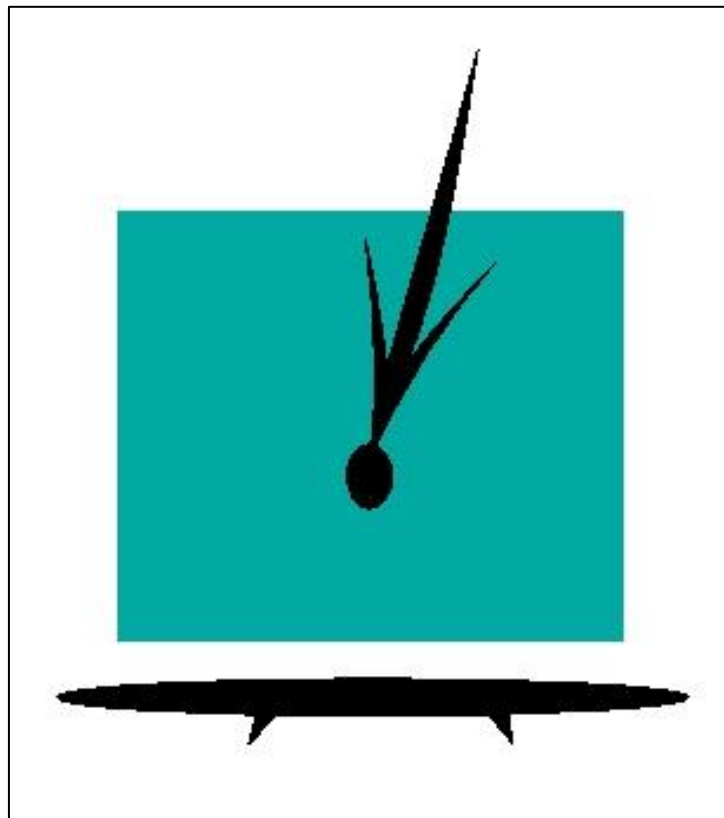


SOUTH AFRICAN TRAMPOLINE RULES AND REGULATIONS



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PREFACE

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.

The South African Trampoline Rules and Regulations as well as Trampoline National Competition Program has been approved by the South African Trampoline Gymnastics Committee to use from 1st of January 2019. It is binding for all Trampoline Gymnastics National competitions and Championships within South African Gymnastics Federation and its members.

It is intended to be used as a basis for all levels of competition.

The following documents should be read in conjunction with the South African Trampoline Rules and Regulations as well as Trampoline National Competition Program:

- Guide to Judging and interpretations to the current Code of Points
- FIG Technical Regulations, Section 1
- FIG Technical Regulations, Section 4 - Special Regulations for Trampoline Gymnastics
- FIG General Judges' Rules and FIG Judges' Rules Specific for Trampoline Gymnastics

ACKNOWLEDGEMENTS

All of the members of the SAGF Trampoline Technical Committee contributed to the preparation of the Trampoline Rules and Regulations as well as Trampoline National Program.



Special thanks to Helen Van Der Walt for developing Trampoline Gymnastics discipline in South Africa over the past 40 years. A great number of South African gymnasts represented country under Helen Van Der Walt'S supervision.

GENERAL COMPETITION RULES

1. The gymnast's age on the **31st December** in the year of competition is used to determine in what age group the gymnast must participate.
2. **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 club competitions. However, a gymnast who has competed in a District, Provincial, Zone Festival, or Gym Games competition may not change levels in the same year of competition but must wait until the following year to change levels.

All skills must be taught by coaches according to FIG skill progression schedule. Gymnasts and coaches must 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.

3. A gymnast should only be entered into a Level for which he is suitably prepared to participate in safely. **RECOMMENDATION:** The average gymnast is expected to spend two years in each level. Above average gymnasts are expected to spend one year in each level.
4. 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 under first age group 6 and over
5. A gymnast may compete either on Mini trampoline or Double Mini trampoline, but not on both.
6. A gymnast may compete either on Euro trampoline or Blacktop, but not on both.

Limitation: Gymnasts cannot compete on both mini and double mini trampoline or on euro and blacktop trampoline.

7. Age Groups for the Levels 1-3

Blacktop Trampoline:

Level P1, P2	6-7; 8; 9; 10; 11-12; 13-14; 15 & Over
Level P3	12 Years and Younger; 13 Years and Older

Mini Trampoline:

Level P1 and P2	6-7; 8; 9; 10; 11-12; 13-14; 15 & Over
Level P3	12 Years and Younger; 13 Years and Older

8. Age Groups for the Levels 3-8

Double-Mini Trampoline:

Level 3	6-8; 9-10; 11-12; 13-14; 15 & Over
Level 4 and 5	6-8; 9-10; 11-12; 13-14; 15 & Over
Level 6	6-10; 11-12; 13-14; 15 & Over
Level 7 (Pre Junior Olympic)	6-10; 11-12; 13-14; 15-16; 17-21
Level 8 (Senior Olympic)	Open

Euro Trampoline:

Level 3	6-8; 9-10; 11-12; 13-14; 15 & Over
Level 4 and 5	6-8; 9-10; 11-12; 13-14; 15 & Over
Level 6	6-10; 11-12; 13-14; 15 & Over
Level 7 (Pre Junior Olympic)	6-10; 11-12; 13-14; 15-16; 17-21
Level 8 (Senior Olympic)	Open

Clarification: In level 6 there is no age group category 6-8. Advanced 6-8 years old gymnasts may compete in the age group 6-10.

