

SELECTION POLICY– TOP TEN

The SA Top Ten competition is usually held in the beginning of the year and selection is based on performances during the previous year.

Gymnasts who represented country at WC and WAGC is automatically in team. Rest of TOP TEN is selected on highest score obtained at either Region 5 or SA Gym Games.

TOP TEN team sent out not in order of ranking just who were selected, ranking only after TOP TEN competition. Where gymnasts are unable to participate the reserves, according to ranking, will be invited timeously. Only gymnasts that have been invited will be able to compete at this competition. It remain the responsibility of Regions / Coaches to confirm participation before a certain date as set out in the official circular. Entry fee for this competition is done by the Region directly to the SAGF. All participants will receive an award/certificate/medal. Invitation according to the set criteria is done by the Administrator and approved by the Technical Chair.

CATEGORIES - TOP TEN

Trampoline – Junior Boys and Girls – 14 years and younger
Trampoline – Senior Boys and Girls – 15 years and older
Double-Mini – Junior Boys and Girls – 14 years and younger
Double- Mini– Senior Boys and Girls – 15 years and older
Mini-Trampoline- Junior Boys and Girls – 14 years and younger

ROUTINES - TOP TEN

Trampoline

On the trampoline 2 routines. First routine only execution to count, prescribed routine, level and age group gymnast is competing in. Age groups.

Seniors not doing open do FIG Youth competitions prescribed elements:

FIG Youth Competition requirements:

Routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

- 1. one (1) element to front or back,**
- 2. one (1) element from front or back - in combination with requirement No. 1,**
- 3. one (1) double front or back somersault with or without twist,**
- 4. one (1) element with a minimum of 540° twist.**

Open Competitors, first routine, **FIG Senior competitor requirements**, however, difficulty degree will not count, only execution, but routine must adhere to FIG Senior competitor requirements, if this rule is not followed competitor will be disqualified.

Second routine, voluntary routine, execution plus difficulty to count.

Double-mini

Four routines, first two routines only execution counts, prescribed routine, level and age group gymnast competed in at Gym Games. Age groups, must do their normal routines during the first two routines and not ridiculous easy routines.

3rd And 4th routines voluntary routines, execution plus difficulty count.

Mini-Trampoline

Prescribed routines, routines 1 and 2 - the following skills to be compulsory:

1ST Routine - Tuck front somersault

2nd routine - Pirouette

Only the difficulty of routines 3 and 4 will count.