

SA TRAMPOLINE

RULES AND REGULATIONS

Version June 2017



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GENERAL COMPETITION RULES

1. A gymnast may compete either on mini trampoline or double mini trampoline - or on euro trampoline or blacktop. The only limitation is that they cannot compete on both mini and double mini trampoline or on euro and blacktop trampoline.
2. Levels 1, 2, 3,4,5, & 6 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 level 6 there are no 6-8 category, instead we have a 6-10 year category. Advanced 6-8 year gymnasts may compete in this category. We do not have enough 6-8 competitors to justify 4 levels.
4. Trampoline, blacktop 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 7 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. A synchronised pair consists of two (2) women or two (2) men. A gymnast may only compete in one (1) synchronised pair. Gymnasts are not allowed to do synchro at a lower level. Synchro gymnasts must wear identical competition attire. Partners must do the same element at the same time and must start facing in the same direction. Twists do not need to be in the same direction
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 before the gymnast will be allowed to compete).
8. **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.
9. The gymnast's age on the **31st December** in the year of competition is taken.
10. For all apparatus - prescribed routines are performed first, followed by the Voluntary routine.
11. A gymnast should only be entered into a Level for which he is suitably prepared to participate in safely.
12. The average gymnast is expected to spend two years in each level. Above average gymnasts are expected to spend one year in each level.

13. Skills to be taught according to FIG skill progression
14. 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 of an apparatus, or any other age group as determined by the organisers
15. 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.
16. 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
17. Required difficulty degree for level 7 trampoline and double-mini gymnasts to compete at Gym Games and RSA competitions:

TRAMPOLINE (one routine)

10/under	5,4
11/12	6,5
13/14	7,0
15/16	8,0
17/over	9,0
OPEN	8 skills with a minimum of 720 degrees somersault rotation

DOUBLE MINI (4 routines)

10/under	All skills to be somersault skills
11/12	5,9
13/14	8,2
15/16	11,1
17/over	12,9
Men	21,0
Ladies	17,6

17-Over (Internationally this age group is 17-21 Years) But at all South African competitions we will use the age group 17-Over. This is because we don't want to force gymnasts who are aged 22 years and older to either retire because they cannot meet the open requirements, or make them drop to 15/O level 6

18. Required difficulty degree for level 7 euro and double-mini gymnasts to qualify for WAGC are given in the selection criteria for the event
19. Level 8 (Open category) must adhere to FIG prescribed elements.

ROUTINES PRELIMS AND FINALS

Levels 1 to 6

If less than 16 competitors all the routines are done. Prescribed routines first, voluntary 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 prescribed routines in the qualifying round and in the finals the two voluntary routines.

On TRA the prescribed routine will be done in the qualifying round and the voluntary 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.

Level 7 (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.

Level 8 (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, REGIONAL & 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 representation from all regions in Zone.

The hosting of Zone competitions can be alternated however, all Zone competitions must be held by no later than the end of August every year.

All level 1,2 & 3 table-top and mini trampoline events, except tiny tots (5yrs and younger) are eligible to participate at Zone Competition, as this event will be a Mini National Competition for these levels and the end of their competition season.

EXCEPTION -

Mini Trampoline (level 3) who is aged between 9 and 14 in the year of competition may still be eligible for participation at the SA Gym Games depending on the rules and regulations set for the Region 5 International Competition going forward. In this case only the top ranked 16 gymnasts (8 from each zone) will be selected to participate.

Gymnasts may compete in club or district colours depending on the rules and regulations set by their own districts. At this level the 1st, 2nd, and 3rd place winners of each age group should receive the appropriate medal however; **every** participant should receive either a participation medal or certificate. The emphasis in these levels should be fun and mass participation.

NATIONAL EVENTS

1. 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 1 & 2
 - Competitor with the highest execution score for routine 2
 - Competitor with the highest execution score for routine 1
 - 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
2. 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)
3. Final entries for SA Gym Games **will close** 3 weeks before the start of the competition. Zone competitions (If necessary) should be held at such a time to allow for team selection and entries to SA Gym Games.
4. 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.

5. Tiny Tots compete only at club level. Level 1,2 & 3 could compete at Zone competition but not at SA Gym Games. (Except possibly level 3 mini trampolinists aged between 9yrs and 14yrs in the year of competition, providing there is a trial for Region 5 international competition.
6. No Synchro competition in the 6-8 years level 4 sections.
7. 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.
8. Level 4 upwards - No restriction on entries, unlimited entries in view of costs. The gymnasts will receive individual medals.
9. Please note that mini and double mini trampoline gymnasts aged 6-8 years will not be penalised for landing outside of the landing zone in front of the apparatus however, normal penalties apply should they land outside the landing area on the side.
10. **Olympic Development Section**
All competitors to be able to do three routines. Prelims x2 routines and in finals x1.

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 7 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.

- a. 1 Skill to front or back
- b. 1 Skill from front or back – in combination with requirement no 1
- c. 1 Double front or back with or without twist
- d. 1 Skill with minimum of 540 twist
- e. 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.

10. **World Games Development**

4 Routines, minimum difficulty of 15.8 and execution of 9.3

DRESS CODE GYMNASTS, SPOTTERS COACHES & JUDGES:

ALL NATIONAL, PROVINCIAL & REGIONALS EVENTS

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.

