



TRAMPOLINE DOMESTIC COMPETITION STRUCTURE

TRAMPOLINE

FIG PERFORMANCE

2018

British
Gymnastics
More than a sport

NATIONAL TRAMPOLINE TECHNICAL COMMITTEE - National Competition Structure 2018

The British Gymnastics (BG) National Trampoline Technical Committee (NTTC) is responsible and accountable to BG for the development and direction of all Trampoline, Double Mini-Trampoline and Tumbling for all BG members.

Any 'Open' competitions organised under BG membership/insurance must be authorised by the NTTC.

Any regional activity providing opportunity for members of the region must be authorised by the relevant Regional Executive Committee and in consultation with the NTTC.

The competition seasons are from 1st October to 30th September.

Gymnasts and Coaches may select their competition pathway and entry level. After the appropriate level has been selected and competed at, a gymnast cannot change levels during the same competition season.

Spring Event Series

2 x British Gymnastics qualifying events for FIG Performance Level leading to the British Championships.

British Championships

Culmination event for FIG Performance Gymnasts.

Please refer to the National Competition Handbook for further information

TRA FIG Spring Event Series FIG Performance

FIG Performance Level

All gymnasts at FIG Performance Level will be required to perform:

9-10yrs

- 1 x FIG WAGC Routine (1st routine)
- 1 x Prescribed Voluntary Routine (2nd routine)

11-12yrs, 13-14yrs, 15-16yrs

- 1 x Compulsory Routine (1st routine)
- 1 x FIG WAGC Routine (2nd routine)
- 1 x Voluntary Routine (3rd routine)

17-21yrs

- 1 x FIG WAGC Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)
- 1 x Voluntary Routine (Top 8 Final)

Senior

- 1 x FIG A Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)
- 1 x Voluntary Routine (Top 8 Final)

Trampoline Individual:

- Cumulative score will determine the 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 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.

In addition to the above, the NTTC & Performance Team reserve the right to remove ANY gymnast that fails to reach performance expectations for FIG Performance level.

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. These qualifiers will be calculated from the best, cumulative total score (achieved at the same qualifying event) providing all minimum standards have been achieved. Any additional allocated places may be considered by the NTTC along with the Performance Team.

There is automatic entry to the British Championships for any gymnast who represented Great Britain in the World Championships or World Age Group Competition 2017 or the European Championships (Senior & Junior) 2018, however unless agreed otherwise by the Performance Team, 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.

TRA FIG British Championships FIG Performance

FIG Performance Level (Individual)

All gymnasts at FIG Performance Level will be required to perform:

9-10yrs

- 1 x FIG WAGC Development Routine (1st routine)
- 1 x Prescribed Voluntary Routine (2nd routine)
- 1 x Prescribed Voluntary Routine (Top 8 Final routine)

11-12yrs, 13-14yrs, 15-16yrs, 17-21yrs

- 1 x FIG WAGC Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)
- 1 x Voluntary Routine (Top 8 Final routine)

Senior

- 1 x FIG A Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)
- 1 x Voluntary Routine (Top 8 Final routine)

Trampoline Individual:

- Cumulative score will determine the ranking
- FIG rules will be applied (except for the cumulative score)

A nominated panel (Member of TC, 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 Performance Level (**Synchronised**)

All gymnasts at FIG Performance Level will be required to perform:

11-12yrs

- 1 x FIG WAGC 11-12yrs Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)

13-17yrs

- 1 x FIG WAGC 13-14yrs routine (1st routine)
- 1 x Voluntary Routine (2nd routine)

Senior (17yrs+)

- 1 x FIG A Routine
- 1 x Voluntary Routine

Trampoline Individual:

- Cumulative score will determine the ranking
- FIG rules will be applied (except for the cumulative score)

A nominated panel (Member of NTTTC, 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 Performance Technical Requirements

