



Trampoline Gymnastics

Competition Rules 2022

- Dutch Trampoline 2022 specifics
- Stipulations of FIG Code of points 2022-2024 & Rules for WAGC 2022-2024

Dutch Trampoline Open specifics

Age Group Competitions will be staged in conjunction with the senior competition.

1. Age groups

Age Group Competition:

- 11 - 12 years old in the year of competition (2010-2011)
- 13 - 14 years old in the year of competition (2008-2009)
- 15 - 16 years old in the year of competition (2006-2007)
- 17 - 21 years old in the year of competition (2001-2005)

Senior competition:

- Seniors: 17+ (2005 and before)

2. Parts of the competition

Competition parts in TRA: **INDIVIDUAL**

- C01 11-12 year old boys
- C02 11-12 year old girls
- C03 13-14 year old boys
- C04 13-14 year old girls
- C05 15-16 year old boys
- C06 15-16 year old girls
- C07 17-21 year old boys
- C08 17-21 year old girls
- C09 Seniors 17+ 2005 and before; Men
- C10 Seniors 17+ 2005 and before; Women

Competition parts in TRA: **SYNCHRONIZED**

- C11 11-12 year old boys
- C12 11-12 year old girls
- C13 13-14 year old boys
- C14 13-14 year old girls
- C15 15-16 year old boys
- C16 15-16 year old girls
- C17 17-21 year old boys
- C18 17-21 year old girls
- C19 Seniors 17+ 2005 and before; Men
- C20 Seniors 17+ 2005 and before; Women

Competition parts in TRA: *TEAMS (mixed)*

C30	Age Group TEAM	11-16 year old (C01/C06)
C31	Senior TEAM	17+ (2005 and before) (C07/C10)

Gymnasts who have been registered as competitor in Ind/Syn/Team will be registered automatically in their competition parts, based on their year of birth and gender. It is the responsibility of the delegation to check the placement of its competitors after publication of the starting lists.

3. Dress for gymnasts:

National Identification or Federation emblem as per 6.6 FIG Code of Points is not required for this competition.

4. Prizes:

- In all categories Medals will be available for 1st, 2nd and 3rd place in ranking.
- In Team categories: a trophy will be available for each 1st, 2nd and 3rd place in ranking; complimentary medals will be received by all (max 4) team members and 1 coach of each honored team.
- In C09 and C10 prize money will be available: 1st € 250,-- 2nd € 150,-- 3rd € 100,--

5. Competition structure:

competition parts individual and synchronized for Age group 17-21 (C07/C08 & C17/C18) & Senior Open (C09/C10 & C19/C20) are composed by Qualifications and Finals, according to the following structure:

<i>Competition phase</i>	<i>Who competes?</i>	<i>What performs?</i>	<i>Starting order</i>
Qualification 1	All gymnasts	2 exercises, best one counts	Draw
Qualification 2	Top 24, if 48 entries or more Top 16, if 32-47 entries None, if less than 31 entries	1 exercise	Draw
Final 1	Top 8 */**	1 exercise	Draw

Q1 is composed by two voluntary exercises. The highest score of the two exercises will determine the qualification to Q2 OR (if less than 31 nominative entries) to the Final.

At Q2, each competition group will be composed either by 8 or 12 gymnasts. The gymnasts start Q2 with a score of zero.*

6. Finals:

In case of any tie, then tie break rules will apply (art. 4.4 TR)

Starting order in Age Group 17-21 and Senior Competition Parts will be by draw.

* Individual parts C09 and C10

- In addition the host club will be allowed to set up one gymnast in both Senior Open categories C09 and C10 in case that it is not represented. Such "Wild Card Gymnasts" must have participated in the qualification. "Wild Card Gymnasts" will be able to receive medals and prize money.

**** Individual parts C01-C06 & and Synchronised parts C11-C16**

- If there are 10 gymnasts/pairs or less in a Competition part: only 70% will compete in the finals. If there are 3 gymnast/pairs or less in a Competition part: all will compete in the finals.
- If there are 5 gymnasts/pairs or less in the finals, the scores of the preliminary will be added to the finals scores.

TEAM finals C30 and C31

The best 5 teams Age Group and Senior class will compete in the finals. The team coaches will be invited to be presented together with the team when marching in for the Team Finals.

Q1 acts as qualification for Team Finals. In Senior Team Competition, the sum of the three (3) highest scores obtained by the team members in each round of qualification one (Q1) will give the overall team score (sum of six (6)) after qualification.

Teams in the Finals consist of three (3) gymnasts. Each gymnast will perform one exercise.

Team Finals are composed by three (3) rounds. The starting order for the teams in all three (3) rounds is in rank order, with the first gymnast from the team on 5th place going first, followed by the first gymnast representing the team on 4th place....

The classification is determined by the sum of the ranking points (5, 4, 3, 2, and 1) a team achieves in each round. The winner is the team with the highest sum of ranking points in the Team Final.

In case of any tie, then tie break rules will apply (art. 4.4 TR)

Stipulations FIG Rules

The starting order for the Qualifying Round will be decided by a draw.

5.1.1 In Junior and Age Group levels, with the exception of the 17-21 age group, the first exercise of the Qualifying Round includes both free elements and special requirements. The order in which the elements are performed is at the discretion of the gymnast. Only the execution score plus the horizontal displacement and the time of flight of this exercise are counted.

For difficulty in all disciplines §18.1 of the FIG Code of Points will apply.

For the different age groups, the following limitations to the difficulty in a single element will be applied:

11-12 years: 1.6 pts	13-14 years: 1.8 pts	15-16 years: 1.8 pts	17-21 years: 2.0 pts
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* 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.

No gymnast shall compete in other than his/her age-group, except:

In **synchronised competition**, the age of the older gymnast determines the age group in which the pair must enter.

First routine with special requirements (Individual parts (C01/C06 & synchronised parts C11/C16))

In Age Group Competition up to C06 (C16), no Q2 is organized. The Qualifying Round in both Individual and Synchronised competition will consist of 1 (one) exercise with special requirements and without difficulty score, plus 1 (one) voluntary exercise.

For those Age Group Competition parts, The FIG Code of Points for Trampoline Gymnastics will apply with the following variations (according to the WAGC Rules **2022-2024**)

11-12 years (C01/C02 & C11/C12)

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 (C03/C04 & C13/C14) **and** **15-16 years** (C05/C06 & C15/C16)

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