



# **2017 – 2020 CODE OF POINTS (Draft version)**

## **Trampoline Gymnastics**

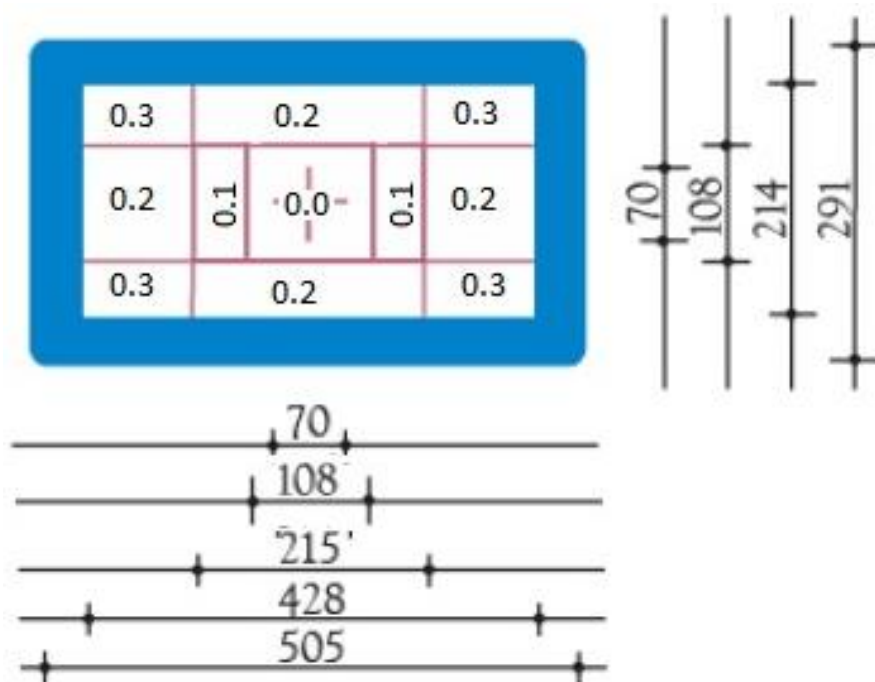
Approved by the Trampoline Technical Committee

## BG DRAFT Code of Points 2017 – 2020 - Trampoline Gymnastics

### Important Notes

This code of points is currently in **draft format only** and is published with the sole aim to help gymnasts, coaches and judges prepare for the anticipated rules at future BG competitions. It is the intention of the Trampoline Technical Committee that these rules will be officially adopted from 1<sup>st</sup> September 2017.

It is anticipated the first official BG competition to use these rules will be the British Championships, taking place on 23<sup>rd</sup> & 24<sup>th</sup> September 2017.



*Measurements in centimetres.*

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# Part I - CODE OF POINTS

## Abbreviations and definitions

The following abbreviations and definitions will appear throughout the CODE:

<b>FIG</b>	International Gymnastics Federation
<b>TRA-TC</b>	FIG Trampoline Technical Committee
<b>FIG events</b>	Olympic Games, World Championships, World Games, World Cup competitions and special events created by the FIG.
<b>Trampoline Gymnastics</b>	Events: Trampoline, Synchronized Trampoline, Double Mini-Trampoline and Tumbling
<b>TRA</b>	Trampoline
<b>SYN</b>	Synchronized Trampoline
<b>TUM</b>	Tumbling
<b>DMT</b>	Double Mini-Trampoline
<b>TR</b>	Technical Regulations
<b>CoP</b>	Code of Points
<b>OG</b>	Olympic Games
<b>WCh</b>	World Championships
<b>CJP</b>	Chair of Judges' Panel
<b>TMD</b>	Time Measurement Device
<b>ToF</b>	Time of Flight
<b>HDD</b>	Horizontal Displacement Device
<b>HD</b>	Horizontal Displacement

- Words importing the singular number shall also include the plural number and vice versa
- Words importing the masculine gender shall also include the female gender.

## Code of Points

# TRAMPOLINE

Valid from 1.9.2017

### A. GENERAL

#### 1. INDIVIDUAL COMPETITION

- 1.1 Trampoline competitions comprise three (3) routines with ten (10) elements in each routine.
  - 1.1.1 A routine on the trampoline is characterised by high, continuous rhythmic feet to feet and feet to back, front or seat rotational jumping elements, without hesitation or intermediate straight bounces.
  - 1.1.2 A trampoline routine should be planned to demonstrate a variety of forward and backward twisting or non twisting elements. The routine should show good form, execution, height, maintenance of height and opening in all elements to demonstrate perfect control of the body during the flying phase.
- 1.2 **Qualifying Round**
  - 1.2.1 There are two (2) or three (3) routines in the Qualifying Round. For details of the routine requirements, please refer to the relevant section of the BG Competition Handbook for that event, or the relevant competition details for schools, universities or other competitions.
  - 1.2.2\* The starting order for the Qualifying Round is decided by a draw. The gymnasts will be divided into groups of no more than sixteen (16) per group, with each group performing their first and second routines prior to the next group starting the Qualifying Round.
- 1.2 **Finals**
  - 1.2.3 There is one (1) routine in the Final. For details of the routine requirements, please refer to the relevant section of the BG Competition Handbook for that event.
  - 1.3.1 The gymnasts (the pairs in synchronised competition) with the eight (8) best scores from the Qualifying Round will go forward to the Final.
    - 1.3.2.1 In the event of ties during the qualifying round, the Tie Break Rule in Appendix M of this Code of Points will apply.
    - 1.3.2.2 In events which have finals, the gymnasts will start the final with a score of zero (0.0), unless otherwise stated in the competition rules for that event.
  - 1.3.2 The starting order for the Final will be in order of merit, the gymnast with the lowest score in the Qualifying Round going first. In the event of ties, see appendix M.

#### 2. TEAM COMPETITION

- 2.1 A team comprises a minimum of three (3) and a maximum of four (4) gymnasts per event (men's or women's competition).
- 2.2 Every member of the team will perform two (2) routines as per §1.2.1 and one (1) routine as per
- 2.3 System of scoring
  - 2.3.1 The team score for each routine will be the sum of the three (3) highest scores obtained by the members of the team in each routine.

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### 3. SYNCHRONISED COMPETITION

- 3.1 A synchronised pair consists of two (2) women or two (2) men.
- 3.2 A gymnast may only compete in one (1) synchronised pair.
- 3.3 Synchronised competitions will consist of a Qualifying Round and a Final as per §1.
- 3.4 Partners must do the same element at the same time (see also §16.1.9.1) and must start facing in the same direction. Twists do not need to be in the same direction.

### 4. WINNER

- 4.1 In general, the winner is the gymnast, pair or team with the highest number of points accumulated across all rounds for the event. Please refer to the competition handbook for the rules relating to each event.
- 4.2 Tie breaks will be determined as per Appendix M of this code of points.
- 4.3 Medals and places will be awarded according to the BG competition handbook.