DRESS FOR GYMNASTS, SPOTTERS, COACHES & JUDGES

Male Gymnasts

- I. Sleeveless or short sleeves singlet
- II. Gym trousers (in a single colour, except black or any other deep dark colour) or Gym shorts
- III. Trampoline shoes and/or foot covering of the same colour as the gym trousers or white
- IV. Foot covering: TRA and DMT, trampoline shoes or white foot covering (socks)

Female Gymnasts

- I. Leotard or unitard with or without sleeves (must be skin tight)
- II. Long tights may be worn (must be skin tight and be the same colour as the leotard)
- III. Any other “dress” which is not skin tight is not allowed
- IV. For reasons of safety, covering the face or the head is not allowed
- V. Trampoline shoes and/or white foot covering

An exception to the dress code is made for mini-tramp and blacktop gymnasts, who may compete with bare feet, trampoline shoes, or white foot covering socks)

The wearing of jewelry or watches is not permitted during the competition.

Rings without gemstones may be worn if they are taped. Bandages or support pieces must not create big contrast with the skin colour. Underwear must not be visible.

Any violation of the above result in a penalty of 0.2 points, which will be deducted from the total score of any of the routines where the violation occurs. Major violation may result in disqualification from the round in which the offence occurs. The Chair of Judges' Panel makes this decision

Teams

Members of a team or a synchronised pair must wear the same uniform, identical in colour and design. Failing to do so may result in disqualification of the team or synchronised pair from the team or synchronised event. This decision is made by the Chair of Judges Panel.

Strapping: Flesh coloured

Coaches & 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.

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 made 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 7, 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. L7 gymnasts 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, and girls together in the different age groups and levels.

REGION 5 COMPETITION

Format of Competition: Region 5 Rules Apply
Colours: Region 5 Federation Colours
Funding: Self-Funding
Eligibility
SAGF Registered, RSA Citizens, RSA Passport

Region V is used for developing newly identified talent and talent that have not been established beyond doubt. No competitor who has received colours to compete at World Championship prior to Region V competition is eligible for selection. World Age Group competitors are eligible to be selected.

However, taking the above factors into consideration we try to ensure to include in each category 2 possible medal winners, to make sure South Africa wins the competition, however, nobody who has competed at the Senior World Championships is eligible for selection. However, taking the above factors into consideration we try to ensure to include in each category 2 possible medal winners, to make sure South Africa wins the competition, however, nobody who has competed at the Senior World Championships is eligible for selection.

CATEGORIES

Trampoline Male (TR-M) and Female (TR-F)

Seniors: Minimum age 15 in the year of competition.
Juniors: Maximum age 14 in the year of competition.

Double Mini Male (DMT-M) and Female (DMT-F)

Seniors: Minimum age 15 in the year of competition.
Juniors: Maximum age 14 in the year of competition.

Mini-Trampoline

Pre-Juniors: Minimum age 9, maximum age 14 in the year of competition.

REQUIREMENTS

Number of competitors selected

Trampoline

Maximum of 6 boys and 6 girls for Juniors and Seniors

Syncro pairs competition will be for senior male & female and junior boys & girls, however, syncro pairs MUST be compiled from individual trampoline gymnasts (one team per country)

Double mini trampoline

Maximum of 6 boys and 6 girls for juniors and seniors, of which at least 2 must also compete in the Euro trampoline event.

Mini-Trampoline

Maximum of 6 boys and 6 girls

Difficulty Requirements of Exercises

Trampoline: The FIG Age Group Rules will apply with adjustments as stated below.

A competition is made up out of 1 compulsory routine (neatness) and 1 voluntary routine.

Routines must be handed to the organizers written on an official competition card before the competition starts, at a time and place as stipulated by the organizing committee. Changes to the voluntary routines are allowed without penalty. Repeats of skills will result in no difficulty being awarded for the repeated skill, in cases where the difficulty is lower than 0.5, a deduction of 0.5 will be made.

TRAMPOLINE

Seniors:

- Compulsory:**
1. 1/1 twist (back)
 2. Straight Barani
 3. Layout
 4. Tuck Barani
 5. 1 1/4 Pike Back
 6. Pike Pull-Over
 7. Pike Barani
 8. Pike Back
 9. Swan Dive
 10. Barani Ball-Out

Voluntary:

9 Skills with minimum 270 degrees rotation. Difficulty not allowed to be less than difficulty of skills in compulsory routine, i.e. 5.7

Juniors:

- Compulsory:**
1. Layout
 2. Straight Barani
 3. Tuck bounce
 4. 3/4 Layout
 5. Cody Tuck
 6. Pike Bounce
 7. Tuck Barani
 8. Tuck Back
 9. Swan Dive
 10. Tuck Ball-Out

Voluntary:

Voluntary routine. Difficulty not allowed to be less than difficulty of skills in voluntary routine, i.e. 4.1

The score from the compulsory routine (no difficulty value) is carried over to the final and added to the voluntary routine to determine the competitor's final total score.

SYNCRO:

A competition will consist of the same rules that apply to the individual competition. Must be able to score 7.0 for execution

DOUBLE MINI TRAMPOLINE:

A District V competition will consist of 2 compulsory and 2 voluntary routines in the qualifying round and 2 voluntary routines in the final round at District 5 trials only the qualifying round will be done.

Seniors:

Compulsory Routines:

1. Tuck Back (spotter) Rudi (dismount)
2. Straight Barani (mount or spotter) Full Twist (dismount)

Voluntary Routines:

All skills with minimum of 360 degrees rotation.

Juniors:

Compulsory Routines:

1. Tuck Back (spotter) Straight Barani (dismount)
2. Tuck Front (mount or spotter) Pike Front (dismount)

Voluntary Routines:

All skills with minimum 360° somersault rotation.

