



# SAGF Trampoline Gymnastics Selection Policy

REGION 5 COMPETITION 2017

5-10 DECEMBER  
WALVIS BAY, NAMIBIA



Format Of Competition Applicable to Trampoline & Tumbling	Region 5 rules apply
Colours Applicable to Trampoline & Tumbling	Seniors & Juniors Region 5 Federation Colors
Funding Applicable to Trampoline & Tumbling	This competition is self funded and could also include a levy for the coaches and judges costs if necessary.
Eligibility Applicable to Trampoline & Tumbling	<p>SAGF Registered, RSA Citizens, RSA Passport</p> <p>Region 5 is used for developing newly identified talent or talent that has not been established beyond doubt. No competitor who has received colors to compete at World Championships or World Age Group Games prior to the Region 5 competition is eligible for selection.</p> <p>However, taking the above factors into consideration we try to ensure to include in each category two possible medal winners to ensure that South Africa wins the competition.</p>
Categories Applicable to Trampoline & Tumbling	<p><u>Trampoline Male &amp; Female</u>  Juniors: Maximum age 14 in year of competition  Seniors: Minimum age 15 in year of competition</p> <p><u>Double Mini Trampoline Male &amp; Female</u>  Juniors: Maximum age 14 in year of competition  Seniors: Minimum age 15 in year of competition</p> <p><u>Mini Trampoline</u>  Pre-Juniors: Minimum age 9 &amp; Maximum age 14 in the year of competition</p> <p><u>Tumbling Male &amp; Female</u>  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</p>
Performance Targets Applicable to Trampoline & Tumbling	At least one competitor in finals for all events Minimum of 70% of possible medals
Selection Events Applicable to Trampoline & Tumbling	Any of the following can be used as selection events at the discretion on the TC. <ol style="list-style-type: none"> <li>1. Gym Games 2017 individual events</li> <li>2. Zone Individual Events 2017</li> <li>3. Trials</li> </ol>

Requirements  
Applicable to Trampoline & Tumbling

**Number of competitors selected**

**Trampoline**

Maximum of 6 junior & 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 & senior boys and girls of  
which at least 2 must also compete in Euro  
Tramp event.

**Mini Trampoline**

Maximum of 6 boys and girls

**Tumbling**

Maximum of 4 boys and 4 girls in each category

Additional Trampoline & Double Mini  
Rules

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 Routine Requirements  
Seniors, Juniors & Pre-Juniors

**Tumbling:**

**Seniors:**

First routine for trials: Round-off – whip – whip –  
flic – twist

Second routine for trials:

5 elements with a minimum of 3 somersaults.  
(one somersault must have a minimum of 360°  
twist, and be the last element)

**Juniors:**

First routine for trials: Round-off – flic – whip – flic  
– lay-out

Second routine for trials:

5 elements with a minimum of 2 somersaults.  
(one somersault must have a minimum of 360°  
twist,  
and be the last element)

**Pre-Juniors:**

First routine for trials: Round-off – flic – flic – flic –  
flic

Second routine for trials:

Round-off – flic – flic – flic – back tuck

**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. 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 Double Mini**

All skills with minimum 360 degrees rotation  
Must be able to score 9.3 for execution

A Region 5 competition DMT will consist of two compulsory and two voluntary routines in the qualifying round and two voluntary in the final round. At trials only the qualifying round will be done.

**Compulsory & Voluntary Trampoline,  
Double Mini & Synchro Routines  
Juniors**

**Compulsory Trampoline**

1. Layout
2. Straight Barani
3. Tuck Jump
4. 3/4 Layout
5. Cody Tuck
6. Pike Jump
7. Tuck Barani
8. Tuck Back
9. Swan Dive
10. Tuck Ball Out

**Voluntary Trampoline**

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.

**Competition Synchro**

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

**Double Mini Trampoline**

1. Tuck Back (Spotter) & Straight Barani (Dismount)
2. Tuck front (Mount or Spotter) & Pike Front (Dismount)

**Voluntary Double Mini**

All skills with minimum 360 degrees rotation  
Must be able to score 9.3 for execution.

A Region 5 competition will consist of two compulsory and two voluntary routines in the qualifying around and two voluntary in the final round. At trials only qualifying round will be done.

**Compulsory & Voluntary  
Mini Trampoline Routines  
Pre Juniors**

**Compulsory Mini**

1. Tuck Front
2. Pirouette

Only the difficulty of routines three and four will count.

In finals two voluntary routines. Routines done in the qualifying routine can be repeated in the finals

At trials only the qualifying round will be done.

### Additional Mini Trampoline Rules

A competition is compiled of

- Four routines
- All four routines will be done in the qualifying routine. No repeats are allowed. Repeats of skills will result in no difficulty being awarded for the repeated skill and in the instance where the repeated skill has less difficulty than 0.5 a deduction of 0.5 will be made.
- The first two routines are compulsory requirements. Mini tramp to be marked out of 2 with same landing deduction as double mini trampoline.

### Additional Tumbling Rules

1. FIG rules apply with adjustments as stated below.
2. Competitors who have selected and/or competed in any previous World Championships or World Age Group Competition may not be selected for the Region 5 competition in the same year.
3. The following points of the FIG tumbling judges code of points are being used for the Region 5 competition.
4. Passes must be handed in to the organizers written on official competition cards before the competition starts, at a time and place stipulated by the organizing committee
5. Repetition of skills (except for round-offs, flic-flacs and whip backs) will result in no difficulty being awarded for the repeated skill. Skills will not be considered a repetition if preceded by a different skill.
6. Changes to the compulsory routine will result in the termination of the pass from the point where the change occurs.

### Illness or Injury Applicable to Trampoline & Tumbling

A gymnast will only be excused from a trial through illness or injury with a valid doctors certificate. In this event a profile from a valid international competition in 2017 approved by the technical committee

### Removal from the team Applicable to Trampoline & Tumbling

A gymnast can be removed from the team on the following basis

1. Non compliance in training
2. Violation of the codes of behavior
3. Injuries at a late stage
4. Not following instructions of Head of Delegation and/or Designated Manager

**Judge Selection**  
Applicable to Trampoline & Tumbling

**Trampoline, Double Mini, Mini Trampoline & Tumbling**  
Selection of judges - Brevet & National on merit or rotation and at least one PDI judge if possible. Judges might be required to pay their own costs.

**Coach Selection**  
Applicable to Trampoline & Tumbling

**Trampoline, Double Mini, Mini Trampoline & Tumbling**  
The coach with the most senior competitors will be selected as the Head Coach. In the 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. At least one PDI coach either as assistant coach or head coach, if necessary assisted by a high performance official

**Transformation Target**  
Applicable to Trampoline & Tumbling

Programme Management reserves the right to include PDI athletes that have not met the requirements to ensure that the demographics of the country are met.

**Team Approval**  
Applicable to Trampoline & Tumbling

The selected gymnasts and officials will be forwarded to the Board of SAGF, via the High Performance Manager, for approval. The Program Management Committee facilitates and motivates the selection.