### 5. ROUTINES

- 5.1 Each routine consists of ten (10) elements.
  - 5.1.1 The routine requirements for each event are stipulated in the relevant Competition Handbook.
  - 5.1.2 Changes to routines and requirements for the following competition season will be published by BG by no later than 1<sup>st</sup> October each year.
  - 5.1.3 Only the execution score plus the horizontal displacement and the time of flight are counted for routines which either consist of prescribed elements, or which have special requirements.
  - 5.1.4 Routines which are determined as 'voluntary' routines will be routines in which the execution score plus the horizontal displacement and the time of flight are added to the difficulty score to give the total for a routine.
- 5.2 Second attempts at routines are not allowed.
  - 5.2.1 If a gymnast is obviously disturbed in a routine (faulty equipment or substantial external influence or the like), the Chair of Judges' Panel may allow another attempt. A gymnast's clothing cannot be classed as "equipment".
  - 5.2.2 Spectator noise, applause and the like would not normally constitute a disturbance.
- 5.3 At BG FIG & NDP 8 Senior events, in addition to §1.2, and §5.1.1 to §5.1.4 further requirements must be fulfilled in the routines in the Qualifying Round:
  - 5.3.1 *The first routine in the Qualifying Round includes elements with counting difficulty. The difficulty of these elements will be added to the execution score. The number of elements will be set by the TRA-TC (see §5.1.2).*
  - 5.3.2 *In the second routine none of the elements already counted for difficulty in the first routine can be repeated, otherwise the difficulty of those elements will not be considered for calculation (see §15.4) in the second routine.*
  - 5.3.3 *In Round 2 of the Qualifying Round and in the Final any elements from the first and second routines can be repeated.*

## **6. DRESS FOR GYMNASTS AND SPOTTERS \***

### **6.1 Male gymnasts**

- Sleeveless or short sleeves singlet
- Gym trousers (in a single colour, except black or any other deep dark colour) or Gym shorts (see appendix N of this Code of Points for guidance on this)
- Trampoline shoes and/or foot covering of the same colour as the gym trousers or white
- 

### **6.2 Female gymnasts**

- Leotard or unitard with or without sleeves (must be skin tight)
- Long tights may be worn (must be skin tight and be the same colour as the leotard)
- Any other “dress” which is not skin tight is not allowed
- For reasons of safety, covering the face or the head is not allowed
- Trampoline shoes and/or white foot covering
- The wearing of shorts is not permitted
- Regions may choose to vary the gymnasts’ dress for their own non-NDP competitions

6.3 The wearing of jewelry or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped. (See BG Body Adornments and Piercings Policy in Appendix O for detailed guidance)

6.4 Underwear must not be visible.

6.5 Bandages or support pieces must not create big contrast with the skin colour.

6.6 Any violation of §6.1 to §6.5 may result in a penalty of 0.2 points, which will be deducted from the total score of any of the routines where the violation occurs. Major violation may result in disqualification from the round in which the offence occurs. This decision is made by the Chair of Judges' Panel (see §20.13).

### **6.7 Teams**

Members of a team or a synchronised pair must wear the same uniform, identical in colour and design. Failing to do so may result in disqualification of the team or synchronised pair from the team or synchronised event. This decision is made by the Chair of Judges Panel.

### **6.8 National Identification or Federation emblem**

*At FIG events national identification or emblem has to be worn, (this must adhere to the FIG Rules for Clothing & Publicity) otherwise there will be a penalty of 0.2 points, which will be deducted from the total score of any of the routines where the violation occurred. This decision is made by the Chair of Judges' Panel (see §20.13).*

### **6.9 Spotters**

Track suit and gym shoes or equivalent.

## **7. COMPETITION CARDS**

7.1 The elements of the first routine must be written down on the competition card. Each of the required elements (see §5.1.1 and §5.3.1) must be marked with an asterisk (\*). The elements of the second routine must also be written down on the competition card with the difficulty value of each element.

*7.1.1 Only the FIG or BG numeric system may be used to describe the elements written on the competition card, otherwise the card will not be accepted (see Part III: I. and K).*

7.2 The competition card must be handed in at the time and place specified by the organising committee, otherwise the gymnast may not be allowed to start. The Chief Recorder is responsible for ensuring that they are given to the Difficulty Judges at least two (2) hours before the competition starts.

7.3 In the first routine, the gymnast should execute the elements as written on the competition card. Any

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missing required elements(s) or requirement(s) will result in a penalty of 2.0 points for each missing required element/requirement, by the Difficulty Judges (see §22.3). Such changes will be recorded on the competition card by the Difficulty Judges.

7.3.1 In the event that a compulsory routine is used instead of a first voluntary routine, any change will be judged as an interruption as per §16.1.10.

7.4 In all voluntary routines, changes to the elements and the order in which they are written on the competition card are permitted without penalty.

### 8. TRAMPOLINES

8.1 See FIG Norms for Trampoline, Tumbling and Double Mini-Trampoline and the BG Competition Handbook.

### 9. SAFETY REQUIREMENTS

9.1 See Reg. 5.1 of FIG TR, Section 4.

#### 9.2 Spotter Mats

A spotter mat may be used by competitor's own spotter(s) from either side of the trampoline. When two spotter mats are used, one mat will be positioned on each side of the trampoline.

In all instances, spotter mats must be controlled by the gymnast's own suitably qualified spotter(s).

### 10. RECORDERS & SECRETARIAT

10.1 At BG events an approved computer program must be used for recording and printing the results.

10.2 Duties of the Panel Manager:

10.2.1 Collect and distribute the competition cards as per §7.2 and make the draw for the starting order (see also §1.2.2 & §1.3.3).

10.2.2 Supervise the recorders.

10.2.3 Determine the starting order for each routine and the respective warm up groups.

10.2.4 Record the scores for execution, horizontal displacement, synchronisation, time of flight and difficulty as well as all penalties.

10.2.5 Scrutinise and control the calculations on the score sheets.

10.2.6 Ensure that all Judges' scores, penalties and the total score for a routine are displayed.

10.2.7 Produce a complete list of the results giving, scores for execution, difficulty, horizontal displacement, synchronisation, time of flight, total penalty for each routine, the position and the overall total score.

### 11. SUPERIOR JURY AND JURY OF APPEAL

11.1 In general, there is no jury of appeal

11.2 There will be a superior jury at the following BG events:

- Spring Series
- Regional Team Finals
- NDP Finals
- British Championships

11.3 Where a coach or a gymnast wishes to submit an appeal or an inquiry, they should approach the chair of judges in a polite way (§11.4 & §11.5 applies).

11.4 Any appeals must be submitted by the end of the flight group to which the appeal or inquiry relates. Extra time will be given in respect of the final two gymnasts in the group.

11.5 Appeals and inquiries may only be made in respect of scores relating to Time of Flight or Difficulty or errors in respect of the calculation of a gymnast's score. No inquiries may be brought in respect of any execution or horizontal displacement scores.

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- 11.6 Where there is no superior jury, the Chair of Judges will make a decision about the appeal/inquiry and there will be no further right to appeal.
- 11.7 At events where a superior jury is present, a **Chair of Judges** may bring any inquiry to the superior jury.
- 11.8 The decision of the superior jury will be final and there will be no further right to appeal.

## B. COMPETITION PROCEDURE

### 12. WARMING UP

- 12.1 The equipment selected for the competition will be placed in the competition hall a prior to the start of the competition to enable the gymnasts to warm up on the competition apparatus.
- 12.2 Immediately prior to the Qualifying Round and the Finals each gymnast will be allowed (max) 30 seconds warm-up on the competition apparatus. In the event that a gymnast abuses this time limit, the Chair of Judges' Panel will deduct a penalty of 0.3 points from the total score of the following routine (see §20.13).
  - 12.2.1 Warming up on the competition equipment during the actual competition may be eliminated if equivalent equipment is provided in an adjacent hall of at least eight (8) metres in height.