Must be able to score 1.3 (9.3) for execution

MINI TRAMPOLINE:

A competition is compiled of:

- 4 routines.
- All Region V competition all four routines will be done in the qualifying round, no repeats are allowed. Repeats of skills will result in no difficulty awarded for the repeated skill, in cases where the difficulty is lower than 0.5, a deduction of 0.5 will be made.

- Repeats of skills will result in no difficulty being awarded for the repeated skill, in cases where the difficulty is lower than 0.5, a deduction of 0.5 will be made.
- **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.
- In finals x2 prescribed routines, routines done in the qualifying round may be repeated in the finals.
- Mini-trampoline to be marked out of 2 instead of 1, same landing deductions as for DMT.
- At trials only the qualifying round will be done

BLACK-TOP CODE

1. COMPETITIONS

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

(Black-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. Skills to be taught according to FIG skill progression

2. BLACK TOP ROUTINES

Voluntary Routines

Prescribed routines are performed first, followed by voluntary routines.

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

The numbers of skills in a 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	

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 will participate in the first age group 6-7 years.

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

Limitations

Please note that the limitations for each level are reflected under the routines for that level.

Coaching qualification:

Due to the nature and difficulty of skills performed in elite routines, any gymnasts who attempts the elite routines and want to compete in the elite sections, are required to be coached by a coach who has at least a level 1 coaching accreditation, preferably level 2.

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
	Out bounce	
	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
	Out bounce	
	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
	Out bounce	
	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
	Out bounce	
	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
	Out bounce	
	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
	Out bounce	
	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
	Out bounce	
	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
	Out bounce	
	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
	Out bounce	
	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
	Out bounce	
	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

6-12 years

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
	Out bounce	
	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
	Out bounce	
	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

3. RULES & REGULATIONS

- 3.1 Repetition of skills on the black top trampoline are not allowed in any of the routines. A skill performed in one routine may be performed again in the other routine.

When a skill is repeated in a compulsory routine - the routine will be terminated, where the incorrect skill was performed

When a skill is repeated and:

- the skill has no difficulty value or a value lower than 0.5 a deduction of 0.5 will be made by the difficulty judge
- if the difficulty of the skill is higher than 0.5 the full difficulty of the skill will be lost.

- 3.2 Warm-up time is within the discretion of the organisers and depends on time and availability of equipment. Warm-up should not be used as a training session and any abuse of the warm-up time will incur a penalty of 0.3 from each execution judge in the first routine.
- 3.3 If there are 10 or more competitors in a group, there will be a preliminary and a final round. The competitors will be divided into flights and the prescribed routine will serve as the preliminary round. The ten competitors with the highest scores (execution plus difficulty) progress to the final.
- 3.4 The voluntary routine will be performed in the final round. If competition time allows all gymnasts may be allowed to perform both routines, however this is up to the discretion of the competition organisers.
- 3.5 The same panel of judges must judge all the flights for a specific group.

- 3.6 Before the final, the competitors should be allowed to warm up their voluntary routine once, depending on the arrangements of the organisers, time and availability of warm-up equipment. The scores from the preliminary round are carried over and added to the competitor's final score to determine the total score.
- 3.7 Trampoline competitors are not allowed to participate in competitions on the black top trampoline.
- 3.8 Gymnasts who participate on the black top trampoline may not be awarded provincial colours, only junior or ½ colours.
- 3.9 The winner of the competition will be the gymnast with the highest total score for both routines (execution for both routines and difficulty for the first routine is added). Any tie will be broken according to the SA TRA tie breaking rules, i.e. there will only be one gold, silver and bronze medallist per category.

4. DEDUCTIONS

Execution of the routines are marked out of the amount of skills in the prescribed routine.

4.1. Deductions on instruction of the chair of judges

- 4.1.1 After landing, touching the bed with one or both hands 0.5 pts
- 4.1.2 After landing, touching with or falling to the knees, hands & knees, front, back or seat on the bed. 1.0 pts
- 4.1.3 Touching or stepping out on anything other than the trampoline bed. 0.5 pts
- 4.1.4 Landing/falling on the outside of the trampoline bed, leaving the trampoline area, or performing an additional somersault. 1.0 pts
- 4.1.5 Talking to or giving any form of signal to a gymnast by their own spotters or coach during the routine, for each occurrence 0.6 pts
- 4.1.6 Additional elements, per element 2.0 pts
- 4.1.7 Exceeding the time limit

61 seconds	0.2 pts
91 seconds	0.4 pts
121 seconds	0.6 pts

from the round

4.2 Interruptions – A routine will be considered interrupted if a gymnast

- 4.2.1 Obviously does not land simultaneously on both feet on the trampoline bed.
- 4.2.2 Does not use the elasticity of the bed after landing for the immediate continuation of the next element.
- 4.2.3 Performs an intermediate (straight) jump.
- 4.2.4 Lands on any part of the body except feet, seat, front or back.
- 4.2.5 Performs an incomplete element.
- 4.2.6 Touches anything other than the trampoline bed with any part of the body.
- 4.2.7 Is touched by a spotter or spotter mat.
- 4.2.8 Leaves the trampoline due to insecurity.
- 4.2.9 Does not perform a prescribed compulsory routine using the required elements and/or in the required sequence.
- 4.2.10 No credit will be given for the element in which the interruption occurs.
- 4.2.11 A gymnast will be judged only on the number of elements completed on the trampoline bed.
- 4.2.12 The Chair of Judges Panel will decide the maximum mark.

