



Trampoline Gymnastics

Competition Rules 2022 [v. Feb.11-22]

- Dutch Trampoline Open 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 Senior Men
- C10 Senior Women

(* FIG "Junior category")

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 Senior Men
- C20 Senior Women

Competition parts in TRA: **TEAMS (mixed)**

C30 Age Group Team	11-16 year old	(C01/C02/C03/C04/C05/C06)
C32 Senior Team	17+ (2005 and before)	(C07/C08/C09/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 Individual and Synchronized categories:**
Medals will be available for 1st, 2nd and 3rd place in ranking;
a complementary champion-trophy will be available for 1st place in each category;
in C09 and C10 prize money will be available: 1st € 250 / 2nd € 150 / 3rd € 100
- **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.

5. Competition structure:

Competition parts individual and synchronized are composed by

- Qualification (*)
- Final

(*) C07/C08/09/C10 - qualification round = 2 voluntary exercises, best one counts

6. Finals:

In case of any tie, then tie break rules will apply (art. 4.4. "TR 2022-2024" & art. 9 "Rules for Junior and WAGC 2022-2024"). If wanted, a summary of the Tie-break rules is available at the Competition Office.

The gymnasts/synchronized pairs with the 8 (eight) best scores from the Qualifying Round will go forward to the Finals(**).

If there are 10 gymnasts/pairs or less in a competition part, only 70% will compete in the Finals.
This means:

- 11 -> 8 to finals
- 10 -> 7 to finals
- 9 -> 6 to finals
- 8 -> 6 to finals
- 7 -> 5 to finals
- 6 -> 4 to finals
- 5 -> 4 to finals
- 4 -> 3 to finals
- 3 or less -> all to finals

If there are 5 gymnasts/pairs or less in the finals, the scores of the qualification will be added to the scores in the finals.

(**)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.

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

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.

The Individual qualifying round acts as qualification for Team Finals. In Senior Team Competition, the sum of the 3 (three) highest scores obtained by the team members in each round of the qualification 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)

Stipulation FIG Rules

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

5.1.1 -> in Age Group levels 11-12 / 13-14 / 15-16 (both IND and SYN) 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

** 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)*

(Also) 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