



**SAGF TRAMPOLINE GYMNASTICS**  
**SELECTION POLICY**  
**AFRICAN CHAMPIONSHIPS**  
**22 – 28 MAY 2016**  
**WALVISBAY, NAMIBIA**



1	<b>FORMAT OF COMPETITION</b>	FIG Rules UAG Rules																		
2	<b>COLOURS</b>	Seniors - Protea Colours Juniors – Federation Colours																		
3	<b>FUNDING</b>	<b>IMPORTANT NOTE – THIS COMPETITION IS FULLY SELF FUNDED, INCLUDING APPLICABLE LEVY FOR A PORTION OF JUDGES /COACHES COSTS</b> <b>Assistance for Priority athlete if funds are available</b>																		
4	<b>ELIGIBILITY</b>	SAGF Registered members, RSA Citizens, RSA Passport holders																		
5	<b>CATEGORIES</b>	<i>Juniors(Ages 11 – 17 years Boys and Girls)</i> <i>Seniors(Ages 16 and over Boys and Girls)</i>																		
6	<b>PERFORMANCE TARGETS</b>	1 of the top 3 positions in all categories																		
7	<b>SELECTION EVENTS</b>	Trial at 2015 SA Gym Games. Trial at 2016 TOP TEN (18 March 2016)																		
8	<b>REQUIREMENTS</b> <i>(Qualifying score, etc.)</i>	<ul style="list-style-type: none"> <li>• Please see Technical Rules for routine requirements</li> <li>• set degree of difficulty and a very high standard in execution has to be obtained.</li> <li>• gymnast’s <b>track record</b>, profile and progress to be taken into consideration</li> </ul> <p><b>REQUIRED DIFFICULTY DEGREE</b></p> <p><b>TRAMPOLINE INDIVIDUAL</b></p> <table style="margin-left: 40px;"> <thead> <tr> <th></th> <th style="text-align: center;">Boys / men</th> <th style="text-align: center;">girls / ladies</th> </tr> </thead> <tbody> <tr> <td>Junior</td> <td style="text-align: center;">9.0</td> <td style="text-align: center;">8.0</td> </tr> <tr> <td>Senior</td> <td style="text-align: center;">13.0</td> <td style="text-align: center;">10.5</td> </tr> </tbody> </table> <p style="margin-left: 40px;">With an average execution mark of 7.5</p> <p><b>DOUBLE MINI</b></p> <table style="margin-left: 40px;"> <thead> <tr> <th></th> <th style="text-align: center;">Boys / men</th> <th style="text-align: center;">girls / ladies</th> </tr> </thead> <tbody> <tr> <td>Junior</td> <td style="text-align: center;">12.6</td> <td style="text-align: center;">9.8</td> </tr> <tr> <td>Senior</td> <td style="text-align: center;">22.6</td> <td style="text-align: center;">14.1</td> </tr> </tbody> </table> <p style="margin-left: 40px;">With an average execution mark of 9.4</p> <p>The Selection Committee will select a maximum of 75% of the team (or as will be applicable depending on team size and team composition) ON MERIT and will have the option to select 1 or more wild card/s to complete the team. The wild card/s will be required to meet one or more of the following criteria:</p> <ul style="list-style-type: none"> <li>o A Priority Athlete identified as per the SAGF HP Plan 2013-2016;</li> <li>o An athlete that would satisfy the performance strategy for the event.</li> <li>o The next athlete in line for selection on MERIT</li> </ul>		Boys / men	girls / ladies	Junior	9.0	8.0	Senior	13.0	10.5		Boys / men	girls / ladies	Junior	12.6	9.8	Senior	22.6	14.1
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9	<b>ILLNESS OR INJURY</b>	A gymnast will only be excused from a trial through illness or injury with a																		

		valid doctor's certificate.  A gymnast can be removed from the team on the following basis: 1. Non-compliance in training 2. Violation of the codes of behaviour 3. Injuries at a late stage 4. Not following instructions of Head of Delegation and or Designated Manager
10	<b>COACH SELECTION</b> <i>(Head Coach and Assistant Coaches)</i>	Level 3 or higher, Coach with the most senior competitors will be selected as the Head Coach. In case of a tie, the coach with the highest qualified gymnast will be selected. Personal coaches may apply to travel with the team at their own expense. These coaches will have to work under the Head Coach.
11	<b>JUDGE SELECTION</b> <i>(Merit vs Rotation)</i>	According to the UAG rules
12	<b>TRANSFORMATION TARGET</b> <i>(As per SAGF Equity Goals)</i>	The selection will be based on merit until such time that a new equity policy is published.
13	<b>TEAM APPROVAL</b>	The selected gymnasts and officials are forwarded to the High Performance Manager, who will then submit a recommendation for approval to the Board of SAGF. The Programme management facilitates and motivates the selection.

Selection Policy for the **African Gymnastics Championships** approved by:



**Helen van der Walt**  
Trampoline Programme Manager

**TSEKO MOGOTSI**  
Manager High Performance

***Selection Committee, as per SAGF Regulations and Procedures:***

1. *Programme Management*
2. *High Performance Portfolio*
3. *National Coach (if applicable)*
4. *SAGF High Performance Manager(ex-officio)*