4.3 Termination of a routine

- 4.3.1 The routine must end under control in an upright position, with both feet on the trampoline bed, otherwise there will be a deduction (see 4.4.2)
- 4.3.2 After landing on the bed, the gymnast must stand upright for approximately 3 (three) seconds, otherwise there will be a deduction for lack of stability (see 4.4.2)
- 4.3.3 A routine is deemed to have ended only after the time as per 4.3.2, have elapsed
- 4.3.4 The gymnast is allowed to do 1 (one) more jump in a stretched position (out-bounce) after the last element, using the elasticity of the bed.

- 4.3.5 If the gymnast executes more than 5 (five), 8 (eight), or 10 (ten) movements, according to the relevant age group, a deduction of 1.0 points will be made (see 4.1.7)..

4.4 Deductions by the judges for execution

- 4.4.1 Lack of form, consistency of height & control : 0.1 – 0.5 points per skill (see Appendix for guidelines on lack of form)

Lack of stability after a complete routine (10 elements), a single deduction for the greater fault only.

- 4.4.2 Uncontrolled Outbounce; 0.1pts

- 4.4.3 Not standing still in an upright position and showing stability for 3 (three seconds) 0.1-0.2pts

4.5 Actions and deductions by the difficulty judge

- 4.5.1 Check prescribed routines. When a competitor does not perform the correct prescribed routine for the event, bring it to the attention of the superior judge. Routine is interrupted when incorrect skill is performed.

- 4.5.2 Check for repeats. Deduction of 0.5 for a repeat where difficulty is less than 0.5. If difficulty is higher than 0.5 the total difficulty is forfeited.

5. JUDGING PANEL

The judging panel consists of: One Superior Judge, 4 Execution judges, + 2 displacement judges + 2 difficulty judges Minimum (for club competitions) - 2 Execution judges, 1 displacement judge, 1 difficulty judge

6. SCORING

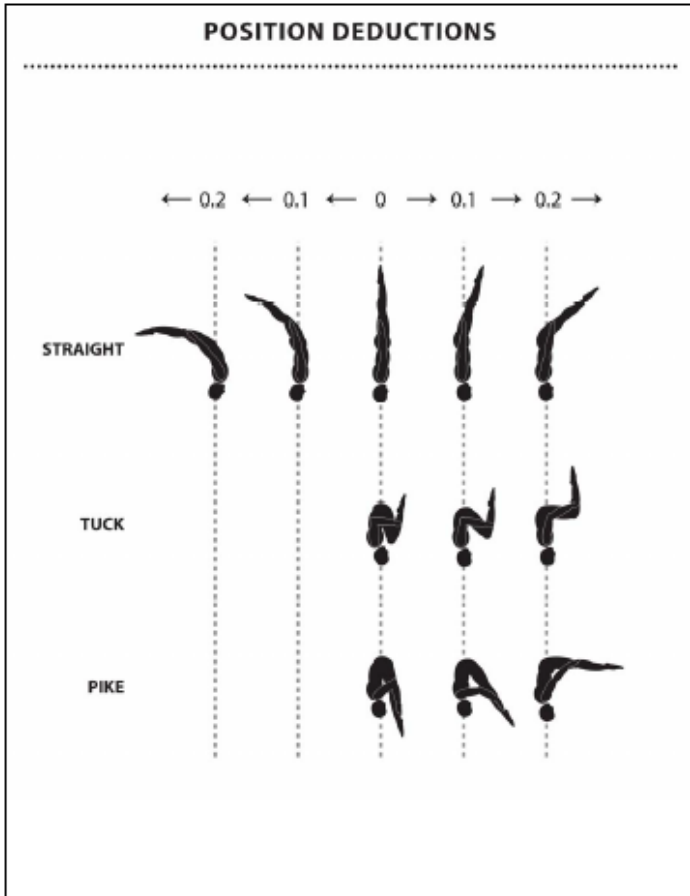
The total score of a competitor is calculated as follows:

Add the three scores of the execution judges together (*if five judges, discard the highest and lowest mark and add the three middle scores together*)

Add difficulty where applicable

For total score add the scores for both routines together
(round total to 2 decimals).

APPENDIX



MULTIPLE SOMERSAULTS TAKE-OFF

Backward

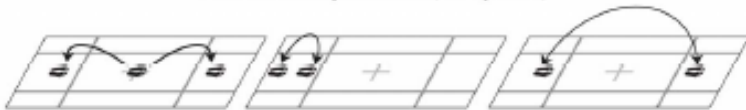


Forward



DEVIATION FROM CENTER

Horizontal displacement (trampoline)



Obviously
going out
of the box
0.1 pts

Obviously
staying out
of the box
0.1 pts

Going from
one end to the other
0.2 pts
(obviously being
outside the box)

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
	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	0.2	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		
	Total	1.2	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
	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		
	Total	3.0	Total	3.6		

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

Recommendation: Voluntary routines - 1 ¼ 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	
1	Pike Back	0.6	Layout	0.6	1/1 Twist (Back)	0.7
2	Tuck Barani	0.6	Straight Barani	0.6	Straight Barani	0.6
3	Tuck Jump	0.0	Tuck Jump	0.0	Tuck Jump	0.0
4	$\frac{3}{4}$ Layout	0.3	$\frac{3}{4}$ Layout	0.3	$\frac{3}{4}$ Layout	0.3
5	To Feet	0.1	Cody Tuck	0.6	Cody	0.6
6	Tuck Back	0.5	Pike Jump	0.0	Tuck Barani	0.6
7	Pike Barani	0.6	Tuck Barani	0.6	Tuck Back	0.5
8	Straddle Jump	0.0	Tuck Back	0.5	Layout	0.6
9	Swan Dive	0.3	Swan Dive	0.3	Swan-Dive	0.3
10	To Feet	0.1	Tuck Ball-Out	0.7	Barani Ball-Out	0.7
	Total	3.1	Total	4.2	Total	4.9
Element	15 & Over					
1	1/1 Twist (back)	0.7				
2	Straight barani	0.6				
3	Layout	0.6				
4	Tuck barani	0.6				
5	1 $\frac{1}{4}$ Pike back	0.7				
6	Pike pull-over	0.3				
7	Pike barani	0.6				
8	Pike back	0.6				
9	Swan dive	0.3				
10	Barani ball-out	0.7				
	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

