



SA Cup Competition Format of Competition



This competition is open on application to any province or district to host subject to complying with basic set requirements regarding the venue and equipment, interest to host this competition must be declared by the end of November in the year preceding the competition

Trampoline Basic Requirements

- Seating for a minimum of 400 spectators
- Minimum 2m free space next to the trampolines and away from the wall/s
- Safety mats or floor covering around the trampolines. Minimum 150mm thickness
- Equipment of good standard (Eurotramp giant, or similar)
- Roof height minimum of 10m
- Double Mini must have a minimum of 20m run up

Tumbling Requirements

- Seating for spectators
- 2m free space next to the tumble track
- The length of the tumbling track is 26m
- The run up must be 11m level and sturdy
- The tumbling carpet on top of the floor must be continuous with no break
- Standard landing area
- Safety mats behind the landing area

Seniors & Juniors

This competition will become one of the top competitions in South Africa after the Gym Games and will serve as trials for selection to Team South Africa and participation in the World Championship (Seniors 17+yrs) and World Age Group Games (11-21yrs) in addition to any other international competition when required.

Because this is a trial this section and level of competitors is open for any athlete to enter, providing they are the correct age group and can perform the set FIG routines and/or skills. However, all gymnasts who wish to trial must be part of a provincial squad. It is also important to note that additional entries, which were not selected to compete, will not be medal contenders for the SA Cup Competition.

Seniors (17+)

Trampoline Code of Points applies.

Qualifying round consist of two routines. The first routine includes special requirements as per FIG Trampoline COP §5.1.1 the second voluntary routine as per FIG Trampoline COP §5.1.3.

Final round consists of one voluntary routine as per FIG Trampoline COP §5.1.3

Juniors (11-21)

The trampoline WAGC rules apply.

Age groups

11 - 12 years old in the year of competition

13 - 14 years old in the year of competition

15 - 16 years old in the year of competition

17 – 21 years old in the year of competition

Events

Events in Trampoline, Double Mini-Trampoline and Tumbling

Competition rules

The FIG Code of Points for Trampoline Gymnastics will apply with the following variations:

1. The starting order for each discipline will be decided by a draw.
2. In Trampoline Individual, the Qualifying round will consist of 1 (one) voluntary routine with free elements and special requirements and 1 (one) voluntary routine (including difficulty).

3. In Tumbling, §5.1, 5.2, 5.3 and 5.4 of the FIG Code of Points will apply, with the exception that there is only 1 (one) pass in the Final.

4. Competition cards must be completed according to the FIG numeric system.

5. For difficulty in all disciplines §18.1 of the FIG Code of Points will apply. For the different age groups in the different disciplines this means following limitations to the difficulty in a single element:

TRA	11-12 years: 1.5 pts	13-14 years: 1.7 pts	15-16 years: 1.8 pts	17-21 years: 1.8 pts
DMT	11-12 years: 3.6 pts.	13-14 years: 4.4 pts.	15-16 years: 4.6 pts.	17-21 years: 4.6 pts.
TUM	11-12 years: 2.7 pts.	13-14 years: 3.5 pts.	15-16 years: 4.3 pts.	17-21 years: 4.3 pts.

* For 11-12 years old, triple somersaults are prohibited.

* For all age groups, quadruple somersaults are prohibited.

* Any abuse of this rule will result in the disqualification of the gymnast.

* No gymnast shall compete in other than his/her age group (Trials).

WAGC 2017 Trampoline - First routine with special requirements

Trampoline:

11-12 years

The routine consists of 10 different elements, only two (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.

1. 1 element landing on the front of the body,
2. 1 element landing on the back of the body.

13-14 years

The routine consists of 10 different elements, only one (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.

1. Back s/s with full twist,
2. 1 element landing on the front of the body,
3. 1 element landing on the back of the body.

15-16 years

The routine consists of 10 different elements, only one (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.

1. Full (back somersault with 1/1 twist),
2. Rudi or Rudi ball out, (front somersault or 1. from back, with 1. twist)
3. 1 element either landing on the back or front of the body.

17- 21 years

The routine consists of 10 different elements, only one (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.

1. One (1) element to front or back
2. One (1) element from front or back – in combination with requirement No. 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 of 360° somersault rotation.

World Age Group and World Championship Competitors will not have a final but will all perform three routines.

Levels 4-6 Trampoline (All Ages) & Tumbling Levels 4-8 (All Ages)

Trampoline & Double Mini

The top sixteen male & female gymnasts of each level from Gym Games are selected to participate in their respective levels. They must perform their compulsory routines utilizing the set routines for their respective age groups in 2018 and perform voluntary routines, which adhere to any national rules.

Tumbling

The top sixteen male & female gymnasts of each level from Gym Games are selected to participate in their respective levels. Two voluntary routines must be performed as per SAGF judge's code.

Level 1-3 Trampoline & Tumbling

Blacktop & Mini Trampoline

The top eight male & female competitors from North and South Zone for each level are selected to participate. They must perform their compulsory routines utilizing the set routines for their respective age groups and apparatus in 2018 followed by their voluntary routines.

Tumbling

The top eight male & female competitors from North and South Zone for each level are selected to participate. They will perform two compulsory routines as per SAGF judge's code.

Team Competition

Each Province can enter one team, who will represent them on the following apparatus

1. Synchro Trampoline – One male & female (where there is sufficient apparatus to hold a synchro event)
2. Trampoline – One male & female
3. Double Mini – One male & female
4. Tumbling – One male & female

Points will be awarded as follows

- 1st Place 5 points
- 2nd Place 3 points
- 3rd Place 1 point

In the event of a tie = the FIG process of elimination will be followed.

Awards

1. Cup Trophy to the winner of each individual section & entry fee to 2019 Gym Games / Zone Festival will be waived
2. Cup trophy to the winners of the team competition
3. Medal for 2nd and 3rd position
4. Certificates for all participants

Competition Attire.

Male gymnasts

- Sleeveless or short sleeves singlet club, district or provincial leotards
- Gym trousers (in a single colour, except black or any other deep dark colour) or Gym shorts
- Trampoline shoes and/or foot covering of the same colour as the gym trousers or white

Female gymnasts

- Leotard or unitard with or without sleeves (must be skin tight) club, district or provincial leotards
- Long tights may be worn (must be skin tight and be the same colour as the leotard)
- Any other "dress" which is not skin tight is not allowed
- For reasons of safety, covering the face or the head is not allowed

Gymnasts should wear their highest achieved leotard club, district or provincial attire as worn to the Gym Games or Zone Festival.

Winner

The winner is the team with the highest number of points obtained for all apparatus.