

# **NATIONAL COMPETITION STRUCTURE 2017**

## Notice of main changes to the National Competition Structure 2017

All gymnasts entering the NDP or FIG Pathway should refer to the membership section on the BG website for level of membership required (gymnast/gymnast membership/ BG NDP structure)

### Trampoline (TRA)

17-18 age group will be changed to 17-19yrs in 2017 due to depth of field. This will be reviewed annually.

Synchro will no longer take place at the British Championships but gymnasts may compete at the new British Club Teams and Synchro Championships. Further information about this event is to follow.

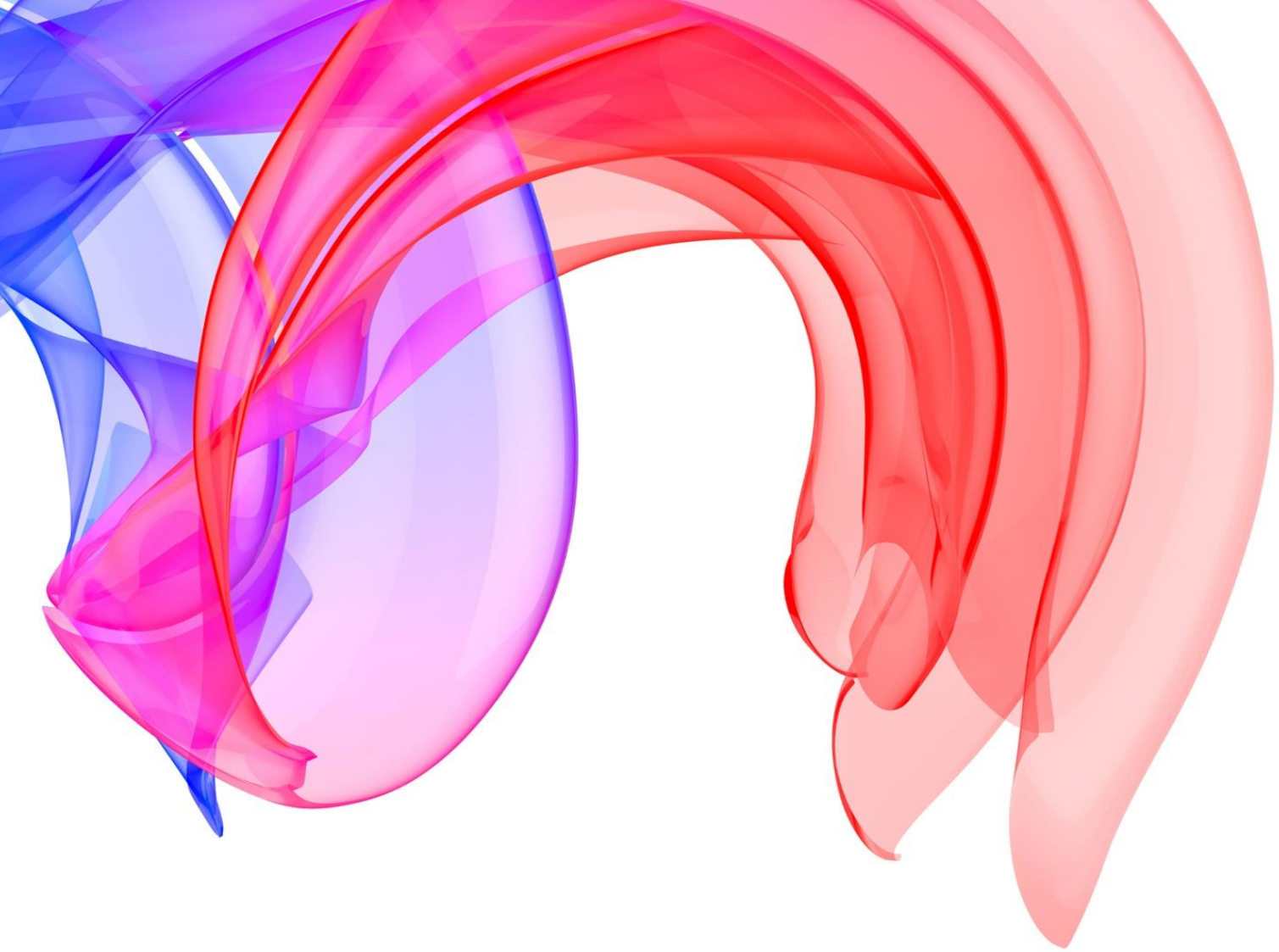
Qualification to British Championships for FIG Senior gymnasts – this will be a three-round cumulative score – Round 1 as per FIG - 4\* skills which cannot be repeated in first voluntary routine, Round 2 – Voluntary routine, Round 3 – Voluntary routine. Minimum requirements can be achieved in either the round 2 or round 3 voluntary routine to achieve qualification. All senior gymnasts will compete 3 routines at the Spring Events and only the top 8 will compete a 3<sup>rd</sup> routine at the British Championships.