(AGE GROUPS)

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 $1\frac{1}{4}$ from back with $1\frac{1}{2}$ 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-Over (Internationally this age group is 17-21 Years) But at all South African competitions we will use the age group 17-Over. This is because we don't want to force gymnasts who are aged 22 years and older to either retire because they cannot meet the open requirements, or make them drop to 15/O level 6

First routine with special requirements **(which is the same for the international age group of 17-21 Years)**

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 (SENIORS)

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 routine

- 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.

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

MINI TRAMPOLINE CODE

1. COMPETITIONS

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)

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.

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 will participate in the first age group 6-7 years.

2. ROUTINES

- The prescribed routines are performed first.
- Changes to the prescribed skills result in termination of the routine and a Zero Mark.
- Changes to voluntary routines are allowed without penalty.

2017 PRESCRIBED ROUTINES MINI TRAMPOLINE

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	6-12 Years	13 Years and Older
1.	<i>Four Voluntary passes where the difficulty counts in all four of the passes. Each skill must have a minimum difficulty of 0.4</i>	<i>Four Voluntary passes where the difficulty counts in all four of the passes. Each skill must have a minimum difficulty 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.

Landing Zone for above mentioned levels and Age Groups must be clearly marked on Landing Area

3. RULES & REGULATIONS

- 3.1 Repetition of skills on the mini-trampoline is not allowed in any of the routines. When a skill is repeated and the skill has no difficulty value or a value lower than 0.5 a deduction of 0.5 is than 0.5 the full diff. of the skill is deducted.
- 3.2 Warm-up time is within the discretion of the organisers and depends on time and availability of equipment. Warm-up should not be used as a training session and any abuse of the warm-up time will incur a penalty of 0.3 from each execution judge in the first routine.

- 3.3 If there are 17 or more in a group, there will be a preliminary and a final round. The competitors will be divided in flights and the voluntary routines will serve as the preliminary round. The ten competitors with the highest scores (execution plus difficulty) progress to the final
- 3.4 The **voluntary** routines will be performed in the final round. If competition time allows all gymnasts may be allowed to perform both routines, however this is up to the discretion of the competition organisers.
- 3.5 The same panel of judges must judge all the flights for a specific group.
- 3.6 Before the final, the competitors should be allowed to warm up their third and fourth skills once, depending on the arrangements of the organisers, time and available warm-up equipment. The scores from the preliminary round are carried over and added to the competitor's final score to determine the total score
- 3.7 **Double-mini competitors are not allowed to participate in competitions on the mini trampoline**
- 3.8 **Trampoline &** Blacktop competitors may compete on the mini trampoline.
- 3.9 Gymnasts who participate on the mini-trampoline may not be awarded provincial colours, only novice or ½ colours.
- 3.10 The winner of the competition will be the gymnast with the highest total score for both routines (execution for all routines and difficulty for the first 2 routines are added). Any tie will be broken according to the SA TRA tie breaking rules, i.e. there will only be one gold, silver and bronze medallist per category.

4. DEDUCTIONS

Execution of the routines is marked out of 2.0.

Start of a pass

Each gymnast will start on a signal given by the Chair of Judges Panel.

After the signal has been given, the gymnast must initiate the first element within 20 seconds, otherwise a penalty of 0.3 points will be made by the Chair of Judges Panel.

If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the Chair of Judges' Panel.

If there is a faulty start and the gymnast has not touched the Mini-Trampoline, then the gymnast may re-start without penalty on a signal from the Chair of Judges' Panel.

4.1. DUTIES OF THE JUDGES FOR EXECUTION

- a. Lack of form, consistency of height & control - 0,1 - 0,5 points per skill
 - b. Lack of stability - after dismount - 0,1 - 0,3 points
-
- 4.1.1 After landing, touching the MT or landing zone/area with one or both hands Touch landing mat with one/both hands - deduct 0,5 points
 - 4.1.2 Fall to knees or hands/knees, seat, front or back - deduct 1,0 points
 - 4.1.3 Fall against MT - deduct 1,0 points
 - 4.1.4 Assistance from spotter/coach after landing – deduct 1,0 points
- MAXIMUM landing deduction is 1,0 points**
- Landing penalties are the duty of the Chair of Judges**
- 4.1.5 Landing inside zone B 0,9 points
 - 4.1.6 Landing inside zone C 1,5 points
 - 4.1.7 Stepping from zone A to B/C or B to C 0,3 points

4.1.8 Touching anything other than the bed during a pass will not cause an interruption, but will get a penalty of 0.3 points

4.2 Zero Passes - zero score awarded on instruction of the chair of the judging panel

- 4.2.1 Not jumping with both feet simultaneously onto the mini tramp
- 4.2.2 Not landing with both feet simultaneously onto the landing area
- 4.2.3 Landing outside the landing area

4.3 Deductions by the judges for execution

- 4.3.1 Lack of form, consistency of height & control - 0,1 - 0,5 points per skill
- 4.3.2 Lack of stability - after dismount - 0,1 - 0,3 points

4.4. Actions and deductions by the difficulty judge

- 4.4.1 Check prescribed routines. When a competitor does not perform the correct prescribed routine for the event, bring it to the attention of the superior judge. Zero mark for the routine.
- 4.4.2 Check for repeats. Deduction of 0.5 for a repeat where difficulty is less than 0.5. If difficulty is higher than 0.5 total difficulty is forfeited.
- 4.4.3 In level 3, when not performing a skill with the set minimum difficulty of 0.4 a competitor will get a zero mark for that pass.