9. Trampoline and Double Mini Trampoline COP to be read in conjunction with FIG COP
10. Levels 1-6 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 penalized. 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.
- 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.
- Recommendation: 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.*
11. Zone competition competitors, levels 1-3, are not permitted to participate in SA Championships/Games in levels 4 and above in the same competition year.
12. Gymnasts, Coaches, Clubs, Region or Province are not permitted to change gymnasts' competitive level, after provincial competition was held.
13. For all apparatus – prescribed (compulsory) routines are performed first, followed by the voluntary routines.
14. During National competitions, Trampoline, Blacktop and Synchro gymnasts require to complete at least all the skills of the first, second or third routines in order to qualify for a medal.
 Mini trampoline and double-mini trampoline gymnasts require to complete at least two of the four routines to qualify for a medal.
15. Synchro competition
 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 than they qualified to compete in individual competition. 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.
 PLEASE NOTE! - in synchro competitions a competitor is allowed to move up to the same level or age group as the synchro partner 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.
16. 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).
17. Required difficulty degree for level 7 Trampoline and Double-Mini gymnasts to qualify for WC & WAGC are given in the SAGF selection criteria for the event.

DRESS CODE GYMNASTS, SPOTTERS COACHES & JUDGES:

DRESS CODE FOR THE NATIONAL, PROVINCIAL & REGIONALS EVENTS

Gymnasts must wear official district, provincial or national attire as applicable.

Gymnasts must wear district, provincial or national leotard during march-on (where applicable) and on the podium.

DRESS CODE FOR GYMNASTS

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. Skin colour tights is allowed to be worn under leotard.
- IV. Any other "dress" which is not skin tight is not allowed
- V. For reasons of safety, covering the face or the head is not allowed
- VI. 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 CJP 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

DRESS CODE FOR SPOTTERS & COACHES

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

DRESS CODE FOR JUDGES

Navy blue or black blazer, pants or skirt and white shirt. Male – tie (optional).

Judges who have achieved national colours are permitted to wear grey or khaki pants, a white shirt and their green South African blazer.

FORMAT OF NATIONAL COMPETITIONS

CLUB, REGIONAL & PROVINCIAL COMPETITIONS

Rules and regulations set by Clubs, Regions and Provinces.

Recommendation: Follow National Rules and Regulations to limit confusion and errors.

Important! Tiny Tots competitors compete only at club level competitions.

ZONE COMPETITIONS

There are two Zone Competitions - South and North.

Each Zone should have a management committee with equal representation from all Regions in the Zone.

Recommendation: 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 Euro Trampoline, Double Mini Trampoline, 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 (Interprovincial competition) for these levels at the end of their competition season.

CLARIFICATION:

Level 1,2 & 3 compete at Zone competition but not at SA Gym Games

Gymnasts may compete in Club or half District colours depending on the Rules and Regulations set by their own Districts/Provinces. At this level gold, silver and bronze medals should be given to every participant, based on their total scores. The emphasis in these levels should be fun and mass participation.

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 at the Trial for the Region V competition, depending on the Rules and Regulations set for the Region V International Competition going forward.

NATIONAL EVENTS

1. 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)

Final entries for SA Gym Games **will close 4 weeks before the start of the competition**. Provincial competitions (If necessary) should be held at such a time to allow for team selection and entries to SA Gym Games.

2. Level 4 upwards - No restriction on entries, unlimited entries in view of costs. The gymnasts will receive individual medals for 1st, 2nd or 3rd place ranking.
3. Mini and Double Mini trampoline gymnasts aged 6-8 years in levels 1, 2, 3, 4 and 5 will not be penalized 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. The red zone is extended to apparatus and must be clearly marked.
4. Competition cards (for Black Top, Double-Mini Trampoline and Trampoline) 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. 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.
6. Levels 4-6 gymnasts to perform routines as per Rules and Prescribed Routines 2017.
7. Levels 7-8 gymnasts to perform routines as per Rules and Prescribed Routines 2017 in conjunction with FIG COP.

DEFINITION OF THE NATIONAL EVENT

The following events characterized as a National Event: Zone Competitions, South African Gymnastics Games/Championship and Trial/s for the World Championships and World Age Group Competition.

PRELIMS AND FINALS ROUTINES FOR NATIONAL COMPETITIONS FOR LEVELS 4-6

Trampoline:

The starting order for the Qualifying Round is decided by a draw. The gymnasts will be divided into groups of no more than sixteen (16) per group, with each group performing their first routine.

The 8 competitors with the highest results will compete in the finals, where voluntary routine will be performed.

In case where less than 16 competitors participate in the competition, then two (2) routines will be performed by gymnasts.

Double-Mini:

The starting order for the Qualifying Round is decided by a draw. The gymnasts will be divided into groups of no more than sixteen (16) per group, with each group performing their first 2 (two) passes.

The 8 competitors with the highest results will compete in the finals, where 2 (two) voluntary passes will be performed.

In case where less than 16 competitors participate in the competition, then all 4 (four) passes will be performed by gymnasts.

PRELIMS AND FINALS ROUTINES FOR NATIONAL COMPETITIONS FOR LEVELS 7 & 8

Trampoline Level 7

The starting order for the Qualifying Round is decided by a draw. The gymnasts will be divided into groups of no more than sixteen (16) per group, with each group performing their first routine, which consist of free elements and special requirements, and one (1) voluntary routine which includes difficulty.

The 8 competitors with the highest results will compete in the finals, where voluntary routine will be performed.

In the Final round competitors allowed to repeat their voluntary routine.

In case where less than 16 competitors participate in the competition, then all three (3) routines will be performed by gymnasts.

Trampoline Level 8

The starting order for the Qualifying Round is decided by a draw. The gymnasts will be divided into groups of no more than sixteen (16) per group, with each group performing their first routine, which consist of free elements and special requirements, and one (1) voluntary routine which includes difficulty. FIG Rules for voluntary routine apply.

The 8 competitors with the highest results will compete in the finals, where voluntary routine will be performed.

In case where less than 16 competitors participate in the competition, then all three (3) routines will be performed by gymnasts

Double-Mini Level 7 & 8

The starting order for the Qualifying Round is decided by a draw. The gymnasts will be divided into groups of no more than sixteen (16) per group, with each group performing their first 2 (two) passes.

The 8 competitors with the highest results will compete in the finals, where 2 (two) voluntary passes will be performed.

In case where less than 16 competitors participate in the competition, then all 4 (four) passes will be performed by gymnasts.

