

# Trampoline Newsletter

8 April 2019

## Corrections in the SA Rules:

❖ Page 11 – Heading: Definition of the National Events

Please add the following basic requirements to host National event for the Trampoline, Double Mini and Tumbling disciplines.

### Trampoline and Double Mini Basic Requirements

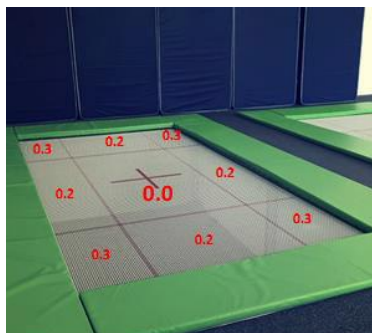
- Venue must have suitable, and sufficient seating
- Minimum 2m free space next to the trampolines and away from the wall/s
- TRA podium - The Chair of Judges' Panel and judges nos. 1-8 must sit on the judges' platform minimum two (2) metres from Trampoline N<sup>o</sup> 1 and raised by a minimum of one (1) metre and maximum two (2) meters.
- Safety mats or floor covering around the trampolines must be minimum 50mm thickness.
- Equipment of good standard (Eurotramp giant, or similar).
- Levels 7&8 may participate on the Eurotramp giant, providing it is fitted with the good quality springs and 4x4 bed. Ultimate trampolines will be preferred.
- Roof height minimum of 10m
- Double Mini must have a minimum of 20m run up
- DMT landing zone as per FIG COP requirements
- DMT podium - The Chair of Judges' Panel and judges nos. 1-7 must sit separately on a podium of 50 cm, at least two (2) metres from the side of the Double Mini-Trampoline.
- Safety mats or floor covering around the DMT trampolines must be minimum 20mm thickness

### Tumbling Requirements

- Venue must have suitable, and sufficient seating
- 2m free space next to the tumble track and away from the wall/s
- TUM podium - The Chair of Judges' Panel and judges nos. 1-7 must sit separately on a podium of 50 cm, at least five (5) meters from the side of the tumbling track, with the judges' tables positioned starting from meter 16 of the tumbling track.
- The length of the tumbling track is 26m
- The run up must be 11m level and sturdy
- The tumbling carpet on top of the floor must be continuous with no break
- Landing zone as per FIG COP requirements
- Safety mats behind the landing area

❖ Page 18 – under heading Termination of the Routine, point 4 – please remove the word “ten”.

❖ Page 19 – Please add the following Heading and explanation: Black Top Horizontal Displacement  
The following HD deductions will apply on the Black Top Trampoline



❖ Page 32 – Heading: Groups and Flights

Bullet 3 – should be read: “four passes added together”, instead of “both routines are added together”.

❖ Page 37 – Heading: South African Cup Competition

Under first bullet Tumbling Requirements: “Seating for spectators” should be changed to “seating required for 400 spectators”

## Update of the WAGC Rules in the SA Rules and Regulations document

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



# **World Age Group Competition Rules 2017 – 2020**



**Trampoline Gymnastics**

Rules for

# FIG World Age Group Competitions (WAGC)

Valid from 1.1.2017

These Rules are also valid for Age Group Competitions held in conjunction with Continental Championships.

## 1. Staging of the competition

- 1.1 The FIG World Age Group Competitions must be held in the same year as the World Championships.
- 1.2 The FIG World Age Group Competitions will be staged as a separate competition, and not in conjunction with any other competition.
- 1.3 Federations making an application for the holding of the World Championships may also apply for the FIG World Age Group Competitions.

## 2. Conditions of entry

- 2.1 Only entries made by affiliated federations of the FIG will be accepted. Any entry not so received must be returned to the sender.
- 2.2 A maximum entry of 80 participating gymnasts per federation is permitted. Maximum 4 (four) gymnasts [2 (two) pairs in synchro] per federation may enter per each age group and event in each discipline. (see §4 and §5)
- 2.3 Gymnasts who have competed in a event at a World Championship may not compete in the same year in that event at the FIG World Age Group Competitions.

