



# SAGF

## Trampoline Gymnastics Selection Policy

2018 REGION 5 COMPETITION  
PRETORIA, SOUTH AFRICA  
DATES 2-4TH NOVEMBER, 2018



<b>FORMAT OF COMPETITION</b>	<p>Region 5 rules apply</p> <ol style="list-style-type: none"> <li>1. Individual junior trampoline all-around (6 per NF)</li> <li>2. Individual senior trampoline all-round (4 per NF)</li> <li>3. Individual tumbling all-round (4 per NF)</li> <li>4. Team event (best 3 for juniors &amp; best 2 for seniors)</li> </ol>
<b>COLOURS</b>	<ol style="list-style-type: none"> <li>1. SAGF colours (Blue Federation) for all competing team members</li> <li>2. SAGF colours (Blue Federation) for all appointed and personal coaches on the floor of competing team members</li> </ol>
<b>FUNDING</b>	<ol style="list-style-type: none"> <li>1. The expected costs of this event is :- <ol style="list-style-type: none"> <li>a. Gymnasts = R870.00 for 1st event R200.00 per additional event</li> <li>b. Team coach and judge <u>may</u> have their travel costs subsidised</li> <li>c. Gymnasts &amp; personal coaches will be self-funded.</li> <li>d. Transformation selections may receive funding</li> <li>d. Priority athletes may receive funding</li> </ol> </li> </ol>
<b>ELIGIBILITY</b>	<p>Candidates must be:</p> <ol style="list-style-type: none"> <li>a. SAGF registered in good standing</li> <li>b. RSA passport holder which is valid for 6 months after the event and has 2 blank pages for visa's where applicable. A copy to be produced at the trials.</li> <li>c. Gymnasts must have qualified for for Gym Games (double mini &amp; euro) through their respective district and provinces</li> <li>d. Be in good financial standing with the Federation</li> <li>e. Within the correct age limits</li> </ol>
<b>CATEGORIES</b>	<p><b>Trampoline, Double Mini, Mini Tramp</b></p> <ol style="list-style-type: none"> <li>a. <u>Senior</u>: Minimum age of 15 in year of competition</li> <li>b. <u>Junior</u>: Maximum age of 14 in year of competition</li> <li>c. <u>Pre-Junior</u>: Minimum age of 9 and maximum age of 14 in year of competition</li> </ol> <p><b>Tumbling</b></p> <ol style="list-style-type: none"> <li>a. <u>Senior</u>: Minimum age of 14 in year of competition</li> <li>d. <u>Junior</u>: Maximum age of 16 in year of competition</li> <li>e. <u>Pre-Junior</u>: Minimum age of 9 and maximum age of 14 in year of competition</li> </ol>
<b>PERFORMANCE TARGETS</b>	<ol style="list-style-type: none"> <li>a. Development and competition exposure of gymnasts potentially able to enter the high performance stream &amp; preparation of 2007 born gymnasts for YOG.</li> <li>b. Team competitions – top 50%</li> <li>c. Individuals - At least one gymnast in finals for each event.</li> </ol>
<b>TEAM SELECTION</b> <b>Official trial event</b>	<p>Trial events will take place as follows: Senior, Junior &amp; Pre Junior teams</p> <p>Gym Games - Date to be confirmed on Gym Games program</p> <p>One trial only, gymnasts must participate in these trials to be eligible for selection as no other results will be considered</p>
<b>TIMELINES</b>	<ol style="list-style-type: none"> <li>a. Return of signed team acceptance document and payment of deposit 12/10/2018</li> <li>b. Payment of costs (incl. uniform etc.) 29/10/2018</li> </ol>
<b>REQUIREMENTS</b>	<p><b><u>GYMNASTS</u></b></p> <p><b>Priority for individuals:</b></p> <ol style="list-style-type: none"> <li>a. The best gymnasts from the relevant sections with a minimum score of <ol style="list-style-type: none"> <li>1. DMT Junior Girls 111.00 &amp; DMT Junior Boys 113.00</li> <li>2. DMT Senior Girls 112.00 &amp; DMT Senior Boys 115.00</li> <li>3. TRA Junior Girls 72.00 &amp; TRA Junior Boys 75.00</li> <li>4. TRA Senior Girls 74.00 &amp; TRA Senior Boys 77.00</li> <li>5. TUM Pre Junior 51.00, Junior 52.00 &amp; Senior 54.00</li> </ol> </li> <li>b. Additional gymnasts may be added at the discretion of the TC and SAGF Exco to satisfy the transformation goals of the federation and in terms of the SRSA MOU.</li> </ol>

**Assessor:** The Discipline TC & Technical manager of SAGF

**Assessment:**

1. Team that is capable of finishing in the top 50% (minimum)
2. Individuals capable of finishing in top 50% (minimum)
3. Additional gymnasts that may be required to satisfy the transformation goals of the SAGF and in terms of the SRSA MOU

**Number of competitors selected**

**Trampoline**

Maximum of 6 junior boys and girls

Maximum of 4 senior boys and girls

Synchro pairs for competition for both junior & senior boys and girls however, synchro teams must be compiled from the individual trampolinists (one team per country)

**Double Mini**

Maximum of 6 junior boys and girls of which two must compete in the euro event

Maximum of 4 senior boys and girls of which two must compete in the euro event

**Mini Trampoline**

Maximum of 6 boys and girls

*Trampoline: The FIG Age Group Rules will apply with adjustments as stated below. A competition is made up of one compulsory (neatness) routine and one 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 routine are permitted 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*

**Tumbling Male & Female**

Maximum of 4 boys and girls per age group

Juniors: Minimum age 10, maximum age 16 in the year of competition.

Seniors: Minimum age 14 in the year of competition.