TIE BREAKING RULE FOR NATIONAL EVENTS AND TRIALS

All SAGF sanctioned events will have a single winner. Therefore, the following tie breaking rules
(In accordance with FIG Technical Regulations) 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

QUALIFICATION TO ZONE FESTIVAL

A Gymnast has to qualify at either a district or provincial competition (whether it is a district or provincial qualification must be determined by the provinces themselves) to participate at the Zone Festival. The minimum execution score at district and/or provincials for qualification to the festival and the respective participation awards are as follows. Only half colours may be awarded and this is at the discretion of the district and/or province. Thus, gymnasts may participate in club or district attire, depending on what their district and/or province determines.

PROPOSED QUALIFICATION MARKS FOR MINI TRAMPOLINE AND BLACK TOP

Description	Mini Trampoline	Table Top
Level 1 Qualification Score	16.00 Total For 4 Routines	14.00 Total for 2 Routines Marked out of 5 <i>(E + E + D [where applicable] x 2)</i>
Level 2 Qualification Score	17.00 Total For 4 Routines	27.00 Total for 2 Routines Marked out of 7
Level 3 Qualification Score	18.00 Total For 4 Routines	27.00 Total for 2 Routines Mark out of 7

POINTS REQUIRED FOR A MEDAL

Description	Mini Trampoline	Table Top
Level 1 Gold Award	19.70 or More Total For 4 Routines	22.90 or More Total for 2 Routines
Level 1 Silver Award	18.00 to 19.60 Total For 4 Routines	22.00 to 22.80 Total for 2 Routines
Level 1 Bronze Award	17.99 or Less Total For 4 Routines	21.90 or Less Total for 2 Routines
Level 2 Gold Award	20.40 OR MORE Total For 4 Routines	33.40 or More Total for 2 Routines
Level 2 Silver Award	18.00 to 20.39 Total For 4 Routines	30.20 to 33.30 Total for 2 Routines
Level 2 Bronze Award	17.99 or Less Total For 4 Routines	30.10 or Less Total for 2 Routines
Level 3 Gold Award	22.0 OR MORE Total For 4 Routines	33.40 or More Total for 2 Routines
Level 3 Silver Award	21.2 to 21.9 Total For 4 Routines	30.20 to 33.30 Total for 2 Routines
Level 3 Bronze Award	21.1 or Less Total For 4 Routines	30.10 or Less Total for 2 Routines

PROPOSED QUALIFICATION MARKS FOR DOUBLE MINI AND TRAMPOLINE – LEVEL 3

Description	Double Mini Trampoline	Trampoline
Qualification Score	100.00 Total For 4 Routines	27.00 Total for 2 Routines Mark out of 7

POINTS REQUIRED FOR A MEDAL

Description	Double Mini Trampoline	Trampoline
Level 3 Gold Award	107.00 OR MORE Total For 4 Routines	33.40 or More Total for 2 Routines
Level 3 Silver Award	101.01 to 106.90 Total For 4 Routines	30.20 to 33.30 Total for 2 Routines
Level 3 Bronze Award	101.00 or Less Total For 4 Routines	30.10 or Less Total for 2 Routines

NATIONAL COMPETITION PROGRAMME TRAMPOLINE DISCIPLINE



SAGF

BLACK TOP TRAMPOLINE CODE



(Updated January 2019)

COMPETITIONS

Competitions are held in the following levels and age groups for girls and boys:

Level P1 and P2 Ages: 6-7; 8; 9; 10; 11-12; 13-14; 15 & Over

Level P3 Ages: 12 Years and Younger; 13 Years and Older

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

5 skills – Level P1	7 skills Level P2	7 skills Level P3
6 -7 years	6 -7 years	12 Years and Younger
8 years	8 years	13 Years and Older
9 years	9 years	
10 years	10 years	
11-12 yeras	11-12 yeras	
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.

Level 1,2, 3 highest National competition is the “Zone Festival”.

Recommendation: Only half district/province colours can be awarded for levels 1,2 and 3 participants.

Coaching qualification:

Coaches should at least have a Level 1 coaching accreditation.

Judging qualification:

All National Level Judges may take part at the Club, District, Province and Zone competition.

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 gymnasts body position in the air). However, all the members of the club or regional team must wear “look-alike” T-shirts and shorts.

BLACK TOP ROUTINES

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.

RECOMMENDATION: ALL beginners should start at level 1.

PRESCRIBED & VOLUNTARY ROUTINES

Prescribed routines are performed first, followed by the voluntary routine.

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

Prescribed Routines

Level P1 (black top) Ages 6-7; 8; 9; 10; 11-12; 13-14; 15 & Over	Level P2 (black top) Ages 6-7; 8; 9; 10; 11-12; 13-14; 15 & Over	Level P3 (black top) 12 Years and Younger; 13 Years and Older
1. Seat Drop	1. Seat Drop	1. Front Drop
2. To Feet	2. To Feet	2. To Feet
3. Straddle Jump	3. Straddle Jump	3. Straddle Jump
4. Tuck Jump	4. Hands & Knees Drop	4. Seat Drop
5. ½ Turn	5. To Feet	5. ½ Turn To Feet
Outbounce	6. Tuck Jump	6. Tuck Jump
	7. ½ Turn	7. Pirouette
	Outbounce	Outbounce
Diff 0.1	Diff 0.3	Diff 0.5
Voluntary Routine Max DD .2	Voluntary Routine Max DD .6	Voluntary Routine Max DD 1.0

Limitations to level 1 & 2 routines:

No Somersaults allowed

Please adhere to the Max DD for level 1 & 2 in the voluntary routine

Limitations to level 3 routines

Please adhere to the Max DD for level 3 in the voluntary routine

Twisting: Back somersaults with twisting of more than 360 degrees will not be allowed in level 3.

Front somersaults with twisting of more than 540 degrees will not be allowed in level 3.

RULES & REGULATIONS

1. Repetition of skill/s on the black top trampoline is not allowed in any part of the routines.
A skill performed in the prescribed routine may be repeated in the voluntary routine.
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. At all district, province and zone festivals participation medals will be awarded to all competitors based on their total score and as determined in the QUALIFICATION TO ZONE FESTIVAL table.