8--< has replaced 8110 as the final skill in compulsory routine for 15-16 age group.

Disabilities – new structure for national level disabilities; <https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline>.

*FIG rules will be used at the British Championships with the exception of the 'zero' score. This will not apply at these Championships and there will be no zero final, all scores will be accumulative. (The 'zero' score will remain at the Spring Event Series).*

Further details on ALL changes can be found in the Competition Handbook and the Domestic Competition Structure Appendix for each discipline.



**TRAMPOLINE DOMESTIC COMPETITION STRUCTURE**

**TRAMPOLINE  
FIG PATHWAY  
2017**

## TRA FIG PATHWAY – AGE GROUPS

### Spring Event Series

All gymnasts at FIG will be required to perform:

- 1 x Compulsory Routine
- 1 x FIG WAGC Routine
- 1 x Voluntary Routine

Trampoline Individual:

- 3 round accumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- A nominated panel (Member of NTTCC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

FIG PATHWAY						
<b>Age Group</b> 9-10 Years	<b>1<sup>st</sup> Routine - Compulsory</b>		<b>2nd Routine – WAGC Development</b>			
	1	Back s/s (S)	1	¾ Back s/s (SL)		
	2	Barani (S)	2	To feet * (*Cody = bonus 0.3)		
	3	Straddle Jump	3	Straddle Jump		
	4	Back s/s (P)	4	Back s/s (P)		
	5	Barani (P)	5	Barani (P)		
	6	Tuck Jump	6	Tuck Jump		
	7	Barani (T)	7	Barani (T)		
	8	Back s/s (T)	8	Back s/s (T)		
	9	Pike Jump	9	¾ Front s/s (S)		
	10	Front s/s (P)	10	Ballout Barani (T)		
<b>Voluntary Routine</b>						
<ul style="list-style-type: none"> <li>Maximum of 1 body landing allowed</li> <li>Male - Minimum difficulty 6.0 *Change from 2015</li> <li>Female - Minimum difficulty 6.0 *Change from 2015</li> </ul>						
<b>Minimum standards required to qualify to the British Championships</b>		<b>Minimum Execution</b>			<b>Minimum Difficulty</b>	
		Compulsory	WAGC	Voluntary	Male	Female
		24.0	24.0	22.5	6.0	6.0

FIG PATHWAY						
<b>Age Group</b> 11-12 Years	<b>1<sup>st</sup> Routine - Compulsory</b>		<b>2nd Routine – WAGC Requirements</b>			
	1	¾ Front s/s (S)	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 element landing on the front of the body 2. One element landing on the back of the body			
	2	Ballout Barani (T)				
	3	Straddle Jump				
	4	Barani (T)				
	5	Back s/s (T)				
	6	Barani (P)				
	7	Back s/s (P)				
	8	Barani (S)				
	9	Back s/s (S)				
	10	Full Twisting Back s/s (S)				
<b>Voluntary Routine</b>						
<ul style="list-style-type: none"> <li>Maximum of 1 body landing allowed</li> <li>Male - Minimum difficulty 7.5</li> <li>Female - Minimum difficulty 7.5</li> </ul>						
<b>Minimum standards required to qualify to the British Championships</b>		<b>Minimum Execution</b>			<b>Minimum Difficulty</b>	
		Compulsory	WAGC	Voluntary	Male	Female
		24.0	24.0	22.5	7.5	7.5

FIG PATHWAY						
Age Group 13-14 Years	1 <sup>st</sup> Routine - Compulsory		2nd Routine – WAGC Requirements			
	1	½ Twist to ¾ Front s/s (S)	<p>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.</p> <ol style="list-style-type: none"> <li>1. Full (back somersault with 1/1 twist)</li> <li>2. One element landing on the front of the body</li> <li>3. One element landing on the back of the body.</li> </ol>			
	2	Ballout Barani (T)				
	3	Back s/s (T)				
	4	Barani (T)				
	5	Back s/s (P)				
	6	Rudi (S)				
	7	Straddle Jump				
	8	Back s/s (S)				
	9	Barani (S)				
	10	Full Twisting Back s/s (S)				
Voluntary Routine						
<ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed</li> <li>• Male - Minimum difficulty 9.5</li> <li>• Female - Minimum difficulty 8.3</li> </ul>						
Minimum standards required to qualify to the British Championships		Minimum Execution			Minimum Difficulty	
		Compulsory	WAGC	Voluntary	Male	Female
		24.5	24.5	22.5	9.5	8.3