### 13. START OF A ROUTINE

- 13.1 Each gymnast will start on a signal given by the Chair of Judges' Panel.
- 13.2 After the signal has been given (as per §13.1), the gymnast must initiate the first element within one (1) minute, otherwise there will be a penalty from the Chair of Judges' Panel as follows (see §20.13):
  - 61 seconds: 0.2 pts deduction
  - 91 seconds: 0.4 pts deduction
  - 121 seconds: 0.6 pts deduction
  - 181 seconds: disqualification from the respective round of competitionIf this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the Chair of Judges' Panel.
- 13.3 If there is a faulty start, the gymnast may re-start on a signal from the Chair of Judges' Panel.
- 13.4 After a routine is started, talking to or giving any form of signal to a gymnast by their own spotters or coach during the routine will result in a penalty of 0.6 pts applied only once by the CJP (see §20.13).
- 13.5 If gymnasts / pairs are not ready to start at the time and in the order as laid down in the start list, they will be disqualified from the respective round of competition.
- 13.6 For NDP levels 1-4, the first element ('arm-set') should be completed immediately after the first 6 'pre-bounces' performed after the Chair of Judges gave the signal to begin (see §13.1) to receive a difficulty bonus of **0.6**. Should the gymnast fail to do so, or they stop and re-start pre-bouncing before performing the 'arm-set', then no bonus will be awarded (see appendix P). **The first 'bounce' counting begins on the first deliberate jump by the gymnast once they have been told to begin their routine.**

### 14. REQUIRED POSITIONS DURING AN ELEMENT \*

- 14.1 In all positions, the feet and legs should be kept together (except straddle jumps), and the feet and toes pointed.

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- 14.2 Depending on the requirements of the element, the body should be tucked, piked or straight.
- 14.3 In the tucked and piked positions the thighs should be close to the upper body, except in the twisting phase of multiple somersaults (see §14.7).
- 14.4 In the tucked position the hands should touch the legs below the knees except in the twisting phase of multiple somersaults (see §14.7).
- 14.5 The arms should be straight and/or held close to the body whenever possible. \* The following defines the minimum requirements for a particular body shape:
  - 14.5.1 **Straight position:** The angle between the upper body and thighs must be greater than 135°.
  - 14.5.2 **Pike position:** The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135°.
  - 14.5.3 **Tuck position:** The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be equal to or less than 135°.
- 14.6 In multiple somersaults with twists, the tuck and pike position may be modified during the twisting phase (puck and pike twisting positions).

### 15. REPETITION OF ELEMENTS \*

- 15.1 During a routine no element may be repeated, otherwise the difficulty of the repeated element will not be counted. The repetition of an element during the first routine will also result in a penalty of 2.0 points by the Difficulty Judges (see §22.3).
- 15.2 Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.
  - 15.2.1 The tucked and pucked positions are considered to be the same position.
- 15.3 Multiple somersaults (of 630° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases (see Part II: 1.A).
- 15.4 *At FIG events no element already counted for difficulty in the first routine may be repeated in the second routine of the Qualifying Round as per §5.3.2, otherwise the difficulty of the repeated element will not be counted in the second routine.*

### 16. INTERRUPTIONS OF A ROUTINE

- 16.1 A routine will be considered interrupted if a gymnast:
  - 16.1.1 \* Obviously does not land simultaneously on both feet on the trampoline bed.
  - 16.1.2 Does not use the elasticity of the bed after landing for the immediate continuation of the next element.
  - 16.1.3 Performs an intermediate (straight) jump.
  - 16.1.4 Lands on any part of the body except feet, seat, front or back.
  - 16.1.5 Performs an incomplete element.
  - 16.1.6 Touches anything other than the trampoline bed with any part of the body.
  - 16.1.7 Is touched by a spotter or spotter mat.
  - 16.1.8 Leaves the trampoline due to insecurity.
  - 16.1.9 Performs a different element from that of his partner in a synchronised routine.
    - 16.1.9.1 If one of the gymnasts is more than half an element ahead of his partner they will be deemed to have performed different elements. If one of the gymnasts has clearly took off of an element while his partner has clearly not landed from the preceding element, they will be deemed to have performed different elements.
  - 16.1.10 Does not perform a prescribed compulsory routine (see §1.2.1.1) using the required elements and/or in the sequence written on the competition card.
- 16.2 *At BG events, does not perform a minimum of ten (10) counting elements.*

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- 16.3 No credit will be given for the element in which the interruption occurs.
- 16.4 A gymnast will be judged only on the number of elements completed on the trampoline bed.
- 16.5 The Chair of Judges' Panel will decide the maximum mark.
- 16.6 At BG events, an interrupted routine will receive a 'DNF' (Did not Finish) score of zero (0.0).

### 17. TERMINATION OF THE ROUTINE \*

- 17.1 The routine must end in an upright position, with both feet on the trampoline bed, otherwise there will be a deduction (see §21.3.2).
- 17.2 The gymnast is allowed to do one (1) more controlled jump in a stretched position (out-bounce) after the last element. Uncontrolled out-bounce will cause a deduction of 0.1 pts (see §21.3.2).
- 17.3 In synchronised competition both gymnasts must either do one (1) more controlled jump in a stretched position (out-bounce) after the last element, or they must both stand still, otherwise there will be a penalty of 0.4 pts from the Chair of Judges' Panel (see §20.13).
- 17.4 After the final landing on the bed, the gymnast must stand upright and show stability for approximately 3 (three) seconds, otherwise there will be a deduction for lack of stability from 0.1 - 0.2 pts (see §21.3.2).
- 17.5 If a gymnast executes more than ten (10) elements, there will be a penalty of 2.0 point made by the Chair of Judges' Panel (see §20.13).

### 18. SCORING

Five (5) types of mark are used, "D" type mark, which is the total of the degree of difficulty in one routine, "E" type mark, which is the total given by an Execution Judge in one routine, "H" type mark which is the score for horizontal displacement, "T" type mark, which is the time of flight and "S" type mark which is the score for synchronisation.

#### 18.1\* Evaluation of difficulty

In principle the amount of difficulty obtained in a single element during a routine is open, but for all age group competitions, it is limited to **1.8 points**. Elements with higher difficulty can be performed, but will get the limited difficulty value of **1.8 points**. Quadruple somersaults in age group competitions are not allowed and will result in a disqualification from the competition.

The difficulty of each element is calculated on the following basis:

- 18.1.1 The difficulty of each element is calculated on the basis of the amount of twist and somersault rotation
  - 18.1.1.1 per ¼ somersault (90°) 0.1 pts
  - 18.1.1.2 for complete single somersaults (360°) 0.5 pts
  - 18.1.1.3 for complete double somersaults (720°) 1.0 pt
  - 18.1.1.4 for complete triple somersaults (1080°) 1.6 pts
  - 18.1.1.5 for complete quadruple somersaults (1440°) 2.2 pts
  - 18.1.1.6 per ½ twist (180°) 0.1 pts
- 18.1.2 Side somersaults and elements without twist or somersault rotation have no difficulty value.
- 18.1.3 In elements combining somersault and twist, the difficulty values of the somersault and twist are added together.
- 18.1.4 Single somersaults of 360 - 630° without twists, executed in the straight or pike position, will be awarded an extra 0.1 points.
- 18.1.5 Multiple somersaults of 720° or more, with or without twists, executed in the straight or pike position, will be awarded an extra 0.1 points per somersault.