GROUPS AND FLIGHTS

- The groups where there are more than 16 competitors will be divided into flights where two (2) routines will be performed.
- The same panel of judges must judge all the flights for a specific group.
- The scores of both routines are added together to get a competitor's total score. All gymnasts awarded medals based on the total scores they achieved.

INTERRUPTIONS

A routine will be considered interrupted if a gymnast

1. Obviously does not land simultaneously on both feet on the trampoline bed.
3. Does not use the elasticity of the bed after landing for the immediate continuation of the next element.
4. Performs an intermediate (straight) jump between skills.
5. Lands on any part of the body except feet, seat, front or back.
6. Performs an incomplete element.
7. Touches anything other than the trampoline bed with any part of the body.
8. Is touched by a spotter or spotter mat.
9. Leaves the trampoline due to insecurity.
10. Does not perform a prescribed routine using the required elements and/or in the required sequence.
11. No credit will be given for the element in which the interruption occurs.
12. A gymnast will be judged only on the number of elements completed on the trampoline bed.
13. The Chair of Judges Panel will decide the maximum mark.

TERMINATION OF A ROUTINE

1. The routine must end in an upright position, with both feet on the trampoline bed, otherwise there will be a deduction
2. 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
3. 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
4. If a gymnast executes more than ten 5 OR 7 skills depending on the level, there will be a penalty of 2.0 point made by the Chair of Judges' Panel.

DUTIES OF THE CHAIR OF JUDGES PANEL, DIFFICULTY & EXECUTION JUDGES

Duties of the Chair of Judges Panel

- a. 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 the penalty of 0.6 pts. applied only once by the CJP
- b. Additional elements 2.0 pts.
- c. Exceeding the time limit

61 seconds	0.2 pts.
91 seconds	0.4 pts.
121 seconds	0.6 pts.
181 seconds	disqualified from the round

Duties of the Judges for Execution

Execution of the routines is marked out of the amount of skills in the routine.

- A. lack of form, consistency of height and control in each element 0.1-0.5 pts
- B. lack of stability after a complete routine (5 or 7 elements), a single deduction for the greater fault only:
 - I. uncontrolled out-bounce 0.1 pts
 - II. not standing still in an upright position and showing stability for approximately 3 (three) seconds 0.1-0.2 pts
 - III. after landing, touching the bed with one or both hands 0.5 pts
 - IV. after landing, touching with or falling to the knees, hands & knees, front, back or seat on the bed 1.0 pts
 - V. touching or stepping out on anything other than the trampoline bed 0.5 pts
 - VI. landing or falling outside the trampoline bed, leaving the trampoline area, or performing an additional somersault 1.0 pts
 - VII. Display their execution mark

Duties of the Difficulty Judges

1. Check prescribed routines. When a competitor does not perform the incorrect prescribed routine for the event, bring it to the attention of the superior judge. The routine is interrupted when the incorrect skill is occurred.
2. Check the elements and difficulty values entered on the competition cards.
3. Check the required elements/requirements of the compulsory and voluntary routine and apply the penalties related to missing requirements, repetitions of the elements.
4. Determine whether or not a routine has an interruption and advise the Chair of Judges Panel accordingly.
5. Check for repeats in the voluntary routine.
Repetition of skills on the Black Top 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 made by the difficulty judge and the difficulty is forfeited. If the difficulty of the skill is higher than 0.5 the full difficulty of the skill is deducted. NO further penalties will be applied.

JUDGING PANEL

The full judging panel consists of: One Superior Judge, 4 Execution judges, + 2 difficulty judge + 1 Horizontal displacement Judge.

The minimum of judges required in the panel: One Superior Judge, 2 Execution judges, + 1 difficulty judge + 1 Horizontal displacement Judge.

SCORING

The total score of a competitor is calculated as follows:

Add the two scores of the execution judges together (*if four judges, discard the highest and lowest mark and add the two middle scores added together*)

Add the average of the two horizontal displacement judges (*Or take the full score if only one judge*)

