

AFRICAN CHAMPIONSHIPS
TRAMPOLINE TECHNICAL REGULATIONS
(Updated August 2013)

1. Trampoline Technical Committee

- 1.1** Within Trampoline there are three disciplines Trampoline, Tumbling and Double-mini-trampoline, in order to provide Technical expertise to all three disciplines, representation on the Trampoline Technical Committee will allow for 3 representatives per country. Only 2 of the 3 representatives will have voting powers. A representative from a Country who is represented by only one member will have 2 votes.
- 1.2** The Trampoline TC will meet at the African Championships.

2. Technical Regulations

Adhere to the FIG Rules and Regulations with the following exceptions:

- Senior Category - 16 and over
- Junior Category - only one age group, 11-17

Since the age for Youth Olympics is 16/17 the UAG TC felt that the age for juniors should be brought in line with the FIG requirements and recommended that the age for juniors include the 17 year old gymnasts and be adjusted to 11-17. Gymnasts 16/17 years can then decide whether they wish to enter junior or senior. Gymnasts who are 17 years old and who have participated at a World Championship or World Cup are, according to FIG rules not allowed to participate in junior or youth competitions.

Competition in the following categories: Individual Trampoline
Synchro Trampoline
Double-mini Trampoline
Tumbling
Team Competitions

- 2.1 Senior category** - minimum age 16 in the year of competition (age as at 31 December of the year of competition), no maximum age
Maximum of four men
Maximum of four women

2.1.1 Senior Individual Competition

According to FIG rules and regulations for Senior FIG events.
Prescribed routine to be the routine as prescribed by the FIG for Senior International and Olympic Games.

2.1.2 Senior Team Competition

Where a team constitutes four members the three highest scores will be added together to get the team score (scoring according to FIG rules). If a team constitutes less than four members the total score of all the members (e.g. 2) will count.
Scores from the qualification round (prelims) will count for the team score.
Two teams per country may compete in prelims, only one team per country to go through to finals.
A minimum of three countries required in a section to qualify for a team competition.

- 2.2 Junior category** - minimum age 11 maximum age 17 in the year of competition (age as at 31 December of the year of competition)
Maximum of four boys

Maximum of four girls

2.2.1 Junior Individual Competition

According to FIG rules and regulations for Youth Competitions

Prescribed routine to be the routine as prescribed by the FIG for Youth Competitions

2.2.2 Junior Team Competition

Where a team constitutes four members the three highest scores will be added together to get the team score (scoring according to FIG rules). If a team constitutes less than four members the total score of all the members (e.g. 2) will count.

Scores from the qualification round (prelims) will count for the team score.

Two teams per country may compete in prelims, only one team per country to go through to finals.

A minimum of three countries required in a section to qualify for a team competition

2.2.3 Synchro Competition

One Synchro pair within each category. Synchro pairs must be formed from competitors selected to participate in the Individual competition.

2.2.4 Countries who do not have a full senior and/or junior team are allowed to send one or two individual trampoline gymnasts to compete in the individual competition.

2.2.5 A minimum of 3 countries and 5 gymnasts in any category to have an official competition. If this criteria is not met then gymnasts may compete out of competition but cannot be called the African Champion. (Anthems only to be played when a gymnast can receive the title of African Champion).