#### 18.2 Method of scoring

- 18.2.1 The evaluation of execution, horizontal displacement and difficulty is done in 10ths of a

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- point. The synchronisation is evaluated in 1/100 of points. The time of flight is evaluated in 1/1000 of seconds rounded down to 5/1000.
- 18.2.2 Judges must write and input their deductions independently of one another.
- 18.2.3 When signaled by the Chair of Judges' Panel, all Judges' marks must be displayed simultaneously.
- 18.2.4 If any of the Execution or Horizontal Displacement Judges fails to display their marks when signaled by the Chair of Judges' Panel, the average of the other marks will be taken for the missing mark(s). *(At FIG events, if any of the Execution or Horizontal Displacement Judges fails to enter all deductions for each performed elements [considering the landing deductions], the average of the other deductions per element will be taken for the missing deduction(s). This decision is made by the Chair of Judges' Panel.*
- 18.2.5 Evaluation of the score for execution (E):
- 18.2.5.1 The Execution Judges make deductions for poor execution as per §21.3. The deductions are subtracted from the maximum mark, i.e. 10.0 points or the mark decided by the Chair of Judges' Panel (see §16.4).
- 18.2.5.2 In individual competition, the 2 (two) median marks of the Execution Judges are added together to give the gymnast's execution score for the routine (E+E). *(At FIG events, the sum of the two (2) median deductions of the execution judges is taken as the deduction per element, then the sum of the median deductions [considering landing deductions] is subtracted from the highest possible execution score [max. 20 pts] to give the gymnast's execution score for a routine).*
- 18.2.5.3 In synchronized trampoline, the median mark for each gymnast are averaged to give the pair's execution score for the routine (E). *(At FIG events, the median deduction of the execution judges for each gymnast is taken as the deduction per element, then the average of the median deductions [considering landing deductions] is subtracted from the highest possible execution score [max. 20 pts] to give the pair's execution score for a routine).*
- 18.2.6 Evaluation of the score for horizontal displacement (H):
- 18.2.6.1 The evaluation of the horizontal displacement should be done electronically controlled by the Chair of Judges' Panel. The deductions for horizontal displacement will be applied as per §23.1
- 18.2.6.2 The horizontal displacement deductions for each element are subtracted from the maximum mark, i.e. 10.0 points or the mark decided by the Chair of Judges' Panel (see §16.4). This mark is taken as the score for horizontal displacement.
- 18.2.6.3 If an electronic scoring system is not available, two (2) execution judges (nos. 5 & 6) will be responsible of evaluating the horizontal displacement instead of execution. Their marks will be averaged and taken as the score for horizontal displacement. *(At FIG events, the horizontal displacement judges will judge from video ensuring the camera will be positioned in order to view all zones.*
- 18.2.6.3.1 If a breakdown of the electronic system occurs, the score is determined through an analysis of the official video by the CJP.
- 18.2.7 Evaluation of the score for time of flight (T):
- 18.2.7.1 The evaluation of the Time of Flight mark should be done electronically controlled by the Time of Flight Judge.
- 18.2.7.1.1 If a breakdown of the electronic system occurs, the time is determined through an analysis of the official video by the CJP.
- 18.2.8 Evaluation of the score for synchronisation (S):
- 18.2.8.1 The evaluation of the Synchronised mark should be done electronically controlled by the Synchronisation Judge.
- 18.2.8.1.1 If a breakdown of the electronic system occurs, the score is determined through an analysis of the official video by the CJP.
- 18.2.8.2 The deductions for lack of synchronisation are subtracted from the maximum

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- mark, i.e. 10.0 points or the mark decided by the Chair of Judges Panel (see §16.4). This mark is then doubled and taken as the score for synchronisation.
- 18.2.8.3 If an electronic scoring system is not available, the middle mark of 3 (three) additional Synchronisation Judges is doubled and taken as the score for synchronisation.
- 18.2.9 Total score for a routine:
- 18.2.9.1 In the individual competitions, the total score is calculated by adding together the "E" marks (execution), "H" marks (horizontal displacement), "T" marks (time) plus "D" marks (difficulty), minus penalties as per §6.4, §6.6, §12.2, §13.2, §13.4 and §17.5.
- Score = E (max. 20 pts) + H (max. 10 pts) + D + T - Penalty**
- 18.2.9.2 In the synchronised competitions, the total score is calculated by adding together the "E" marks (execution), "H" marks (horizontal displacement), and "S" marks (synchronisation) plus "D" marks (difficulty), minus penalties as per §6.4, §6.6, §12.2, §13.2, §13.4, §17.3 and §17.5.
- Score = E (max. 10 pts) + H (max. 10 pts) + S (max. 20 pts) + D - Penalty**
- 18.2.10 Evaluation of the score for difficulty (D):
- 18.2.10.1 The Difficulty Judges calculate the difficulty of a routine as per §18.1.
- 18.2.11 All scores will be rounded to 3 (three) decimal places. Such rounding will only be made in respect of the gymnast's total score for a routine.
- 18.2.12 The Chair of Judges' Panel is responsible for determining the validity of the final scores.

## C. THE JUDGES' PANEL

### 19. THE JUDGES' PANEL

19.1	Composition <u>with</u> Horizontal Displacement device:	<i>Individual</i>	<i>Synchronised</i>
19.1.1	Chair of Judges Panel (HD)	1	1
19.1.2	Judges for Execution		
	- for individual competition (nos. 1-6)	6	
	- for synchronised competition		6
	(Trampoline N° 1: Judges nos. 1 & 3 & 5 )		
	(Trampoline N° 2: Judges nos. 2 & 4 & 6 )		
19.1.3	Judges for Difficulty (nos. 7 & 8)	2	2
19.1.4	Time of Flight/HD/Synchro Judge	1	1
19.1.5	<b>Total</b>	<b>10</b>	<b>10</b>
19.2	Composition <u>without</u> Horizontal Displacement device:	<i>Individual</i>	<i>Synchronised</i>
19.2.1	Chair of Judges Panel	1	1
19.2.2	Judges for Execution		
	- for individual competition (nos. 1-4)	4	
	- for individual horizontal displacement (nos. 5 & 6)	2	
	- for synchronised competition		4
	(Trampoline N° 1: Judges nos. 1 & 3)		

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	(Trampoline № 2: Judges nos. 2 & 4)		
	- for synchronized horizontal displacement		2
	(Trampoline № 1: Judges no. 5)		
	(Trampoline № 2: Judges no. 6)		
19.2.3	Judges for Difficulty (nos. 7 &	2	2
19.2.4	<a href="#">Time of Flight/Synchro Judge</a>	<a href="#">1</a>	<a href="#">1</a>
19.2.5	<b>Total</b>	<b>10</b>	<b>10</b>

- 19.3 Judges nos. 1-8 must sit on the judges platform 5 to 7 metres from Trampoline № 1 and raised by a minimum of one (1) metre and maximum two (2) meters.
- 19.3.1 [Where there is no Horizontal Displacement Device, judges 5 & 6 may be positioned on the Field of Play in order to effectively carry out their duties.](#)
- 19.4 If a Judge fails to carry out his duties in a satisfactory manner he must be replaced. This decision will be made by the Superior Jury. Where there is no Superior Jury, the decision is taken by the Chair of Judges' Panel. See Reg. 7.8.1 of TR, Section 1 and §11.2 of CoP.
- 19.4.1 If an Execution Judge is replaced, the Chair of Judges' Panel may decide that his/her previous marks will be replaced by the average of the remaining marks (see §18.2.4).
- 19.5 The CJP is responsible for controlling the electronic system of ToF, HD and Synchro.

