

TRAMPOLINE

S A RULES AND REGULATIONS

Version December 2015

General Competition Rules

1. A gymnast may compete either on mini trampoline or double mini trampoline - and euro trampoline or black-top. The only limitation is that they cannot compete on both mini- and double mini trampoline or on euro and black-top trampoline.
2. Levels 1, 2, 3 and 4 trampoline and double-mini gymnasts will not be awarded a difficulty rating higher than the difficulty of the prescribed routine in the next level (higher level) for the applicable age group. *The above rule will prevent gymnasts staying at a lower level for the sake of winning a medal.*
The difficulty for voluntary routines (on Trampoline) is not allowed to be lower than the difficulty of the prescribed routines. *Should a competitor not have the required difficulty he/she may compete but will be penalised.* Example: a competitor jumps a difficulty of 2.8 (the required difficulty is 4.0). The gymnast will be penalized as follows: the difficulty of 1.2 that he/she lacks will be deducted from his/her total score
Gymnasts should not advance to a higher level if they are not ready for that level, or do skills at a competition they haven't mastered
3. In levels 4 and 5 there are no 8 and under category, instead we have a 10 and under category. Advanced 8 and under gymnasts, may compete in this category. We do not have enough 8/U competitors to justify 4 levels.
4. Trampoline, black-top and synchro at least all the skills of one of the two (or three) routines must be completed to qualify for a medal. On the mini trampoline and double-mini trampoline at least two of the four routines must be completed.
5. Level 5 Gymnasts who do not meet the required difficulty degree *may compete but will be penalized.* Example: a competitor jumps a difficulty of 4.8 (the required difficulty is 6.0). The gymnast will be penalized as follows: the difficulty of 1.2 that he/she lacks will be deducted from his/her total score.
6. Gymnasts are not allowed to do synchro at a lower level.
7. Gymnasts are allowed to return to a lower level in the following instances:
 - a. The gymnast has moved to a higher age-group,
 - b. Due to illness, or other, justified and accepted reason, the gymnast missed a number of training sessions (in case of a SAGF sanctioned competition a motivational letter requesting participation at a lower level should be send to Program Management and approved before the gymnast will be allowed to compete).

8. Required difficulty degree for level 5 trampoline and double-mini gymnasts to compete at Gym Games and RSA competitions:

TRAMPOLINE (one routine)		DOUBLE-MINI (4 routines)	
10/under	5,4	All skills to be somersault skills	
11/12	6,5	5,9	
13/14	7,0	8,2	
15/16	8,0	11,1	
17/over	9,0	12,9	
OPEN	8 skills with a minimum of 720 degrees somersault rotation	men	21,0
		ladies	17,6

9. Required difficulty degree for level 5 trampoline and double-mini gymnasts to qualify for WAGC are given in the selection criteria.
10. Level 5 and 6 (Open category) must adhere to FIG prescribed elements.

ROUTINES PRELIMS AND FINALS

Levels 1 to 4

If less than 16 competitors all the routines are done. Voluntary routines first, prescribed routines last. If there are more than 16 competitors in a group the group will be divided in flights and will do on DMT the 2 voluntary routines in the qualifying round and in the finals the two set routines.

On TRA the voluntary routine will be done in the qualifying round and the set routine in the finals. The 10 competitors with the best results will go through to the finals. If less than 16 competitors all the routines are done in the qualifying round.

Age Groups (candidates for International competitions)

According to Fig rules and regulations.

On Trampoline - 2 routines. First routine must include FIG set elements, 2nd routine voluntary. Should there be more than 16 competitors and a qualifying round they will do their two routines in the qualifying round and another voluntary routine in the finals, allowed to repeat voluntary routine.

Senior (candidates World Championships, etc.)

AT WC seniors have qualifying round, semi-final and final. At local competitions they will do

Three routines at a competition, except if there are more than 16 competitors, then they will do only two routines in the qualifying round and the 3rd routine in the final.

DMT (all levels) to be marked out of 10.

Club Competitions, Regional and Provincial Competitions

Rules and regulations set by clubs, Regions and Provinces. **Recommendation: follow National rules and regulations to limit confusion and errors.**

Zone Competitions

Every Zone should have a management committee with equal presentation from all regions in Zone. All Zone competitions to take place in time to submit Zone entries before specified closing date for Gym Games. Late entries will be fined/not accepted.

All events, except Tiny Tots to be present at Zone competition. Zone committees to decide whether Level 1 will be present at Zone competition. Recommendation - include it. This is an extremely important level, with focus on correct basics, however, some coaches tend to skip this important level to the disadvantage of their gymnasts. If it is included at Zone competitions, coaches might understand the importance of level 1. However, Level 1 will not be present at Gym Games.

Zone teams to go to SA Gym Games to be selected as follows:

Mini-Trampoline.

Age-groups 9 to14 and

Junior elite and senior elite - 2 Zones, 8 per Zone (total 16), per event.

Black Top

Junior elite and senior elite - 2 Zones, maximum 8 per Zone (total 16), per event.

Trampoline and Double-mini Trampoline

Level 2 - 2 Zones, maximum 8 per Zone (total 16), per event.

Level 3 upwards - no restriction on entries, unlimited entries.