Add difficulty where applicable

Score=E+E+DS+HD-Penalties

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

SPECIAL MODIFICATION OF FIG RULES

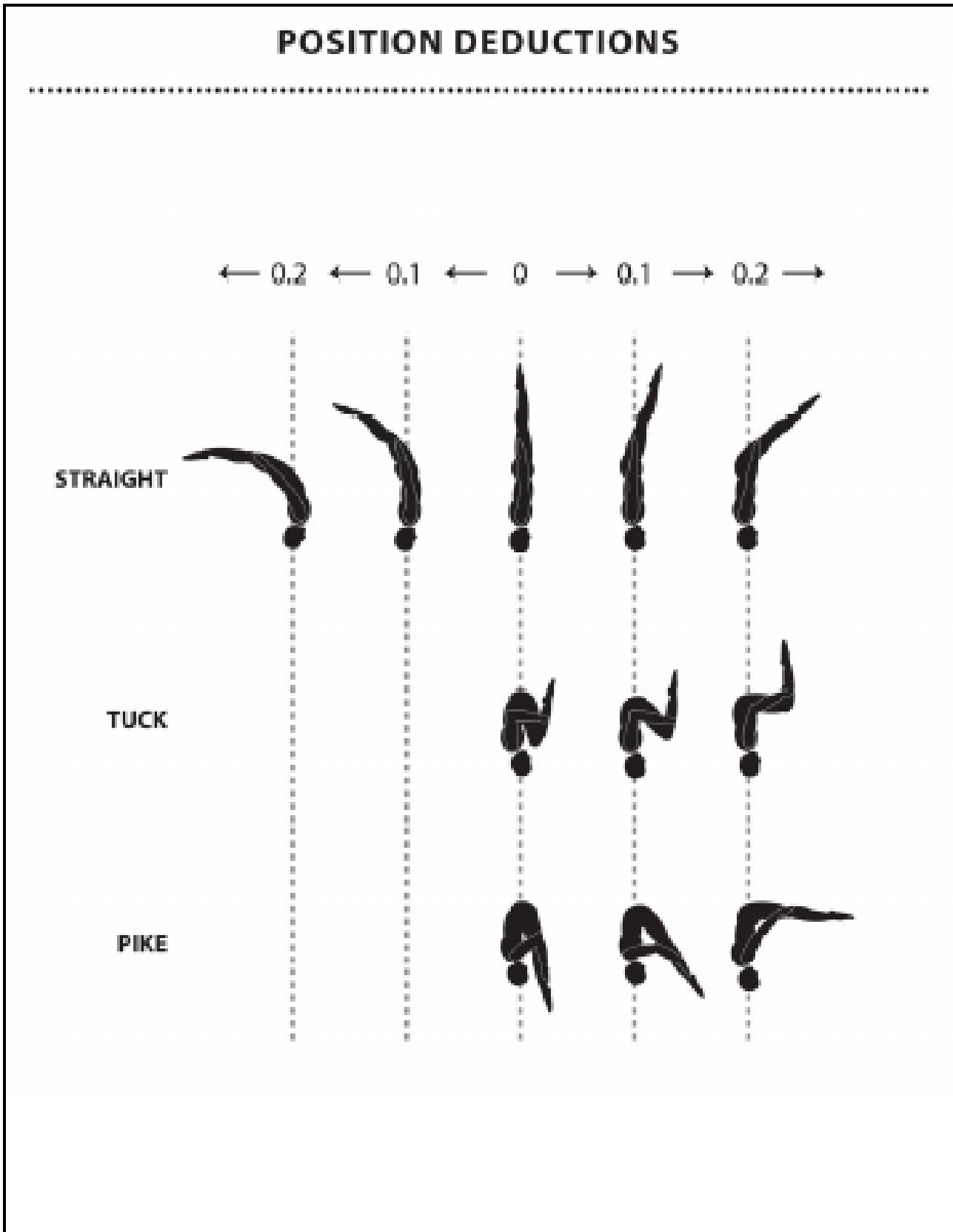
TOF will not be evaluated for levels 1, 2 & 3

EVALUATION OF THE BLACK TOP TRAMPOLINE ROUTINE

Execution of the routine is marked out of 5.0 or 7.0 (depending on the level) if the routine was fully completed. Otherwise, the routine will be marked out of the number of the completed skills.

APPENDIX 1

Position Deductions, Multiple Somersaults Take-off; Deviation from Centre



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

Jumping from
one penalty
zone into
another - 0.1 pts

Jumping in the corners - 0.3 pts

SAGF

TRAMPOLINE PRESCRIBED ROUTINES



(Updated January 2019)

FIG RULES AND REGULATIONS APPLY

IMPORTANT: Voluntary routines ARE NOT ALLOWED TO EXCEED THE DIFFICULTY DEGREE OF THE NEXT LEVEL within the same age group - UP TO LEVEL 7.

Prescribed routines have no difficulty degree, unless when repeated as a voluntary routine. From level 7 upwards there is no restriction on the difficulty, except as set out in FIG rules.

LEVEL 3

Element	6-8 years, 9-10 years, 11-12 years, 13-14 years & 15 years and over	
1	Seat Drop	0.0
2	½ Twist to Seat	0.1
3	To Feet	0.0
4	Pirouette	0.2
5	Tuck jump	0.0
6	Stomach Drop	0.1
7	To feet	0.1
	Outbounce	
	Total	0.5

Difficulty of the voluntary routine for Level 3 may NOT exceed 0.5

SPECIAL MODIFICATION OF FIG RULES FOR LEVEL 3

TOF will not be evaluated for level 3

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! Work on

Prescribed 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 and baranis in all positions

Recommendation! Work on

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	¾ Layout	0.3	¾ Layout	0.3	¾ 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	1¼ 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 ¾ and double somersaults

Recommendation! Work on

Voluntary routines to consist of all Somersaults with a minimum of 270° rotation – 1/1 Twist and Rudi. Then working on 1¼ Front and Double Somersaults.

LEVEL 7 (AGE GROUPS)

Gymnasts of this level are the candidates for the International Competitions and WAGC.

FIG Rules, FIG Rules for WAGC and Regulations apply.

The starting order for the Qualifying Round is decided by a draw. The gymnasts will be divided into groups of no more than sixteen (16) per group, with each group performing their first routine, which consist of free elements and special requirements, and one (1) voluntary routine which includes difficulty.

The 8 competitors with the highest results will compete in the finals, where voluntary routine will be performed.

In the Final round competitors allowed to repeat their voluntary routine.

In case where less than 16 competitors participate in the competition, then all three (3) routines will be performed by gymnasts.

The Qualifying Round will consist of 1 (one) voluntary routine with free elements and special requirements and 1 (one) voluntary routine (including difficulty). The special requirements will be described by the FIG Trampoline TC at least one year prior to the next WAGC.

In the prescribed routines Level 7 must adhere to special requirements & conditions as set out in **FIG RULES FOR WAGC 2017 – 2020** .

11-12 Years – Triple somersaults are prohibited

For all age groups quadruple somersaults are prohibited

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

6-10 Years First routine with special requirements

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

Minimum Difficulty Degree for routine 5.4

11-12 Years First routine with special requirements

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

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

Maximum Difficulty Degree For A Single Element 1.5 pts

Minimum Difficulty Degree for routine 6.5

13-14 Years First routine with special requirements

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

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

Maximum Difficulty Degree For A Single Element 1.7 pts

Minimum Difficulty Degree for routine 7.0

15-16 Years First routine with special requirements

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

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

Maximum Difficulty Degree For A Single Element 1.8 pts

Minimum Difficulty Degree for routine 8.0

17-21 Years First routine with special requirements

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

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

Maximum Difficulty Degree For A Single Element 1.8 pts

Minimum Difficulty Degree for routine 9.0

Important! 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

Recommendation! Work on

- Start practising twisting doubles
- Olympic Development - Do twisting doubles

LEVEL 8 (SENIORS)

Gymnasts of this level are the candidates for the International Competitions and World Championships.