### 20. DUTIES OF THE CHAIR OF JUDGES' PANEL

- 20.1 Control of the facilities.
- 20.2 Organise the Judges' conference and the trial scoring (but see Reg. 7.9 of TR, Sec 1).
- 20.3 Place and supervise all Judges, spotters and recorders. [\(including the removal of a spotter who in the opinion of the chair is not competent/suitable to spot\).](#)
- 20.4 Direct the competition.
- 20.5 Convene the Competition Jury.
- 20.6 Decide if a second attempt should be allowed (see §5.2).
- 20.7 Decide about a gymnast's dress (see §6).
- 20.8 Decide whether any assistance given by a spotter was necessary (see Reg. 5.1 of TR, Section 4).
- 20.9 Declare the maximum mark in the case of an interrupted routine (see §16).
- 20.10 Operate the TMD, HDD and Synchro device and display relevant scores.
- 20.11 Decide if a Judge fails to show his mark immediately (see §18.2.4).
- 20.12 Supervise the judging of a synchronised routine, time of flight and horizontal displacement on video if the electronic system fails together with difficulty judge No. 7 (see §18.2.6, §18.2.7 and §18.2.8).
- 20.13 Decide about penalties as per §6.4, §6.6, §12.2, §13.2, §13.4, §17.3 and §17.5.
- 20.14 Supervise and control all scores, calculations and the final results and intervene if he recognizes obvious calculation errors.
- 20.15\* Decide before the end of a round, when approached by an official representative of a federation or a Judge, about obvious errors in the calculation of the scores (see Part II, 1 A).
- 20.16 Assist the difficulty judges and check that pairs in synchronised competition perform the same elements at the same time as per §16.1.9.

### 21. DUTIES OF THE JUDGES FOR EXECUTION (NOS. 1-6)

- 21.1 Evaluate the execution in the range 0.0 to 0.5 points as per §21.3 and write down their deductions on the deduction sheets.
- 21.2 Subtract their deductions from the maximum mark indicated by the Chair of Judges' Panel (see §16.4).
- 21.3 Deductions for execution
- 21.3.1\* lack of form, consistency of height and control in each element 0.1-0.5 pts
- 21.3.2\* lack of stability after a complete routine (10 elements), a single

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deduction for the greater fault only:

- |           |  |             |
|-----------|--|-------------|
| 21.3.2.1  | uncontrolled out-bounce  | 0.1 pts     |
| 21.3.2.2  | not standing still in an upright position and showing stability for approximately 3 (three) seconds                | 0.1-0.2 pts |
| 21.3.2.3  | after landing, touching the bed with one or both hands   | 0.5 pts     |
| 21.3.2.4  | after landing, touching with or falling to the knees, hands & knees, front, back or seat on the bed                | 1.0 pt      |
| 21.3.2.5  | touching or stepping out on anything other than the trampoline bed   | 0.5 pts     |
| 21.3.2.6* | landing or falling outside the trampoline bed, leaving the trampoline area, or performing an additional somersault | 1.0 pt      |
- 21.4 During synchronised competitions Judges nos. 1 & 3 & 5 evaluate the execution of the routine on trampoline N° 1, Judges nos. 2 & 4 & 6 evaluate the execution on trampoline N° 2.
- 21.5 The evaluation of execution in the synchronised competition will be done in the same manner as in the individual competition.
- 21.6 Display their execution mark.

*(see also Guide to Judging)*

### 22. DUTIES OF THE JUDGES FOR DIFFICULTY (NOS. 7 & 8)

- 22.1 Collect the competition cards from the Chief Recorder at least 2 (two) hours prior to the start of the competition.
- 22.2 Check the elements and difficulty values entered on the competition cards.
- 22.3 [Check the required elements/requirements of each routine as per §7.1, §7.3 and §5.3 and apply the penalties related to missing requirements and repetitions \(see §7.3, §15.1 and §16.1.10\).](#)
- 22.3.1 Display, in public, if a gymnast executed other element(s) with counting difficulty than indicated on the competition card.
- 22.4 Determine and record all elements performed, and its difficulty value, on the competition card (according to the FIG numeric system).
- 22.4.1 [At BG FIG & NDP 8 Senior events](#) determine the difficulty score each of the required elements in the first routine as per §18.1 and §15.1 and if an element/elements from the first routine is/are repeated in the second routine of the qualifying round as per §15.4.
- 22.5 Determine whether or not a routine has an interruption and advise the Chair of Judges Panel accordingly; either when a compulsory routine is not performed as prescribe (see §16.1.10); or when any of the elements in the second and final routines were intermediate (straight) jumps (see §16.1.3)
- 22.6 [For competitions at NDP levels 1-4, Decide whether or not to apply a 0.6 bonus for completing an arm-set after exactly six \(6\) pre-bounces as per §13.6.](#)
- 22.7 Check that pairs in synchronised competition perform the same elements at the same time as per §16.1.9 and notify the Chair of Judges Panel.
- 22.8 Display the difficulty score.
- 22.9 Difficulty Judge No.7 controls together with the CJP the Synchronised, Time of Flight, Horizontal Displacement Score if the electronic system does not return a score.

### 23. DUTIES OF THE HORIZONTAL DISPLACEMENT JUDGES PANEL

- 23.1 When electronic system is not available, deduction will apply for each element when any part of the body touches outside the outer line of a defined zone.
- 23.2\* When the evaluation is done by judges, for the elements performed to the feet, when any part of a foot lands in a zone (outside the outer line), the deduction related to this zone will be applied (see Guide of Judging - Drawings section).

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- 23.3\* When the evaluation is done by judges, for the elements performed to front, back or seat (because a larger portion of the body touches the bed), the hip joint portion of the body touching the bed should be used to determine where the body lands (see Guide of Judging - Drawings section).

Code of Points

# TUMBLING

Valid from 1.9.2017

## A. GENERAL

### 1. INDIVIDUAL COMPETITION

- 1.1 Tumbling competitions comprise 4 (four) voluntary passes with 8 (eight) elements in each pass.
  - 1.1.1 Tumbling is characterised by continuous speedy, rhythmic hand(s) to feet, and feet to feet, rotational jumping elements without hesitation or intermediate steps.
  - 1.1.2 A tumbling pass should be planned to demonstrate a variety of forward, backward and sideward elements. The pass should show good control, form, execution and maintenance of tempo.
- 1.2 **Qualifying Round**
  - 1.2.1 There are 2 (two) voluntary passes in the Qualifying Round with no repetition of elements allowed in either pass.
    - 1.2.1.1 Federations are free to prescribe a compulsory pass instead of the first pass or special requirements for the two voluntary passes for competitions under their authority.
  - 1.2.2\* See §1.2.2 TRA CoP.
- 1.3 **Finals**
  - 1.3.1 There are two (2) voluntary passes in the Individual Final with no repetition of elements allowed in either pass, and one (1) voluntary pass in the Team Final.
  - 1.3.2 The gymnasts with the eight (8) best scores from the Qualifying Round will go forward to the Final. See also §1.3.2.1 in TRA CoP. See also Reg. 1 of the Technical Regulations Section 4.
  - 1.3.3 The starting order for the Final will be in order of merit, the gymnast with the lowest score in the Qualifying Round going first. In the event of ties, see Reg. 4.4.4 of the Technical Regulations (TR), Section 4.