## 3. Entries

See Technical Regulations.

## 4. Age groups

- 4.1 11 - 12 years old in the year of competition
- 4.2 13 - 14 years old in the year of competition
- 4.3 15 - 16 years old in the year of competition
- 4.4 17 - 21 years old in the year of competition

## 5. Events

Individual events in Trampoline, Double Mini-Trampoline, Tumbling and Synchro events in Trampoline:

- 5.1 11-12 year old boys
- 5.2 11-12 year old girls
- 5.3 13-14 year old boys
- 5.4 13-14 year old girls
- 5.5 15-16 year old boys
- 5.6 15-16 year old girls
- 5.7 17-21 year old boys
- 5.8 17-21 year old girls

## 6. Competition rules

The FIG Code of Points for Trampoline Gymnastics will apply with the following variations:

- 6.1 The starting order for the Qualifying Round will be decided by a draw.
- 6.2 In Trampoline Individual, the Qualifying Round will consist of 1 (one) voluntary routine with free elements and special requirements and 1 (one) voluntary routine (including difficulty). The special requirements will be described by the Trampoline TC at least one year prior to the next WAGC, see 5.1.2 COP. In Synchro the Qualifying Round consists of 1 (one) voluntary routine (including difficulty).
- 6.3 In Tumbling, §5.1, 5.2, 5.3 and 5.4 of the FIG Code of Points will apply, with the exception that there is only 1 (one) pass in the Final.
- 6.4 For difficulty in all disciplines §18.1 of the FIG Code of Points will apply. For the different age groups in the different disciplines this means following limitations to the difficulty in a single element:

<b>TRA</b>	11-12 years: 1.5 pts	13-14 years: 1.7 pts	15-16 years: 1.8 pts	17-21 years: 1.8 pts
<b>TUM</b>	11-12 years: 2.7 pts	13-14 years: 3.5 pts	15-16 years: 4.3 pts	17-21 years: 4.3 pts
<b>DMT</b>	11-12 years: 3.6 pts	13-14 years: 4.4 pts	15-16 years: 4.6 pts	17-21 years: 4.6 pts

\* For 11-12 years old, triple somersaults are prohibited

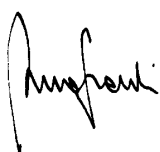
\* For all age groups, quadruple somersaults are prohibited

Any abuse of this rule(s) will result in the disqualification of the gymnast.

- 6.5 No gymnast shall compete in other than his/her age-group except in respect of 6.5.1.
  - 6.5.1 In synchronised competition, the age of the older gymnast determines the age group in which the pair must enter.
- 6.6 The gymnasts with the 8 (eight) best scores from the Qualifying Round will go forward to the Finals.

Lausanne, March 2016

### Fédération Internationale de Gymnastique



Bruno Grandi  
President



André F. Gueisbuhler  
Secretary General



Horst Kunze  
Trampoline TC President

## **WAGC 2019-2020 Trampoline**

### **First routine with special requirements (only Individual Trampoline events)**

#### **11-12 years**

The routine consists of 10 different elements, only two (2) elements 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 landing on the front of the body,
2. one (1) element landing on the back of the body,
3. one (1) element with 360° somersault rotation, at least, 360° of twist.

#### **13-14 years**

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.

1. one (1) element to front or back,
2. one (1) element from front or back – in combination with requirement N°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 360° somersault rotation.

#### **15-16 years**

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.

1. one (1) element to front or back,
2. one (1) element from front or back – in combination with requirement N°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 360° somersault rotation.

#### **17-21 years**

1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.
2. Two (2) elements, marked with an asterisk (\*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution, time of flight and horizontal displacement scores to give the total score for the first routine.
3. None of these two (2) elements may be repeated in the second routine of the qualifying round; otherwise the difficulty of these repeated elements will not be counted.

Lausanne, July 2018



Horst Kunze  
Trampoline TC President