



SAGF TRAMPOLINE GYMNASTICS SELECTION POLICY Junior Common Wealth Games

08 -16 October 2016
WALVIS BAY, NAMIBIA



Pending approval of SAGF

1	FORMAT OF COMPETITION	FIG Rules												
2	COLOURS	Juniors – Colours (SAGF to inform us)												
3	FUNDING	IMPORTANT NOTE – THIS COMPETITION IS FULLY SELF FUNDED, INCLUDING APPLICABLE LEVY FOR A PORTION OF JUDGES /COACHES COSTS Assistance for Priority athlete if funds are available												
4	ELIGIBILITY	SAGF Registered members, RSA Citizens, RSA Passport holders												
5	CATEGORIES	Ages 13 – 17 years Boys and Girls												
6	PERFORMANCE TARGETS	Amongst Top Ten												
7	SELECTION EVENTS	African Championship Trials already held and Trial on 20/21 May												
8	REQUIREMENTS <i>(Qualifying score, etc.)</i>	<ul style="list-style-type: none"> • Routine requirements: Qualification Round (Not confirmed yet) <p>FIG Requirements for the first routine of the Qualifying Round for Juniors: <i>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.</i></p> <ol style="list-style-type: none"> 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 and 4. one (1) element with a minimum of 540° twist and minimum of 360° somersault rotation. <p>REQUIRED DIFFICULTY DEGREE</p> <p>TRAMPOLINE INDIVIDUAL</p> <table style="margin-left: auto; margin-right: auto;"> <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;">10.5</td> <td style="text-align: center;">9.4</td> </tr> </tbody> </table> <p>With an average execution mark of 7.5</p> <p>DOUBLE MINI</p> <table style="margin-left: auto; margin-right: auto;"> <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;">19</td> <td style="text-align: center;">15.2</td> </tr> </tbody> </table> <p style="text-align: right;">(Total 4 routines)</p> <p>With an average execution mark of 9.3 in at least 2 routines</p>		Boys / men	girls / ladies	Junior	10.5	9.4		Boys / men	girls / ladies	Junior	19	15.2
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		<p>)</p> <ul style="list-style-type: none"> • set degree of difficulty and a high standard in execution has to be obtained. The set difficulty degree is much lower than the difficulty degree that was jumped in the 13/14 age group at 2015 WAGC • gymnast's track record, profile and progress to be taken into consideration <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"> o A Priority Athlete identified as per the SAGF HP Plan 2013-2016; o An athlete that would satisfy the performance strategy for the event. o The next athlete in line for selection on MERIT
9	ILLNESS OR INJURY	<p>A gymnast will only be excused from a trial through illness or injury with a valid doctor's certificate. Should there be any other valid reason justification need to be submitted for PM's consideration.</p> <p>A gymnast can be removed from the team on the following basis:</p> <ol style="list-style-type: none"> 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	COACH SELECTION <i>(Head Coach and Assistant Coaches)</i>	Level 3 or higher, Coach with the most 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	JUDGE SELECTION <i>(Merit vs Rotation)</i>	According to the FIG rules
12	TRANSFORMATION TARGET <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	TEAM APPROVAL	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 **Junior Commonwealth Games** approved by:



Helen van der Walt
Trampoline and Tumbling Programme Manager

TSEKO MOGOTSI
CEO: SAGF