5. JUDGING PANEL

The judging panel consists of: One Superior Judge, three Execution Judges (*if enough judges are available five execution judges*), at least one but preferably two Difficulty Judge

6. SCORING

- 6.1 The FIG difficulty value system for the Double Mini Trampoline is used

- 6.2 The total score of a competitor is calculated as follows:
Add the three scores of the execution judges together (*if five judges, discard the highest and lowest mark and add the three middle scores together*)
Add difficulty where applicable
For total score add the scores for all four routines together (*round total to 2 decimals*)

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.

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

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		9 – 10 years		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 (AGE GROUPS)

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 – Over years	12.9 Maximum difficulty in a single element 4.6pts

LEVEL 8 (SENIORS)

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.

**WAGC 2017-2020 TRAMPOLINE
First routine with special requirements**

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.

6-10 Years First routine with special requirements

3. One (1) element landing on the front of the body
4. 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

3. One (1) element landing on the front of the body
4. 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

13-14 Years First routine with special requirements

4. Back somersault with full twist
5. One (1) element landing on the front of the body
6. 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

4. Full back somersault with full twist
5. Rudi or Rudi ball out (front somersault or $1\frac{1}{4}$ from back with $1\frac{1}{2}$ twist)
6. One (1) element either landing 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

5. One (1) element to front or back
6. One (1) element from back or front – in combination with requirement 1
7. One (1) double front or back somersault with or without twist
8. 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

WAGC 2017-2020 DOUBLE MINI Special Requirements

Required difficulty degree for 4 routines.

Age Group	Minimum Prescribed Difficulty For 4 Routines
10 and under	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

WC 2017-2020 TRAMPOLINE Special Requirements

Gender	Compulsory Requirements
Open Men & Ladies	<ol style="list-style-type: none"> 4. The routine consists of 10 different elements each with a minimum of 270° somersault rotation. 5. 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. 6. None of these four (4) elements may be repeated in the second routine of the qualifying round otherwise the difficulty will not be counted.

**TRAMPOLINE COP
(TO BE READ IN CONJUNCTION WITH FIG COP)**

Each gymnast will start on a signal given by the Head Judge.

After the signal has been given, the gymnast must initiate the first element within one (1) minute, otherwise there will be a penalty as follows:

§ 61 seconds: 0.2 pts. deduction

§ 91 seconds: 0.4 pts. deduction

§ 121 seconds: 0.6 pts. deduction

§ 181 seconds: disqualification from the respective round of Competition

If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. Head Judge makes this decision.

If there is a faulty start, the gymnast may re-start on a signal from the Chair of Judges' Panel.

After a routine is started, talking to or giving any form of signal to a gymnast by their own spotters or coach during the routine will result in a penalty of 0.6 pts. applied only once by the CJP

If gymnasts / pairs are not ready to start at the time and in the order as laid down in the start list, they will be disqualified from the respective round of competition

REQUIRED POSITIONS DURING AN ELEMENT

In all positions, the feet and legs should be kept together (except straddle jumps), and the feet and toes pointed

Depending on the requirements of the element, the body should be tucked, piked or straight.

In the tucked and piked positions the thighs should be close to the upper body, except in the twisting phase of multiple somersaults

In the tucked position the hands should touch the legs below the knees except in the twisting phase of multiple somersaults

The arms should be straight and/or held close to the body whenever possible

The following defines the minimum requirements for a particular body shape:

Straight position: The angle between the upper body and thighs must be greater than 135

Pike position: The angle between the upper body and thighs must be equal to or less than 135 and the angle between the thighs and the lower legs must be greater than 135

Tuck position: The angle between the upper body and thighs must be equal to or less than 135 and the angle between the thighs and the lower legs must be equal to or less 135

In multiple somersaults with twists, the tuck and pike position may be modified during the twisting phase (puck and pike twisting positions).

REPETITION OF ELEMENTS

During a routine no element may be repeated, otherwise the difficulty of the repeated element will not be counted.

Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.

The tucked and pucked positions are considered to be the same position.

Multiple somersaults (of 630° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases.

INTERRUPTIONS OF A ROUTINE

A routine will be considered interrupted if a gymnast:

- I. Obviously does not land simultaneously on both feet on the trampoline bed.
- II. Does not use the elasticity of the bed after landing for the immediate continuation of the next element.
- III. Performs an intermediate (straight) jump.
- IV. Lands on any part of the body except feet, seat, and front or back.
- V. Performs an incomplete element.
- VI. Touches anything other than the trampoline bed with any part of the body.
- VII. Is touched by a spotter or spotter mat.
- VIII. Leaves the trampoline due to insecurity.
- IX. Performs a different element from that of his partner in a synchronised routine.
- X. If one of the gymnasts is more than half an element ahead of his partner they will be deemed to have performed different elements. If one of the gymnasts has clearly took off of an element while his partner has clearly not landed from the preceding element, they will be deemed to have performed different elements.
- XI. Does not perform a prescribed compulsory routine
- XII. No credit will be given for the element in which the interruption occurs.
- XIII. A gymnast will be judged only on the number of elements completed on the trampoline bed.