TRA FIG PERFORMANCE 9-10yrs		
Age Groups 9-10yrs	1st Routine - WAGC Development	2nd Routine – Prescribed Voluntary
	¾ Back s/s (SL)	Back s/s (S)
	To feet <u>or</u> Cody (T) = bonus of 0.3*	Barani (S)
	Straddle Jump	Full Twisting Back s/s (S)
	Back s/s (P)	Straddle Jump
	Barani (P)	Back s/s (P)
	Tuck Jump	Barani (P)
	Barani (T)	Tuck Jump
	Back s/s (T)	Barani (T)
	¾ Front s/s (S)	Back s/s (T)
	Ballout Barani (T)	Front s/s (P) <u>or</u> Rudi = bonus of 0.3*
	Prescribed Voluntary	
	<ul style="list-style-type: none"> This is a prescribed voluntary routine at 9-10yrs 2 round competition at the Spring Event Series 3 round competition at the British Championships 	
Minimum standard qualify to the British Championships	To be confirmed after World Age Group Competition 2017	

* The bonus will be added to the score and counts towards the ranking for qualification

TRA FIG PERFORMANCE 11-12yrs		
Age Groups 11-12yrs	1st Routine – Compulsory	2nd Routine – WAGC Requirements
	¾ Front s/s (S)	<p>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.</p> <ol style="list-style-type: none"> 1. One element landing on the front of the body 2. One element landing on the back of the body
	Ballout Barani (T)	
	Straddle Jump	
	Barani (T)	
	Back s/s (T)	
	Barani (P)	
	Back s/s (P)	
	Barani (S)	
	Back s/s (S)	
	Full Twisting Back s/s (S)	
3rd Routine - Voluntary		
<ul style="list-style-type: none"> Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. Male – Minimum difficulty 7.5 Female – Minimum difficulty 7.5 Difficulty will be capped at 1.5 per element The performing of triple somersaults is prohibited and will result in disqualification 		
Minimum standard to qualify to the British Championships	To be confirmed after World Age Group Competition 2017	

TRA FIG PERFORMANCE 13-14yrs		
Age Groups 13-14yrs	1st Routine - Compulsory	2nd Routine – WAGC Requirements 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. Full (back somersault with 1/1 twist) 2. One element landing on the front of the body 3. One element landing on the back of the body.
	½ Twist to ¾ Front s/s (S)	
	Ballout Barani (T)	
	Back s/s (T)	
	Barani (T)	
	Back s/s (P)	
	Rudi (S)	
	Straddle Jump	
	Back s/s (S)	
	Barani (S)	
	Full Twisting Back s/s (S)	
	3rd Routine - Voluntary	
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 9.5 • Female - Minimum difficulty 8.3 • Difficulty will be capped at 1.7 per element • The performing of quadruple somersaults is prohibited and will result in disqualification 		
Minimum standard qualify to the British Championships	To be confirmed after World Age Group Competition 2017	

TRA FIG PERFORMANCE 15-16yrs		
Age Groups 15-16yrs	1st Routine - Compulsory	2nd Routine – WAGC Requirements 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. Full (back somersault with 1/1 twist) 2. Rudi or Rudi Ballout (front somersault or 1 ¼ from back, with 1½ twist) 3. One element either landing on the back or front of the body
	½ Twist to ¾ Front s/s (S)	
	Ballout Barani (T)	
	Back s/s (T)	
	Barani (T)	
	Full Twisting Back s/s (S)	
	Back s/s (P)	
	Rudi (S)	
	Back s/s (S)	
	Barani (S)	
	Double Back (P)	
	3rd Routine - Voluntary	
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 11.0 • Female - Minimum difficulty 9.0 • Difficulty will be capped at 1.8 per element • The performing of quadruple somersaults is prohibited and will result in disqualification 		
Minimum standard qualify to the British Championships	To be confirmed after World Age Group Competition 2017	

TRA FIG PERFORMANCE 17-21yrs	
Age Groups 17-21yrs	1st Routine – WAGC Requirements
	<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"> 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
	2nd Routine - Voluntary
	<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 11.5 • Female - Minimum difficulty 9.5 • Difficulty will be capped at 1.8 per element • The performing of quadruple somersaults is prohibited and will result in disqualification
Minimum standard qualify to the British Championships	To be confirmed after World Age Group Competition 2017

TRA FIG PERFORMANCE Senior	
Age Groups Senior	1st Routine – FIG A Requirements
	<p>The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.</p> <p>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.</p> <p>None of these four elements may be repeated in the voluntary.</p> <ul style="list-style-type: none"> • If either of the four asterisk (*) moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine
	Voluntary Routine
	<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 3.5/14.0 • Female - Minimum difficulty 3.3/12.0
Minimum standard qualify to the British Championships	To be confirmed after World Championships 2017