### 2. TEAM COMPETITION

- 2.1 Teams, see §2.1 in TRA CoP.
- 2.2 Every member of the team will perform two (2) voluntary passes as per §1.2.1 and one (1) voluntary pass as per §1.3.1.
- 2.3 System of scoring
  - 2.3.1 See §2.3.1 in TRA CoP.
    - 2.3.1.1 At World Championships: see §2.3.1.1 in TRA CoP and Reg. 4.3.2.2 of TR, Section 4.

(3) -

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### 4. WINNERS

- 4.1 The winner is the gymnast or team with the highest number of points obtained in the Final.
- 4.2 Medals and places will be awarded according to Reg.10.3 of TR, Section 1.

### 5. PASSES

- 5.1 Each pass consists of 8 (eight) elements.
- 5.2 The first and second passes of the Qualifying Round must be performed without repetition of an element in either of the passes as per §15.1.
- 5.3 The passes in the Final must be performed without repetition of an element in either of the passes as per §15.2.
- 5.4 In the Final a gymnast may repeat elements or a pass performed in the Qualifying Round.
- 5.5 *At FIG events, in addition to §1.2, 1.3.1 and 5.1-5.4 special requirements must be fulfilled in the voluntary passes:*
  - 5.5.1 *First pass in the Qualifying Round (Salto Pass):*
    - 5.5.1.1 *No element may contain more than 180° of twist each. Any violation will result in the difficulty of those elements not being counted.*
  - 5.5.2 *Second pass in the Qualifying Round (Twisting Pass):*
    - 5.5.2.1 *A minimum of 2 (two) somersaults with at least 360° of twist in each. Each violation will result in a penalty of 3.0 points from the Difficulty Judges.*
    - 5.5.2.2 *The 8th element will not be counted for difficulty if it is not a twisting element (at least 360 of twist)*
  - 5.5.3 *Final: two (2) free passes in the individual final and one (1) free pass in the team final*
- 5.6 Passes comprising less than three (3) elements will score zero.
- 5.7 A tumbling pass must move in one direction only; however, a single element in the reverse direction is allowed at the end of the pass (8<sup>th</sup> element) (see §17.3).
- 5.8 All completed passes must end with a somersault as per §17.4.
- 5.9 Second attempts at passes are not allowed.
  - 5.9.1 If a gymnast is obviously disturbed in a pass (faulty equipment or substantial external influence or the like), the Chair of Judges' Panel may allow another attempt. A gymnast's clothing cannot be classed as 'equipment'.
  - 5.9.2 Spectator noise, applause and the like would not normally constitute a disturbance.

### 6. DRESS FOR GYMNASTS \*

#### 6.1 Male gymnasts

- ☐ Sleeveless or short sleeved leotard
- ☐ Gym shorts
- ☐ White shoes and/or white foot covering may be worn

#### 6.2\* Female gymnasts

- ☐ Leotard or unitard with or without sleeves (must be skin tight)
- ☐ Long tights may be worn (must be skin tight and be the same colour as the leotard)
  - Any other "dress" which is not skin tight is not allowed
- ☐ For reasons of safety, covering the face or the head is not allowed
- ☐ White shoes and/or white foot covering may be worn

6.3 see § 6.3 TRA

6.4 see § 6.4 TRA

#### 6.5 Teams

Members of a team must wear uniform dress. Failing to do so may result in disqualification of the team from the team event. This decision is made by the Chair of Judges Panel.

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### 6.6 National emblem or Federation emblem

See §6.6 in TRA CoP.

### 6.7 Spotters

Track suit and gym shoes or equivalent.

## 7. COMPETITION CARDS

7.1 Each pass, with difficulty rating, must be written down on the competition card.

7.1.1 *At FIG events, only the FIG symbols may be used to describe the elements written on the competition card, otherwise the card will not be accepted (see Part III : I and J).*

7.2 The competition card must be handed in at the time and place specified by the organising committee, otherwise the gymnast may not be allowed to start. The Chief Recorder is responsible for ensuring that they are given to the Difficulty Judges at least 2 (two) hours before the competition starts.

## 8. TUMBLING EQUIPMENT

8.1 See FIG Norms for Trampoline, Tumbling and Double Mini-Trampoline.

## 9. SAFETY REQUIREMENTS

9.1 See Reg. 5.2 of TR, Section 4.

9.1.1 A gymnast may have one (1) spotter (coach).

## 10. RECORDERS & SECRETARIAT

10.1 See §10 in TRA CoP.

## 11. SUPERIOR JURY AND JURY OF APPEAL

11.1 See Reg. 7.8.1 and 7.8.3 of TR, Section 1.

11.2 In Tumbling, a Superior Jury functions at World Championships, World Games and World Cups.

## B. COMPETITION PROCEDURE

### 12. WARMING UP

12.1 See §12.1 in TRA CoP and Reg. 4.11.6 c) of TR, Section 1.

12.2 Immediately prior to the Qualifying Round and the Individual Finals each gymnast will be allowed 2 (two) passes warm-up on the competition apparatus. There will be one (1) warm-up pass before the Team Final. In the event that a gymnast abuses the right to warm-up, the Chair of Judges' Panel will deduct a penalty of 0.3 points from the total score of the following pass (see §20.12)

12.2.1 Warming up on the competition equipment during the actual competition may be eliminated if equivalent equipment is provided in an adjacent hall of at least five (5) metres in height.

### 13. START OF A PASS

13.1 Each gymnast will start on the signal given by the Chair of Judges Panel.

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- 13.2 After the signal has been given (as per §13.1), the gymnast must initiate the first element within 20 seconds, otherwise a penalty of 0.3 points will be given by the Chair of Judges' Panel (see §20.12). If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the Chair of Judges' Panel.
- 13.3 A springboard may be used only to initiate the first element. It may be placed anywhere on the tumbling track or the run-up.
- 13.4 Whether using a spring board or not, the first element must land on the tumbling track, though it may be initiated on the run-up.
- 13.5 After a routine is started, talking to or giving any form of signal to a gymnast by their own coach during the routine will result in a penalty of 0.9 pts applied only once by the CJP (see §20.12).

### 14. REQUIRED POSITIONS DURING AN ELEMENT \*

- 14.1 In all positions, the feet and legs should be kept together and the feet and toes pointed.
- 14.2 Depending on the requirements of the movement, the body should be either, tucked, piked or straight.
- 14.3 In the tucked and piked positions the thighs should be close to the upper body except in the twisting phase of multiple somersaults (see §14.7).
- 14.4 In the tucked position the hands should touch the legs below the knees except in the twisting phase of multiple somersaults (see §14.7).
- 14.5 The arms should be straight and held close to the body whenever possible.
- 14.6 The following defines the minimum requirements for a particular bodyshape:
  - 14.6.1 **Straight position:** The angle between the upper body and thighs must be greater than 135°.
  - 14.6.2 **Pike position:** The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135°.
  - 14.6.3 **Tuck position:** The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be equal to or less than 135°.
- 14.7 In multiple somersaults with twists, the tuck and pike position may be modified during the twisting phase (puck and pike twisting positions).
- 14.8 Any backward, non-twisting, single somersault, executed at shoulder height or below, regardless of position, will be considered and evaluated as a *whipback*.

### 15. REPETITION OF ELEMENTS \*

- 15.1 With the exception of flic-flacs, whipbacks and round-offs no element may be repeated during the 2 (two) passes of the Qualifying Round as per §1.2.1 and 5.2, otherwise the difficulty of the repeated element will not be counted (see also §15.5 below).
- 15.2 In the Final passes the same element may not be repeated, with the exception of flic-flacs, whipbacks and round-offs, otherwise the difficulty of the repeated element will not be counted (see also §15.5 below).
- 15.3 Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.
  - 15.3.1 The tucked and piked positions are considered to be the same position.
- 15.4 Multiple somersaults (720° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases (see Part II: 1.A).
- 15.5 Somersaults will not be considered as repetitions if they are preceded by a different element.

