



Trampoline Gymnastics

Competition Rules ONLINE EDITION 2020

1. Age groups

Age Group Competition:

1. 11 - 12 years old in the year of competition (2008-2009)
2. 13 - 14 years old in the year of competition (2006-2007)
3. 15 - 16 years old in the year of competition (2004-2005)
4. 17 – 21 years old in the year of competition (1999-2003)

Senior competition:

5. Seniors: 17+ (2003 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+ 2003 and before; Men**
- C10 Seniors 17+ 2003 and before; Women**

Competition parts in TRA: TEAMS (mixed)

- C30 Age Group TEAM 11-16 year old (C01/C06)
- C31 Senior TEAM 17+ (2003 and before) (C07/C10)

3. Competition Rules

The FIG Code of Points for Trampoline Gymnastics will be followed;

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

6.2 In Trampoline Individual, the competition will consist of 1 (one) voluntary routine with free elements and special requirements and 1 (one) voluntary routine (including difficulty).

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

In Individual competition parts of the **Age Group Competition** there will be following limitations to the difficulty in a single element:

11-12 years: 1.5 pts	13-14 years: 1.7 pts	15-16 years: 1.8 pts	17-21 years: 1.8 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.

* Team Competition:

Each Club or Federation can mark max 16 of its registered athletes for

-Age Group Team Competition (max 2 teams of 3/4 athletes up to 16 years, Cat. C01/C06)

-Senior Team Competition (max 2 teams of 3/4 athletes age 17+, Cat 07/C10)

The highest 3 scores of each routine of max 4 team-members in both categories will be listed.

Prizes:

In all categories Medals will be available for 1st, 2nd and 3rd place in ranking; the champion of each class will also receive a champions trophy.

In Team categories: a trophy will be available for each 1st, 2nd and 3rd place in ranking; complimentary medals will be available for each 4 team members of the honored teams.

4. First routine with special requirements

following the WAGC Rules 2019-2020

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.

Open: Fig A

Requirements for the first routine of Categorie Open/Seniors:

- a. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.
- b. Four (4) elements, marked with an asterisk (*) on the competition card, will have difficulty ratings.
The difficulty will be added to the execution score to give the total score for the first routine.

None of these four (4) elements may be repeated in the second routine of the qualifying round otherwise the difficulty will not be counted.