FIG Rules and Regulations apply (with exception of the number of competitors for the final round).

At the National level competitions competitors will perform three routines.

The starting order for the Qualifying Round is decided by a draw. The gymnasts will be divided into groups of no more than sixteen (16) per group, with each group performing their first routine, which consist of free elements and special requirements, and one (1) voluntary routine which includes difficulty. FIG Rules for voluntary routine apply.

The 8 competitors with the highest results will compete in the finals, where voluntary routine will be performed.

In the Final round competitors allowed to repeat their voluntary routine.

In case where less than 16 competitors participate in the competition, then all three (3) routines will be performed by gymnasts

Gender	Compulsory Requirements
Open Men & Ladies	<ol style="list-style-type: none"><li data-bbox="699 871 1402 965">1. The routine consists of 10 different elements each with a minimum of 270° somersault rotation.<li data-bbox="699 965 1402 1095">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.<li data-bbox="699 1095 1402 1225">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. <p data-bbox="699 1225 1402 1254">Minimum Difficulty Degree for routine 11.00</p>

Recommendation! Work on

Twisting doubles and triples.

OLYMPIC DEVELOPMENT SECTION

FIG Rules and Regulations apply (with exception of the number of competitors for the final round).

At the National level competitions competitors will perform three routines.

The starting order for the Qualifying Round is decided by a draw. The gymnasts will be divided into groups of no more than sixteen (16) per group, with each group performing their first routine, which consist of free elements and special requirements, and one (1) voluntary routine which includes difficulty. FIG Rules for voluntary routine apply.

The 8 competitors with the highest results will compete in the finals, where voluntary routine will be performed.

In the Final round competitors allowed to repeat their voluntary routine.

In case where less than 16 competitors participate in the competition, then all three (3) routines will be performed by gymnasts

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.

NO AGE RESTRICTION!!!

Any girl or boy who can do the prescribed elements may enter in this section.

SYNCHRONISED COMPETITIONS

Gymnasts levels 4 and higher allowed to participate in synchronised competition.

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.

EVALUATION OF THE TRAMPOLINE ROUTINE

Execution of the routine is marked out of 10.00 (if the routine was fully completed). Otherwise, the routine will be marked out of the number of the completed skills.

SAGF



MINI – TRAMPOLINE CODE

(Updated January 2019)



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)

Please note it is recommended that for District & Provincial competitions – that these competitions follow the zone structure – eg. Every gymnast performs all four routines and awarded medals according to the points they achieve.

Level 1,2, 3 highest National competition is the “Zone Festival”.

Recommendation: Only half district/province colours can be awarded for levels 1,2 and 3 participants.

Coaching qualification:

Coaches should at least have a Level 1 coaching accreditation.

Judging qualification:

All National Level Judges may take part at the Club, District, Province and Zone competition.

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.

Mini-trampoline gymnasts may compete with bare feet, trampoline shoes, or white foot covering (socks)

MINI TRAMPOLINE PRESCRIBED ROUTINES

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>

Limitations – No Somersaults Allowed In Level 1

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°.

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.		

Standard judging rules

- 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.

Mini trampoline gymnasts aged 6-8 years in levels 1, 2, 3 will not be penalized 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. The red zone is extended to apparatus and must be clearly marked.

RULES, REGULATIONS & RESTRICTIONS

1. Double-mini competitors are not allowed to participate in competitions on the mini trampoline
2. Trampoline & Blacktop competitors may compete on the mini trampoline
3. The same panel of judges must judge all the flights for a specific group.
4. 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.
5. At all district, province and zone festivals participation medals will be awarded to all competitors based on their total score and as determined in the QUALIFICATION TO ZONE FESTIVAL table.

GROUPS AND FLIGHTS

- The groups where are more than 16 competitors will be divided into flights where four (4) routines will be performed.
- The same panel of judges must judge all the flights for a specific group.
- The scores of both routines are added together to get a competitors total score. All gymnasts awarded medals based on the total scores they achieved.

DUTIES OF THE CHAIR OF JUDGES PANNEL, DIFFICULTY & EXECUTION JUDGES

START OF THE 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 applied 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.

DUTIES OF THE CHAIR OF JUDGES PANNEL (CJP)

❖ Landing inside zone B	0,9 points
❖ Landing inside zone C	1,5 points
❖ Stepping from zone A to B/C or B to C	0,3 points
❖ Touching anything other than the bed during a pass will not cause an interruption, but will get a penalty of	0.3 points

Score zero "0" is awarded on the instruction of the CJP if the gymnast:

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

DUTIES OF THE JUDGES FOR EXECUTION

- | | |
|--|----------------------------|
| 1) lack of form, height and control in each element | 0,1 - 0,5 points per skill |
| 2) lack of stability after the dismount | |
| (a single deduction for the greater fault only): | |
| a. not standing still in an upright position and showing stability for approximately 3 (three) seconds | 0,1 - 0,3 points |
| b. after landing, touching the DMT or landing zone/area with one or both hands | 0,5 points |
| c. after landing, touching with or falling to the knees, hands & knees, front, back or seat on the landing area | 1,0 points |
| d. fall against Mini Trampoline | 1,0 points |
| e. assistance from a spotter after landing | 1,0 points |
| f. 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 MT | 1,0 points |
| 3) Display their execution mark. | |

MAXIMUM landing deduction is 1,0 points

DUTIES OF THE DIFFICULTY JUDGES

- ❖ Check the elements, repetitions and difficulty values.
- ❖ Check prescribed routines. When a competitor does not perform the correct prescribed routine, bring it to the attention of the CJP.
- ❖ Changes to the prescribed skills result in termination of the routine and a Zero Mark

ACTIONS OF THE DIFFICULTY JUDGES

- a. 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 made by the difficulty judge and the difficulty is forfeited.
 - If the difficulty of the skill is higher than 0.5 the full difficulty of the skill is forfeited. NO further penalties will be applied.
- b. In level 3, when a gymnast not performing a skill with the set minimum difficulty of 0.4 a competitor will get a mark zero for that pass.