National Events

11. All SAGF sanctioned events will have a single winner. Therefore the following tie breaking rules (in accordance with FIG) will be applied at such events
 - a. Trampoline and Black Top
 - Competitor with the highest sum of execution scores
 - Competitor with the highest sum of ToF (where applicable)
 - Competitor with higher execution on prescribed routine
 - b. Double-Mini Trampoline and Mini Trampoline
 - Competitor with the highest sum of execution scores for routine 3 & 4
 - Competitor with the highest execution score for routine 4
 - Competitor with the highest execution score for routine 3
 - Competitor with the highest sum of execution scores for routine 1 to 4
 - c. Synchro
 - Team with highest sum of execution scores
 - Team with highest sum of synchro scores

12. Application/Tender to host a National level competition (i.e. Trials, decentralized SA Gym Games) should reach the Program Management 12 months before the intended date of the event (see Appendix for requirements to host such an event)
13. Final entries for SA Gym Games **will close** 3 weeks before the start of the competition. Zone competitions should be held at such a time to allow for team selection and entries to SA Gym Games.
14. Competition cards should be handed in at the time and place as communicated by competition coordinators. Should competition cards not be handed in on time penalties may be levied or gymnasts may not be allowed to compete.
15. Tiny Tots compete only at club level. Level 1 could compete at Zone competition but not at SA Gym Games.
16. No Synchro competition in 8 and under and level 2 Trampoline.

In view of costs, Level 2, mini-tramp and blacktop are not compulsory events at the SA Gym Games, should a province prefer not to enter gymnasts for these events it is accepted. The gymnasts will receive individual medals but their marks and medals will not count towards the medal count and points for the province. However, at the Zone competitions Black Top, Mini and Level 2 events are compulsory and their marks will count to determine which region won zone (circle) competition.

17. Olympic development section

All competitors to be able to do three routines, prelims 2 routines and in finals one routine.

Prelims:

First routine. Competitors who compete in the Open (Senior International) section (2013 – 2016 Olympic cycle) - compete with the routines they are practicing for International Championships - according to FIG rules.

For all the other Level 5 competitors the rules are as follows:

Competitors must perform the following elements in the first routine:

10 Skills (minimum 270°) with each skill meeting the requirement marked with an asterisk* on the competition card.

- 1. 1 Skill to front or back
- 2. 1 Skill from front or back – in combination with requirement no 1
- 3. 1 Double front or back with or without twist
- 4. 1 Skill with minimum of 540 twist
- 5 Full twisting double

There is no age restriction and any girl or boy who can do the prescribed elements may enter.

Second routine: Voluntary routine.

Finals: One voluntary routine, starting with a zero score.

18. World Games Development

4 Routines, minimum difficulty of 15.8 and execution of 9.3

19. Top Ten competition

The SA Top Ten competition is usually held in the beginning of the year and selection is based on performances during the previous year. Gymnasts who obtained National colours, Federation colours, and previous year TOP TEN winners (should they still compete in same age group) are considered as well as the top results of the SA Gym Games. Where gymnasts are unable to participate the reserves, according to ranking, will be invited timeously. Only gymnasts that have been invited will be able to compete at this competition. It remain the responsibility of Regions / Coaches to confirm participation before a certain date as set out in the official circular. Entry fee for this competition is done by the Region directly to the SAGF. Invitation according to the set criteria is done by the Administrator and approved by the Technical Chair.

CATEGORIES - TOP TEN

Trampoline – Junior Boys and Girls – 14 years and younger
Trampoline – Senior Boys and Girls – 15 years and older
Double-Mini – Junior Boys and Girls – 14 years and younger
Double- Mini– Senior Boys and Girls – 15 years and older
Mini-Trampoline- Junior Boys and Girls – 14 years and younger

ROUTINES - TOP TEN

Trampoline

On the trampoline 2 routines. First routine only execution to count, prescribed routine, level and age group gymnast is competing in. Age groups, Level 5, FIG required elements.

Seniors not doing open do FIG Youth competitions prescribed elements:

FIG Youth Competition requirements:

Routine consists of 10 different elements, each with a minimum of 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° twist.**

Open Competitors, first routine, **FIG Senior competitor requirements**, however, difficulty degree will not count, only execution, but routine must adhere to FIG Senior competitor requirements, if this rule is not followed competitor will be disqualified.

Second routine, voluntary routine, execution plus difficulty to count.

Double-mini

Four routines, first two routines only execution counts, prescribed routine, level and age group gymnast competed in at Gym Games. Age groups, must do their normal routines during the first two routines and not ridiculous easy routines.

3rd And 4th routines voluntary routines, execution plus difficulty count.

Mini-Trampoline

Prescribed routines, routines 1 and 2 - the following skills to be compulsory:

1ST Routine - Tuck front somersault

2nd routine - Pirouette

Only the difficulty of routines 3 and 4 will count.

Competition cards.

All competition cards must be handed in at time and venue as stipulated in relevant competition invitation. When competition cards are handed in, kindly put each day's competition cards together, boys together, girls together in the different age groups and levels.

DRESS CODE:

GYMNASTS

Must wear official regional, provincial or National attire as applicable.

Gymnasts must wear regional, provincial or National leotard during march-on and on podium.

Male

Sleeveless leotard

DMT, mini-tramp and blacktop, short shorts

Trampoline: Gym trousers (not shorts)

Foot covering: TRA and DMT, trampoline shoes and / or white foot covering (socks)

Mini-tramp and blacktop, barefeet or trampoline shoes and / or white foot covering (socks)

Female

Long sleeves or sleeveless leotard

Foot covering: TRA and DMT, trampoline shoes and / or white foot covering (socks)

Mini-tramp and blacktop, barefeet or trampoline shoes and / or white foot covering (socks)

Strapping: Flesh coloured

COACHES AND SPOTTERS

Track suits and sport shoes (tekkies). No other shoes!!

JUDGES

Navy blue or black blazer, pants or skirt and white shirt. Male – tie as well.