FIG PATHWAY						
Age Group 15-16 Years	1 <sup>st</sup> Routine - Compulsory		2nd Routine – WAGC Requirements			
	1	½ Twist to ¾ Front s/s (S)	<p>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.</p> <ol style="list-style-type: none"> <li>1. Full (back somersault with 1/1 twist)</li> <li>2. Rudi or Rudi Ballout (front somersault or 1 ¼ from back, with 1½ twist)</li> <li>3. One element either landing on the back or front of the body</li> </ol>			
	2	Ballout Barani (T)				
	3	Back s/s (T)				
	4	Barani (T)				
	5	Full Twisting Back s/s (S)				
	6	Back s/s (P)				
	7	Rudi (S)				
	8	Back s/s (S)				
	9	Barani (S)				
	10	Double Back (P)				
Voluntary Routine						
<ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed</li> <li>• Male - Minimum difficulty 11.0</li> <li>• Female - Minimum difficulty 9.0</li> </ul>						
Minimum standards required to qualify to the British Championships		Minimum Execution			Minimum Difficulty	
		Compulsory	WAGC	Voluntary	Male	Female
		24.5	24.5	22.5	11.0	9.0

FIG PATHWAY						
Age Group 17-19 Years	1 <sup>st</sup> Routine - Compulsory		2nd Routine – WAGC Requirements			
	1	Half Out (P)	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 element to front or back 2. One element from front or back - in combination with requirement No. 1 3. One double front or back somersault with or without twist 4. One element with a minimum of 540° of twist and minimum of 360° somersault rotation			
	2	Back s/s (P)				
	3	Barani (P)				
	4	Full Twisting Back s/s (S)				
	5	Barani (S)				
	6	Back s/s (S)				
	7	Barani (T)				
	8	Back s/s (T)				
	9	Half Out (T)				
	10	Double Back s/s (S)				
<b>Voluntary Routine</b>						
<ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed</li> <li>• Male - Minimum difficulty 11.5</li> <li>• Female - Minimum difficulty 9.5</li> </ul>						
Minimum standards required to qualify to the British Championships		Minimum Execution			Minimum Difficulty	
		Compulsory	WAGC	Voluntary	Male	Female
		24.5	24.5	22.5	11.5	9.5

### Qualification to the British Championships

The top 16 ranked individual gymnasts, per age group, per gender from the Spring Event Series Events will qualify for the British Championships, providing all minimum standards have been achieved (at the same event). These qualifiers will be calculated from the best, cumulative three-round total score (achieved at the same qualifying event).

There is automatic entry to the British Championships for any gymnast who represented Great Britain in the European Championships (Senior & Junior) 2016, however unless agreed otherwise by the HNC, gymnasts should have competed in at least one of the Spring Event Series events. Any such automatic entry is in addition to the top 16 qualifiers.

### British Championships

All gymnasts at FIG will be required to perform:

- 1 x FIG WAGC Routine
- 1 x Voluntary Routine
- 1 x Voluntary Routine (Top 8 Final)

Trampoline Individual:

- FIG rules will apply with the exception of a zero final. All results (ranking) will be based on a 3 round accumulative score
- A nominated panel, (Member of NTTC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time



## TRA FIG PATHWAY – SENIOR

### Spring Event Series

All gymnasts at FIG will be required to perform:

- 1 x FIG A Routine
- 1 x Voluntary Routine
- 1 x Voluntary Routine

Trampoline Individual:

- 3 round accumulative score will determine the event ranking
- Incomplete routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- A nominated panel, (Member of NTTCC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

FIG PATHWAY					
Age Group Senior	<b>1<sup>st</sup> Routine – FIG A Requirements</b>				
	The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Four 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 elements may be repeated in the voluntary. <ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed</li> <li>• Male - Minimum difficulty 3.5</li> <li>• Female - Minimum difficulty 3.3</li> </ul>				
	<b>Voluntary Routine</b>				
<ul style="list-style-type: none"> <li>• If any of the four asterisked moves from the compulsory are repeated in the second routine (voluntary) they will not be awarded difficulty in that routine</li> <li>• Maximum of 1 body landing allowed</li> <li>• Male - Minimum difficulty 14.0</li> <li>• Female – Minimum difficulty 12.0</li> </ul>					
<b>Minimum standard required to qualify to the British Championships</b>		<b>Minimum Execution</b>		<b>Minimum Difficulty</b>	
		FIG A	Voluntary	Men	Women
		25.5	22.5	3.5/14.0	3.3/12.0

### Qualification to the British Championships

The top 16 ranked individual gymnasts, per age group, per gender from the Spring Event Series Events will qualify for the British Championships, providing all minimum standards have been achieved (at the same event). These qualifiers will be calculated from the best, cumulative three-round total score (achieved at the same qualifying event).

There is automatic entry to the British Championships for any gymnast who represented Great Britain in the European Championships (Senior & Junior) 2016, however unless agreed otherwise by the HNC, gymnasts should have competed in at least one of the Spring Event Series events. Any such automatic entry is in addition to the top 16 qualifiers.

### British Championships

All gymnasts at FIG will be required to perform:

- 1 x FIG FIG A Routine
- 1 x Voluntary Routine
- 1 x Voluntary Routine (Top 8 Final)

Trampoline Individual:

- FIG rules will apply with the exception of a zero final. All results (ranking) will be based on a 3 round accumulative score
- A nominated panel, (Member of NTTC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time