JUDGING PANEL

The full judging panel consists of: One Chair of Judges Panel, five Execution Judges and two Difficulty Judges.

The minimum judges required in the panel: One Chair of Judges Panel, three Execution judges and one Difficulty judge.

SCORING

- The FIG difficulty value system for the Double Mini Trampoline is used
- 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 and subtract penalties

$$\text{Score} = E + E + E + DS - \text{Penalties}$$

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

EVALUATION OF THE MINI TRAMPOLINE PASS

Execution of the pass is marked out of 2.00

SAGF

DOUBLE-MINI PRESCRIBED ROUTINES



(Updated January 2019)

FIG RULES AND REGULATIONS APPLY

IMPORTANT: Voluntary routines ARE NOT ALLOWED TO EXCEED THE DIFFICULTY DEGREE OF THE NEXT LEVEL within the same age group - UP TO LEVEL 7.

Prescribed routines have no difficulty degree, unless when repeated as a voluntary routine. From level 7 upwards there is no restriction on the difficulty, except as set out in FIG rules.

LEVEL 3

Pass	6-8 years, 9-10 years, 11-12 years, 13-14 years & 15 years and over	
1.	Tuck Jump	0.0
	Straddle Jump	0.0
2.	Straddle Jump	0.0
	Tuck Jump	0.0

The repetition of a single skill (not a straight jump) is allowed in level 3.

Difficulty of the voluntary routines in Level 3 must NOT exceed 0.5 per 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 levels 3, 4 & 5 will not be penalized 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. The red zone is extended to apparatus and must be clearly marked.

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 will be penalized. The difficulty that competitor 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 four routines.

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

LEVEL 8 (SENIORS)

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

WORLD GAMES DEVELOPMENT

Four passes with the minimum difficulty for four passes in total is 15.8. The minimum execution mark is 9.3

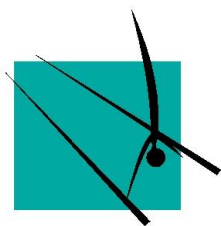
NO AGE RESTRICTION!!!

Any girl or boy who can do the prescribed elements may enter in this section.

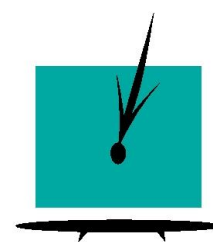
Please be advised that routines must be read in conjunction with the SA Trampoline and FIG rules.

EVALUATION OF THE DMT PASS

Execution of the pass is marked out of 10.00 (if the pass was fully completed). Otherwise, the pass will be marked out of the number of the completed skills.



SOUTH AFRICAN 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 and Double Mini 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 enter for 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.

REGION V COMPETITION RULES & REGULATIONS

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 or competed at the World Championships is eligible for selection for Region V competition.

World Age Group competitors are eligible to be selected.

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.

NUMBER OF COMPETITORS SELECTED FOR THE TEAM

Trampoline

Maximum of 6 boys and girls for Juniors and 4 boys and girls for 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 4 boys and 4 girls for seniors, of which at least 2 must also compete in the Euro trampoline event.

Mini-Trampoline

Maximum of 6 boys and 6 girls

REGION V TRAMPOLINE RULES

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.

Requirements for Seniors

Compulsory routine:

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 Routine requirements:

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

Requirements for Juniors

Compulsory routine:

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 Routine requirements:

Difficulty of the voluntary routine is not allowed to be less than difficulty of skills in prescribed 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 (Junior and Senior sessions):

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

Only 1 (one) male pair and 1 (one) female pair in each category will be allowed to represent South African Federation at the Region V event (as per Region V Rules and Regulations).

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.

REGION V DOUBLE MINI-TRAMPOLINE RULES

FIG Rules and Regulations apply.

A Region V competition will consist of 2 compulsory and 2 voluntary routines in the qualifying round and 2 voluntary routines in the final round. At the Region V trials only the qualifying round will be done (4 passes).

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 somersault rotation. Minimum difficulty requirement is 4.0 (as per distributed SAGF criteria)

Juniors Compulsory Routines:

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

Voluntary Routines DMT:

All skills with minimum 360° somersault rotation. (as per distributed SAGF criteria)

REGION V MINI-TRAMPOLINE RULES

Requirements

A competition is compiled of:

- 4 routines.
- At the Region V competition all four routines will be done in the qualifying round, no repeats are allowed.
- **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 three and four will count.

- Mini-trampoline to be marked out of 2.0.
- Landing deductions as per Double-Mini Trampoline Code of Points.
- At trials 4 (four) passes will be done

DUTIES OF THE CHAIR OF JUDGES PANNEL, DIFFICULTY & EXECUTION JUDGES

START OF THE 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 applied 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.

DEDUCTIONS OF THE CHAIR OF JUDGES PANNEL (CJP)

- | | |
|---|------------|
| 1. Landing inside zone B | 0,9 points |
| 2. Landing inside zone C | 1,5 points |
| 3. Stepping from zone A to B/C or B to C | 0,3 points |
| 4. Touching anything other than the bed during a pass will not cause an interruption, but will get a penalty of | 0.3 points |

Score zero "0" is awarded on the instruction of the CJP if the gymnast:

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

DUTIES OF THE JUDGES FOR EXECUTION

- | | |
|--|----------------------------|
| 1) lack of form, height and control in each element | 0,1 - 0,5 points per skill |
| 2) lack of stability after the dismount
(a single deduction for the greater fault only): | |
| a. not standing still in an upright position and showing stability for approximately 3 (three) seconds | 0,1 - 0,3 points |
| b. after landing, touching the DMT or landing zone/area with one or both hands | 0,5 points |
| c. after landing, touching with or falling to the knees, hands & knees, front, back or seat on the landing area | 1,0 points |
| d. fall against Mini Trampoline | 1,0 points |
| e. assistance from a spotter after landing | 1,0 points |
| f. 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 MT | 1,0 points |
| 3) Display their execution mark. | |

MAXIMUM landing deduction is 1,0 points

DUTIES OF THE DIFFICULTY JUDGES

- 1) Check the elements, repetitions and difficulty values.
- 2) Check prescribed routines. When a competitor does not perform the correct prescribed routine, bring it to the attention of the CJP.
- 3) Changes to the prescribed skills result in termination of the routine and a Zero Mark

ACTIONS OF THE DIFFICULTY JUDGES

- a. 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 made by the difficulty judge and the difficulty is forfeited.
 - If the difficulty of the skill is higher than 0.5 the full difficulty of the skill is forfeited. NO further penalties will be applied.
- b. When a gymnast not performing a skill with the set minimum difficulty of 0.4 a competitor will get a mark zero for that pass.

