck Back	0.5
	Tuck Jump	0.0	Straight Barani	0.7
2.	Tuck Front	0.5	Tuck Front	0.5
	Tuck Front	0.5	Pike Front	0.6
Pass	13 – 14 years		15 and over	
1.	Pike Back	0.6	Tuck Back	0.5
	Straight Barani	0.7	Rudi	1.2
2.	Tuck Barani	0.7	Straight Barani	0.7
	Pike Back	0.6	1/1 Twist	0.9

LEVEL 7 (PRE JUNIOR OLYMPIC)

Level 7 gymnasts who do not meet the required difficulty degree should not compete at Level 7 at SA's and will be penalized. The difficulty that he/she lacks will be deducted from the total score. Please note the maximum difficulty per single element per age group as set out in **FIG RULES FOR WAGC 2017 – 2020** .

11-12 Years – Triple somersaults are prohibited

For all age groups quadruple somersaults are prohibited

Any abuse of these rules will result in disqualification of the gymnast.

Required difficulty degree for 4 routines.

Age Group	Minimum Prescribed Difficulty For 4 Routines
6 – 10 years	All skills to be somersault skills
11 – 12 years	5.9 Maximum difficulty in a single element 3.6pts
13 – 14 years	8.2 Maximum difficulty in a single element 4.4pts
15 – 16 years	11.1 Maximum difficulty in a single element 4.6pts
17 – 21 years	12.9 Maximum difficulty in a single element 4.6pts

LEVEL 8 (SENIOR OLYMPIC)

Gender	Prescribed Difficulty For 4 Routines
Open Men	21.0
Open Ladies	17.6

Please be advised that routines must be read in conjunction with the SA Trampoline and FIG rules.