



# SAGF Trampoline Gymnastics Selection Policy

2018 AFRICAN YOUTH GAMES  
CHÉRAGO, ALGERIA  
DATES 19-23RD JULY, 2018



**These trials are open to all gymnasts aged 13-16, who were born between 2002 and 2005 and who have already submitted documentation for inclusion in the long list of candidates.**

Format Of Competition Applicable to Trampoline & Tumbling	FIG & UAG Rules Routines as for Youth Competitions
Colours Applicable to Trampoline & Tumbling	This is a SASCOC team so they will award colours that are deemed appropriate by SASCOC.
Funding Applicable to Trampoline & Tumbling	The gymnasts and coaches will be fully funded by SASCOC for this competition.
Eligibility Applicable to Trampoline & Tumbling	SAGF Registered Members RSA Citizens RSA Passport Valid FIG Licence
Categories Applicable to Trampoline & Tumbling	<u>Juniors (Ages 13-16) Male &amp; Female</u> Individual Trampoline Synchro Tumbling Team Events
Performance Targets Applicable to Trampoline & Tumbling	One of the top three positions in all categories.
Selection Events Applicable to Trampoline & Tumbling	Any of the following can be used as selection events at the discretion of the TC. 1. Gym Games 2017 individual events 2. WC & WAGC 2017 results 3. Trials - If deemed necessary
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 will be used
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	<b>Trampoline &amp; Tumbling</b> Selection of judges - Brevet - On merit or rotation. According to UAG rules, two judges one per discipline with a brevet qualification are eligible to judge. Judges might be required to pay or contribute towards their own costs.

Requirements  
Applicable to Trampoline

- a) FIG Youth Competition Compulsory Routine
- b) Set degree of difficulty and a high standard of execution must be obtained for both routines.
- c) Gymnasts profile, track record and progress may be taken into consideration.
- d) A maximum of 4 girls & 4 boys will be motivated for inclusion in the team for TRA & TUM - SYNCHRO teams to be selected from individual competitors

**Compulsory Routine**

The routine consists of ten (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.

- 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.

**Voluntary Routine - Difficulty Degree Required Individual Trampoline**

The compulsory routine can be performed twice if a gymnast is unable to perform a routine with more difficulty. The difficulty for the second routine cannot be less than the first. The criteria is lower so we can send full teams.

Requirements  
Applicable to Tumbling

**Juniors- maximum 4 boys and 4 girls**

A maximum of 4 girls & boys will be motivated for inclusion in the team. -

Each pass consists of 8 elements.

The first and second passes must be performed without repetition of an element in either of the passes.

First Pass: No element may contain more than 180° of twist each. Any violation will result in the difficulty of those elements not being counted.

Second Pass: A minimum of 2 (two) somersaults with at least 360° of twist in each. Each violation will result in a penalty of 3.0 points from the Difficulty Judges. The 8th element will not be counted for difficulty if it is not a twisting element. (at least 360 of twist)

As tumbling wishes to send full teams, we are not setting a minimum difficulty, but do require the gymnast to be able to complete the required elements in the first and second pass.

**Coach Selection**  
**Applicable to Trampoline & Tumbling**

**Trampoline & Tumbling**

**SASCOC has a requirement of a 50% PDI team, applicable to gymnasts and officials and a requirement that coaches should be under the age of 40.**

The coach with the most competitors will be selected as the Head Coach, if this is not a PDI coach then the selected coach selected will be a PDI coach who should have gymnasts in the team and must have attended and passed an FIG level 2 course.

**Transformation Target**  
**Applicable to Trampoline & Tumbling**

Programme Management reserves the right to include PDI athletes and officials that have not met the requirements to ensure that we can meet the requirements of SASCOC.

**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. Who will then forward a motivation to SASCOC for inclusion in Team SA however, the final decision on all or any selection rests with SASCOC