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### 16. INTERRUPTIONS OF A PASS

- 16.1 A pass will be considered interrupted if the gymnast:
  - 16.1.1 Is touched by a spotter.
  - 16.1.2 Takes intermediate steps or stops.
  - 16.1.3 Falls to the track/zone/area during a pass.
  - 16.1.4 Touches any part outside the outer lines of the tumbling track with any part of the body.
  - 16.1.5 Touches the tumbling track with any part of the body other than hands or feet.
  - 16.1.6 Performs movement without rotation round the lateral and dorso-ventral axis of the body.
- 16.2 No credit will be given for the element in which the interruption occurs.
- 16.3 A gymnast will be judged only on the number of elements completed on the feet on the tumbling track or the landing area. *Note: any element with a take-off initiated from the landing zone/area will not be counted.*
- 16.4 The Chair of Judges' Panel will decide the maximum mark.

### 17. TERMINATION OF THE PASS \*

- 17.1 Each pass must end on both feet on the track or the landing area, otherwise the last element will not be counted.
- 17.2 After the last element, the gymnasts must stand upright and show stability for approximately 3 (three) seconds; otherwise they will receive a deduction (see §21.3.2).
- 17.3 The last element must be performed from the tumbling track to the landing area except in the case of an element in the reverse direction as per §5.7. A failure to observe this rule will result in a penalty of 0.6 points by the CJP.
- 17.4 All completed passes (8 elements) must end with a somersault, otherwise there will be a penalty of 3.0 points by the CJP (see §20.12).
- 17.5 For additional elements, a penalty of 3.0 points (total) will be made by the CJP (see §20.12).

### 18. SCORING

Two types of mark are used, "D" type mark, which is the total of the degree of difficulty in one pass and "E" type mark, which is the total given by an Execution Judge in one pass.

#### 18.1\* Evaluation of difficulty

In principle the amount of difficulty obtained in a single element during a pass is open, but for Youth/Junior competitions it is limited to **4.3** points. Elements with higher difficulty can be performed but will get the limited difficulty value of **4.3** points. Quadruple somersaults in Youth/Junior competitions are not allowed and will result in a disqualification from the competition.

The difficulty of each element is calculated on the following basis:

- 18.1.1 Only elements terminating on the feet will be evaluated.
- 18.1.2 Cartwheels have no difficulty value
- 18.1.3 Aerials, flic-flacs, round-offs and front hand-springs 0.1 pts
- Whipbacks (tempo salto) 0.2 pts
- 18.1.4 Somersaults:
  - 18.1.4.1 Each somersault (360°) 0.5 pts
  - 18.1.4.2 Single somersaults done in the pike or straight position, without twist, will receive a bonus of 0.1 pts
  - 18.1.4.3 Each front somersault will receive a bonus of 0.1 pts

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- 18.1.5 Somersaults with twisting:
- 18.1.5.1 Single somersault:
- ½ twist (180°) 0.2 pts
  - Each ½ twist more than two (2) twists (720°) 0.3 pts
  - Each ½ twist more than three (3) twists (1080°) 0.4 pts
- 18.1.5.2 Double somersaults:
- ½ twist (180°) 0.1 pts
  - Each ½ twist more than one (1) twist (360°) 0.2 pts
  - Each ½ twist more than two (2) twists (720°) 0.3 pts
  - Each ½ twist more than three (3) twists (1080°) 0.4 pts
- 18.1.5.2 Triple somersaults:
- Each ½ twist (up to 360°) 0.3 pts
  - Each ½ twist more than one (1) twist (360°) 0.4 pts
- 18.1.6 Multiple somersaults - with or without twist
- 18.1.6.1 Double somersaults performed in the piked position will receive a bonus of 0.1 points and triple somersaults in the piked position will receive a bonus of 0.2 points.
- 18.1.6.2 Double somersaults performed in the straight position will receive a bonus of 0.2 points and triple somersaults in the straight position will receive a bonus of 0.4 points.
- 18.1.6.3 In double somersaults the value of the element, including any twist, any bonus for position will be doubled.
- 18.1.6.4 In triple somersaults the value of the element, including any twist, any bonus for position will be tripled.
- 18.1.6.5 In quadruple somersaults the value of the element, including any twist, any bonus for position will be quadrupled.
- 18.1.7 Women competition only: The second, third, etc. element with minimum difficulty of 2.0 in one pass will receive a bonus of 1.0 pts
- 18.2 Method of scoring
- 18.2.1 The evaluation of execution and difficulty is done in 10ths of a point.
- 18.2.2 Judges must write their deductions independently of one another.
- 18.2.3 When signaled by the Chair of Judges' Panel, the marks of the Execution Judges must be displayed simultaneously.
- 18.2.4 If any of the Execution Judges fails to display their marks when signaled by the Chair of Judges Panel, the average of the other marks will be taken for the missing mark(s). *(At FIG events, if any of the Execution Judges fails to enter all deductions for each performed elements [considering the landing deductions], the average of the other deductions per element will be taken for the missing deduction(s). This decision is made by the Chair of Judges Panel.*
- 18.2.5 Evaluation of the score for execution (E):
- 18.2.5.1 The deductions for poor execution as per §21.3 are subtracted from the maximum mark, i.e. 10.0 points or the mark decided by the Chair of Judges' Panel (see §16.4).
- 18.2.5.2 For all passes the Judges will add 2.0 points to their score so as to show a mark out of ten (10).
- 18.2.5.3 The highest and lowest marks of the Execution Judges are deleted and the three remaining marks are added together to give the gymnast's execution score for the pass (E+E+E). *(At FIG events, the sum of the 3 middle deductions per element of the 5 execution judges is taken as the deduction per element, then the sum of these deductions [considering the landing deductions] is*

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*subtracted from the highest possible execution score [max. 30 pts] to give the gymnast's execution score for a routine).*

- 18.2.6 Evaluation of the score for difficulty:
- 18.2.6.1 The Difficulty Judges calculate the difficulty of the voluntary passes as per §5.3, §15, §16 and §18.1-18.1.7.
- 18.2.7 Evaluation of the gymnasts' total score for a pass:
- 18.2.7.1 Each pass is scored separately and a total of execution plus difficulty is calculated for each voluntary pass.
- 18.2.7.2 The recorders will calculate the total score by adding together the three "E" marks (execution) plus the "D" mark (difficulty) minus penalties as per §5.5, §6.4, §6.6, §12.2, §13.2, §13.5, §17.4 and §17.5.

$$\text{Score} = \text{E (max. 30 pts)} + \text{D} - \text{Penalty}$$

- 18.2.8 All scores will be rounded to 3 (three) decimal places. Such rounding will only be made in respect of the gymnasts' total score for a pass.
- 18.2.9 The Chief Recorder must verify the total score on the list of results.
- 18.2.10 The Chair of Judges Panel is responsible for determining the validity of the final scores.