TRAMPOLINE GYMNASTICS JUDGES CLASSIFICATION

LEVEL 1	CLUB JUDGE
LEVEL 2	PROVINCIAL JUDGE
LEVEL 3	NATIONAL JUDGE
LEVEL 4	SENIOR NATIONAL JUDGE
LEVEL 5	MASTER JUDGE
BREVET	INTERNATIONAL FIG EVENTS

LEVEL 1

Minimum age: 16 Years

Prior to Level 1 judges course, candidate must attend Introductory Trampoline course organized by their clubs.

To be found competent in Level 1 the candidate must achieve 60% pass rate per section in theory & practical exams written in any Province/District. Candidate must be found competent in practical exam/s on one or more of the following apparatus: Mini-Trampoline, Black Top, Double-mini Trampoline, Euro Trampoline.

A Level 1 judge must judge minimum 4 competitions before moving to Level 2.

In addition, they must attend a judge's course/ coach's course / workshop of at least 3 hours per year. These activities must be recorded on the judge's card and signed by the course facilitator.

A Level 1 Judge may judge Club, District, Provincial and Zone competitions on Mini Trampoline (all levels), Blacktop (all levels), Trampoline (level 3) and Double-Mini (level 3).

All judging assignments must be recorded on the judge's card/logbook and signed by the Chair of Judges Panel or judge's coordinator at the competition.

LEVEL 2

Minimum age: 17 Years

To be found competent a Level 2 candidate must achieve 65% pass rate per section in theory & practical exams written in any Province/District. Candidate must be found competent in practical exam/s on one or more of the following apparatus: Mini-Trampoline, Black Top, Double-mini Trampoline, Euro Trampoline.

The Level 2 judge must judge at least 7 competitions over a 2 year period. In addition, they must attend a judges course/ coaches course / workshop of at least 5 hours per year, before they may attend a Level 3 course.

All activities must be recorded on the judge's card and signed by the course facilitator.

The Level 2 judge may judge Club, District, Province and National competitions (all levels) as an Execution judge as well as Displacement Judge. The Level 2 judge may also be an Assistant Difficulty Judge on the Mini and Blacktop Trampolines at the Club, District, Province and Zone competitions (all levels).

All judging assignments must be recorded on the judge's card and signed by the head judge or judge's coordinator at the competition.

LEVEL 3

Minimum age: 19 Years

To be found competent Level 3 candidates must achieve 70% pass rate per section in theory & practical exams. Practical exam will include execution judging on all four apparatus as well as difficulty judging on all four apparatus.

Practical is extremely important and a qualifying exam will be held each year during a set period – one in the North and one in the South presented by a facilitator nominated by the National Trampoline TC. Judges can only qualify at this event and not in their own Province/District.

A Level 3 judge must have judged at least 6 Club competitions, 2 District/Province competitions and 2 Gym Games over a 2 year period before moving to Level 4. In addition, a level 3 judge must attend a judge's course/ coach's course / workshop of at least 5 hours per year.

The Level 3 judge may judge Club, District, Province and National competitions (all levels) as an Execution, Displacement or Time of Flight Judge. The Level 3 judge may also be a Difficulty Judge on the Mini and Blacktop Trampolines at the Club, District, Province and Zone competitions and Assistant Difficulty Judge on the Double Mini and Trampoline at the Club, District, Province and Zone competitions (all levels).

A Level 3 judge may also judge as a Chair of Panel on the Mini (all levels), Black Top (all levels), Double-Mini (level 4) and Trampoline (level 4) at the Club, District, Province and National competitions.

All judging assignments must be recorded on the judge's card and signed by the head judge or judge's coordinator.

LEVEL 4

The candidate attends a Brevet Judges course and writes all relevant exams and being found not competent to be a Brevet.

The Level 4 national judge is also a "resting" International Brevet Judge which is a judge that did not attend a Brevet course in the new cycle.

A resting International Brevet Judge must attend an International Brevet course or attend the National Judges course at the beginning of the cycle, without writing exams.

The Level 4 candidate must be evaluated by current Brevet Judges in South Africa.

A level 4 judge may judge any club to national competitions as a Chair of Judge's Panel, Difficulty Judge, Displacement Judge, Time of Flight Judge and Execution Judge on any apparatus and any level .

LEVEL 5 - MASTER JUDGE

FIG Brevet judge for minimum of 25 years, fully active, but decided not to renew Brevet.

Must attend International Brevet course, without writing exams or attend the National Judges course at the beginning of the cycle and write all relevant exams.

The Level 5 candidate must be evaluated by current Brevet Judge in South Africa.

BREVET JUDGES

FIG Rules and Regulations. FIG exams. Applications are only open to Level 3 and 4 National Judges.

Before any judge will be allowed to do exams at a higher level, entries in the log book must reflect that he/she is eligible to attempt next level.

An International Brevet judge may judge any club to national competitions as a Chair of Judge's Panel, Difficulty Judge, Displacement Judge, Time of Flight Judge and Execution Judge on any apparatus and any level .

Judges who did not fulfill criteria over 2 year period will have to attend a judges course and refresh (without exams) or they will be downgraded a level.

Upgrade of the National Level:

Any National Judge who wishes to keep their national brevet or upgrade it to next level, will need to re-write all relative exams at the beginning of the Olympic cycle. (exception: National levels 4 and 5).

Judges who wish to upgrade National brevet in the Olympic cycle, will need to achieve all requirements of the next level.