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

**Compulsory & Voluntary  
Trampoline, Double Mini &  
Synchro Routines - Seniors**

**Compulsory Trampoline**

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 Trampoline**

Nine skills with a minimum 270 degree 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 competitors final total score.

**Competition Synchro**

A competition will consist of the same rules that apply to the individual competition.

A Region 5 competition DMT will consist of two compulsory and two voluntary routines in the qualifying around and two voluntary in the final round. Must be able to score a 7.0 for execution

**Compulsory Double Mini**

1. Tuck Back (Spotter) & Rudy (Dismount)
2. Straight Barani (Mount or Spotter) & Full Twist (Dismount)

**Voluntary Voluntary Double Mini**

All skills with minimum 360 degrees rotation. Minimum difficulty requirement 4.0

<p><b>Compulsory &amp; Voluntary Trampoline, Double Mini &amp; Synchro Routines - Juniors</b></p>	<p><b>Compulsory Trampoline</b></p> <ol style="list-style-type: none"> <li>1. Layout</li> <li>2. Straight Barani</li> <li>3. Tuck Jump</li> <li>4. 3/4 Layout</li> <li>5. Cody Tuck</li> <li>6. Pike Jump</li> <li>7. Tuck Barani</li> <li>8. Tuck Back</li> <li>9. Swan Dive</li> <li>10. Tuck Ball Out</li> </ol> <p><b>Voluntary Trampoline</b></p> <p>Difficulty not allowed to be less than difficulty of skills in the compulsory routine i.e. 4.2. The score from the compulsory routine (no difficulty value) is carried over to the final and added to the voluntary routine to determine the competitors final total score.</p> <p><b>Competition Synchro</b></p> <p>A competition will consist of the same rules that apply to the individual competition. Must be able to score a 7.0 for execution.</p> <p>A Region 5 competition will consist of two compulsory and two voluntary routines in the qualifying round and two voluntary in the final round. At trials only qualifying round will be done.</p> <p><b>Double Mini Trampoline</b></p> <ol style="list-style-type: none"> <li>1. Tuck Back (Spotter) &amp; Straight Barani (Dismount)</li> <li>2. Tuck front (Mount or Spotter) &amp; Pike Front (Dismount)</li> </ol> <p><b>Voluntary Double Mini</b></p> <p>All skills with minimum 360 degrees rotation</p>
<p><b>MINI TRAMPOLINE</b></p>	<p><b>Compulsory Mini</b></p> <ol style="list-style-type: none"> <li>1. Tuck Front</li> <li>2. Pirouette</li> </ol> <p>Only the difficulty of routines three and four will count.</p> <p>The same two routines compulsory routines done in the qualifying routine can be repeated in the finals</p>
<p><b>TUMBLING ROUTINE REQUIREMENTS: SENIORS, JUNIORS &amp; PRE-JUNIORS</b></p>	<p><b>Tumbling:</b></p> <p><b>Seniors:</b></p> <p>First routine for trials: Round-off – whip – whip – flic – twist</p> <p>Second routine for trials:</p> <p>5 elements with a minimum of 3 somersaults. (one somersault must have a minimum of 360° twist, and be the last element)</p> <p><b>Juniors:</b></p> <p>First routine for trials: Round-off – flic – whip – flic – lay-out</p> <p>Second routine for trials:</p> <p>5 elements with a minimum of 2 somersaults. (one somersault must have a minimum of 360° twist, and be the last element)</p> <p><b>Pre-Juniors:</b></p> <p>First routine for trials: Round-off – flic – flic – flic – flic</p> <p>Second routine for trials:</p> <p>Round-off – flic – flic – flic – back tuck</p>
<p><b>ILLNESS, INJURY OR REMOVAL</b></p>	<p>A gymnast can be removed from the team on the following basis:</p> <ol style="list-style-type: none"> <li>1. Non-compliance in training</li> <li>2. Violation of the codes of behaviour</li> <li>3. Injury or illness at a late stage</li> <li>4. Not following instructions of Head of Delegation and or the designated manager</li> </ol>

<p><b>COACH SELECTION</b> <i>(Head Coach and Assistant Coaches)</i></p>	<p><u>Team Coaches</u></p> <p><b>Priority:</b> Obtain the best performance from the selected gymnasts</p> <p><b>Assessor:</b> The Club at which the gymnast is registered</p> <p><b>Assessment:</b> Personal coach on application or priority transformation candidate</p> <p><b>Special requirement:</b></p> <p>a. Head coach of delegation – appointed by discipline from eligible coaches with correct qualification (SAGF level 1 minimum). Must be an experienced trampoline and double mini coach.</p> <p>b. Each team coach shall be the coach with the most gymnasts in the team.</p> <p>c. In the case of a tie, then the highest ranking gymnast will be the deciding factor.</p> <p>d. Additional coaches may be selected in accordance with the SAGF transformation policy and in terms of the SRSA MOU</p> <p>e. Personal coaches will only receive SAGF colours if travelling with the team and actively participating as a coach in the event</p>
<p><b>JUDGE SELECTION</b> <i>(Merit vs Rotation)</i></p>	<p>T&amp;T TC will be the selectors for the event – selection will take into account the transformation goals of the federation and the SRSA MOU</p> <p>Brevet judges on rotation for international events</p>
<p><b>TRANSFORMATION TARGET</b> <i>(As per SAGF Equity Goals)</i></p>	<p>The technical committee will enforce the equity rules and goals of the Federation that are in force at the time of selection.</p>
<p><b>TEAM APPROVAL</b></p>	<p>The selected gymnasts and officials will be forwarded to the Exco of SAGF, via the Technical Manager, for approval. The Technical Manager facilitates and motivates the selection.</p>