The Head Judge will decide the maximum mark.

TERMINATION OF THE ROUTINE

- I. The routine must end in an upright position, with both feet on the trampoline bed, otherwise there will be a deduction
- II. The gymnast is allowed to do one (1) more controlled jump in a stretched position (out-bounce) after the last element. Uncontrolled out-bounce will cause a deduction of 0.1 pts.
- III. In synchronised competition both gymnasts must either do one (1) more controlled jump in a stretched position (out-bounce) after the last element, or they must both stand still, otherwise there will be a penalty of 0.4 pts. from the Chair of Judges' Panel.

- IV. After the final landing on the bed, the gymnast must stand upright and show stability for approximately 3 (three) seconds, otherwise there will be a deduction for lack of stability from 0.1 - 0.2 pts.
- V. If a gymnast executes more than ten (10) elements, there will be a penalty of 2.0 point made by the Chair of Judges' Panel

EVALUATION OF EXECUTION

TRA

Rotation or Flying Phase

- Position of the arms 0.0-0.1 pts.
- Position of the legs 0.0-0.2 pts.
(Includes bent knees, toes not pointed, legs not together)
- Position of the body 0.0-0.2 pts.

Opening and Landing Phase

- Opening of the somersault and keeping straight position 0.0-0.3 pts.
(Includes twisting rotation not completed at 90° (3 o'clock))
 - No opening 0.3 pts.
- Any of these deductions can be combined up to 0.5 pts.

Horizontal Displacement

- (Trampoline only) 0.0-0.3 pts.

0.3	0.2		0.3
0.2	0.1	0.0	0.1
0.3	0.2		0.3

INTERPRETATIONS OF TRAMPOLINE CODE OF POINTS

General

Only elements which land on both feet, seat, front or back will be recognised.

One foot landings

The element which lands on one foot is not counted as an element and the routine is interrupted at that landing. This rule only applies to double contacts made on the feet. If during a back or front landing the feet subsequently touch the bed, this does not constitute an interruption.

Not making the same movement (out-bounce or standing still)

In the case of one gymnast making a complete and immediate stop while the other only partially stops, this would not constitute a contravention of this rule since it would not be classed as an out-bounce.

Lack of stability after a completed routine.

Uncontrolled movements in the out-bounce must also be judged as part of the instability.

If the gymnast forgets to stand still and leaves the bed within approximatively three (3) seconds of landing the E-judges will decide whether this was due to lack of stability (deduction 0.5 or 1.0 pts), or merely that he forgot to stand still (deduction 0.2 pts).

Example of deductions for out-bounce (maximum 0.1 pt) :

- _Uncontrolled movements in the out-bounce 0.1

Example of deductions for landing (maximum 0.2 pts) :

1. Movement of arms while standing on the bed (ex. circle) 0.1
2. Step(s) or bounce(s) 0.1 – 0.2
3. Not standing upright 0.1
4. Standing with feet apart or more than shoulder width 0.1
5. Turning to the judges before being totally stabilized 0.1

6. The penalty is not connected to the length of the step or the bounce, but to the amount.

- 7. When a step is taken (deduction 0.1 pts), coming back with the same foot to a stable upright position is **not** considered to be a stepping deduction.
8. Total deductions for instability in out-bounce and landing must not exceed 0.3

Additional elements

If a gymnast cannot stop/control the rebound of the bed after final landing (10th element) and has to perform a somersault or a “whip-back” etc, a deduction of 1.0 will be made.

DOUBLE MINI TRAMPOLINE COP (TO BE READ IN CONJUNCTION WITH FIG COP)

1. Double Mini-Trampoline (DMT) competitions comprise four (4) passes with two (2) elements in each pass.
2. Each pass consists of two (2) elements (one (1) *mounting element* or *spotter element* and one (1) *dismount element*).
3. A pass on the Double Mini-Trampoline is characterised by high, continuous rhythmic feet to feet rotational jumping elements, without hesitation or intermediate straight bounces.
4. A straight mounting jump without twists is not considered an element. If a straight jump is used as a spotter element or dismount element, the pass will be interrupted
5.
 - A mounting element or a straight mounting jump must take off from the mounting zone and land in the spotter/dismount zone
 - A spotter element must take off and land in the spotter/dismount zone
 - A dismount element must take off from the from the spotter/dismount zone and land in the landing area
6. A Double Mini-Trampoline pass should be planned to demonstrate a variety of forward and backward twisting or non-twisting elements. The pass should show good control, form, execution, height and maintenance of height.
7. In a pass a maximum of three (3) contacts with the bed are allowed with no intermediate bounce between the elements.
8. Each pass must end with a *dismount element* performed from the spotter/dismount zone to the landing area.

9. Elements may only be repeated when performed in different parts of a pass (mount, spotter or dismount).
10. Second attempts at passes are not allowed.

START OF A PASS

1. Each gymnast will start on a signal given by the Head Judge
2. After the signal has been given, the gymnast must initiate the first element within 20 seconds, otherwise a penalty of 0.3 points will be made
3. If there is a faulty start and the gymnast has not touched the Double Mini-Trampoline, then the gymnast may re-start without penalty on a signal from the Head Judge
4. After a routine is started, talking to or giving any form of signal to a gymnast by their own coach during the routine will result in a penalty of 0.9 pts.

REPETITION OF ELEMENTS

1. An element is considered repeated when used during any of the four (4) passes more than once as a mounting element, spotter element or dismount element. The degree of difficulty of a repeated element will not be counted.
2. Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.
3. The tucked and pucked positions are considered to be the same position.
4. Multiple somersaults (720 deg or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases.

INTERRUPTIONS OF A PASS

A pass will be considered interrupted if the gymnast:

1. Obviously does not land simultaneously on both feet on the bed.
2. Does not use the elasticity of the bed after landing for the immediate continuation of the next element.

3. Is touched by a spotter or a spotter mat.
4. Leaves the DMT during the pass due to insecurity.
5. Lands on any part of his body except his feet on the DMT bed.
6. Lands on any part of the DMT other than the bed during the pass.
7. Does not perform a mounting element, spotter element or dismount element from or to the correct area.
8. Performs a straight jump as a spotter or dismount
9. No credit will be given for the element in which the interruption occurs.
10. Due to the narrowness of the apparatus, touching anything other than the bed during a pass will not cause an interruption, but will get a penalty of 0.3 points from each execution judge
11. A gymnast will be judged only on the number of elements completed on both feet.

TERMINATION OF THE PASS

1. After the dismount element, the pass must end under control in an upright position, with both feet within the landing area, otherwise the dismount element will not be counted.
2. After the dismount, the gymnasts must stand upright for approximately 3 (three) seconds, otherwise there will be a deduction for lack of stability

DUTIES OF THE EXECUTION JUDGES

1. Evaluate the execution in the range 0.0 to 0.5 points and write down their deductions on the deduction sheets.
2. Subtract their deductions from the maximum mark indicated by the Head Judge.
3. Deductions for execution:
 - 3.1 Lack of form, height and control in each element 0.1-0.5 pts.
 - 3.2 Lack of stability after the dismount (a single deduction for the greater fault only):
 - 3.3 Not standing still in an upright position and showing stability for approximately 3 (three) seconds 0.1-0.3 pts.

- 3.4 After landing, touching the DMT or landing zone/area with one or both hands 0.5 pts.
- 3.5 After landing, touching with or falling to the knees, hands & knees, front, back or seat on the landing area 1.0 pt.
- 3.6 Assistance from a spotter after landing 1.0 pt.
- 3.7 After landing in the landing area, leaving the landing area, or touching outside the landing area or touching the floor with any part of the body or falling against the DMT 1.0 pt.

EVALUATION OF EXECUTION

DMT

Rotation or Flying Phase

- Position of the arms 0.0-0.1 pts.
- Position of the legs 0.0-0.2 pts.
- (Includes bent knees, toes not pointed, legs not together)
- Position of the body 0.0-0.2 pts.

Opening and Landing Phase

- Opening of the somersault and keeping straight position 0.0-0.3 pts.
(Includes twisting rotation not completed at 90° (3 o'clock))
- No opening 0.3 pts.
- Any of these deductions can be combined up to 0.5 pts.

HEAD JUDGE LANDING DEDUCTIONS

Apply the following landing penalties:

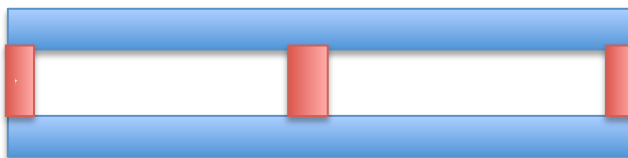
- 20.10.1* landing inside zone B 0.9 pts.
- 20.10.2* landing inside zone C 1.5 pts.
- 20.10.3 stepping out from zone A to zone B or C or from zone B to C 0.3 pts.

INTERPRETATIONS OF DMT CODE OF POINTS

General definition of the mount & dismount zones:

- Middle zone (3)
- End markers (4+5)

- The mounting zone is defined as the area of the bed in front of and including the middle zone **(4+1+3)**
- The spotter/dismount zone is defined as the area of the bed to the rear of and including the middle zone **(3+2+5)**



Mount, Spotter, Dismount

- A straight mounting jump or mounting element must take off from the mounting area and land in the spotter/dismount area.
- The spotter element must take off and land in the spotter/dismount area.
- If any of these (mounting element or spotter element) are not executed in the correct area as detailed here, the pass will be invalid (score 0).
- A dismount element not executed from a mounting element or spotter element is not valid.

Example: Mounting elements or spotter elements correctly executed from and to the prescribed areas on the DMT are always counted as elements, regardless of what happens in the dismount element (e.g. stop, landing on the DMT, not landing on both feet to landing area, straight jump).

Touching the Double Mini-Trampoline

Due to the narrowness of the DMT bed, it is possible for the gymnast may touch something other than the bed with some part of the body, even though his feet land on the bed as required in this instance a penalty of 0.3 will be applied. However, if it is obvious that the foot lands outside the bed (frame/pad etc.) this will constitute an interruption

Landing zone - definition

The outer edge of zone/area marks the boundary of the DMT landing zone/area. If any part of the body touches outside the boundary, it will result in a deduction or penalty

Lack of stability after a completed routine.

If the gymnast forgets to stand still and leaves the landing area within approximately three (3) seconds of landing the E-judges will decide whether this was due to lack of stability (deduction 1.0 pts), or merely that he forgot to stand still (deduction 0.3 pts).

Example of deductions:

- Movement of arms while standing (ex. circle) 0.1
- Step(s) or bounce(s) 0.1 – 0.3
- Not standing upright 0.1
- Standing with feet apart or more than shoulder width 0.
- Turning to the judges before being totally stabilized 0.1

NB.

- The penalty is not connected to the length of the step or the bounce, but to the amount.
- When a step is taken (deduction 0.1 pts or more), coming back with the same foot to a stable upright position is **not** considered to be a stepping deduction.