## C. THE JUDGES' PANEL

### 19. THE JUDGES' PANEL

- 19.1 Composition:
- |        |                                    |          |
|--------|------------------------------------|----------|
| 19.1.1 | Chair of Judges Panel              | 1        |
| 19.1.2 | Judges for Execution (nos. 1-5)    | 5        |
| 19.1.3 | Judges for Difficulty (nos. 6 & 7) | 2        |
| 19.1.4 | <b>Total</b>                       | <b>8</b> |
- 19.2 Judges nos. 1-7 must sit separately on a podium of 50 cm, at least 5 (five) meters from the side of the tumbling track, with the judges tables positioned starting from meter 16 of the tumbling track.
- 19.3 If a Judge fails to carry out his duties in a satisfactory manner he must be replaced. This decision will be made by the Superior Jury. Where there is no Superior Jury, the decision is taken by the Chair of Judges Panel. See Reg. 7.8.1 of TR, Section 1 and §11.2 of CoP.
- 19.3.1 If an Execution Judge is replaced, the Chair of Judges Panel may decide that his previous marks will be replaced by the average of the remaining marks (see §18.2.4).

### 20. DUTIES OF THE CHAIR OF JUDGES' PANEL

- 20.1 Control of the facilities.
- 20.2 Organise the Judges' conference and the trial scoring (but see Reg. 7.9 of TR, Sec 1).
- 20.3 Place and supervise all Judges, spotters and recorders.
- 20.4 Direct the competition.
- 20.5 Convene the Competition Jury.
- 20.6 Decide if a second attempt should be allowed (see §5.10).
- 20.7 Decide about the gymnast's dress (see §6).
- 20.8 Decide whether any assistance given by a spotter was necessary (see Reg. 5.2 of TR, Section 4).
- 20.9 Declare the maximum mark in the case of an interrupted pass (see §16).
- 20.10 Apply the following landing penalties:
- |         |  |         |
|---------|--|---------|
| 20.10.1 | landing outside the outer lines of the track or landing zone                     | 1.5 pts |
| 20.10.2 | after landing, stepping out of the landing zone to the landing area or the track | 0.3 pts |

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- 20.11 Decide if a Judge fails to show his score immediately (see §18.2.4).
- 20.12 Decide about penalties as per §6.4, §6.6, §12.2, §13.2, §13.5, §17.3, §17.4, §17.5 and §20.10.
- 20.13 Supervise and control all scores, calculations and the final results and interfere if he recognizes obvious calculation errors.
- 20.14\* Decide before the end of a round, when approached by an official representative of a federation or a Judge, about obvious errors in the calculation of difficulty or numerical errors concerning execution scores (see Part II, 1 A).

### 21. DUTIES OF THE JUDGES FOR EXECUTION (NOS. 1-5)

- 21.1 Evaluate the execution in the range 0.0 to 0.5 points as per §21.3 and write down their deductions on the deduction sheets.
- 21.2 Subtract their deductions from the maximum mark indicated by the Chair of Judges Panel (as per §16.4).
- 21.3 Deductions for execution
  - 21.3.1\* lack of form, control, height and rhythm in each element 0.1-0.5 pts
  - 21.3.2\* lack of stability after a complete pass (8 elements), a single deduction for the greater fault only:
    - 21.3.2.1 not standing still in an upright position and showing stability for approximately 3 (three) seconds 0.1-0.3 pts
    - 21.3.2.2 after landing, touching the track or landing zone/area with one or both hands 0.5 pts
    - 21.3.2.3 after landing, touching with or falling to the knees, hands & knees, front, back or seat on the track or landing area 1.0 pt
    - 21.3.2.4 assistance from a spotter after landing 1.0 pt
    - 21.3.2.5\* after landing in the landing area or on the track, leaving the landing area or the track, or touching outside the landing area or touching the floor with any part of the body, or performing an additional somersault 1.0 pt
- 21.4 Display their execution mark.

### 22. DUTIES OF THE JUDGES FOR DIFFICULTY (NOS. 6 & 7)

- 22.1 Collect the competition cards from the Chief Recorder at least two (2) hours prior to the start of the competition.
- 22.2 Check the elements and difficulty values entered on the competition cards.
- 22.3 Check the required elements/requirements as per §5.5.1, §5.5.2 and/or §5.5.3 and apply the penalties related to missing requirements.
  - 22.3.1 Indicate, in public, if a gymnast executed other element/-s than indicated on the competition card and write down any changes in the pass and record any repetitions.
- 22.4 Determine and record all elements performed, and its difficulty value, on the competition card (according to the FIG numeric system).
- 22.5 Display the difficulty score.

Code of Points

# DOUBLE MINI-TRAMPOLINE

Valid from 1.9.2017

## A. GENERAL

### 1. INDIVIDUAL COMPETITION

- 1.1** Double Mini-Trampoline (DMT) competitions comprise four (4) passes with two (2) elements in each pass.
- 1.1.1** A pass on the Double Mini-Trampoline is characterised by high, continuous rhythmic feet to feet rotational jumping elements, without hesitation or intermediate straight bounces.
  - 1.1.2** A Double Mini-Trampoline pass should be planned to demonstrate a variety of forward and backward twisting or non-twisting elements. The pass should show good control, form, execution, height and maintenance of height.
  - 1.1.3** In a pass a maximum of three (3) contacts with the bed are allowed with no intermediate bounce between the elements.
  - 1.1.4** Each pass must end with a *dismount element* performed from the spotter/dismount zone to the landing area.
- 1.2** **Qualifying Round**
- 1.2.1** In general, there are two (2) passes in the Qualifying Round.
  - 1.2.1.1** At BG NDP & FIG events, there are four (4) passes in the Qualifying Round.
  - 1.2.1.2** At some levels of competition under BG authority, prescribed compulsory passes are used.
  - 1.2.2\*** The starting order for the Qualifying Round is decided by draw as per §1.2.2 in TRA CoP.
- 1.3** **Finals**
- 1.3.1** In general, there are two (2) passes in the Individual Final.
  - 1.3.2** The gymnasts with the eight (8) best scores from the Qualifying Round will go forward to the Final.
  - 1.3.2.1** In the event of ties during the Qualifying Round, refer to the Tie Break Rule in the Appendix 2 of this Code of Points in order to establish gymnasts are eligible to compete in the Final
  - 1.3.3** The starting order for the Final will be in order of merit, the gymnast with the lowest score in the Qualifying Round going first. All finalists start with a zero score unless otherwise stated in the BG Competition Rules for that event.

### 2. TEAM COMPETITION

- 2.1** Teams, see §2.1 in TRA CoP.
- 2.2** Every member of the team will perform 2 (two) or 4 (four) passes as per §1.2.1 and §1.2.1.1
- 2.3** System of scoring
  - 2.3.1** See §2.3.1 in TRA CoP.

### 3. -

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**4. WINNERS**

- 4.1** In general, the winner is the gymnast or team with the best score obtained in the Final.
- 4.1.1** At BG NDP & FIG events, the winner is the gymnast or team with the best accumulative score obtained across all rounds.
- 4.1.2** Tie breaks will be determined according to Appendix N of this Code of Points
- 4.2** Medals and places will be awarded according to the BG Competition Rules for that event.

**5. PASSES**

- 5.1\*** Each pass consists of two (2) elements (one (1) *mounting element* or *spotter element* and one (1) *dismount element*)
- 5.1.1** A straight mounting jump without twists is not considered an element. If a straight jump is used as a spotter element or dismount element, the pass will be interrupted (see §16.1.7).
- 5.2 \*** A mounting element or a straight mounting jump must take off from the mounting zone and land in the spotter/dismount zone.
- A spotter element must take off and land in the spotter/dismount zone
  - A dismount element must take off from the spotter/dismount zone and land in the landing area.
- Any violation of §5.2 will cause an interruption of the pass (see §16.1.8).
- 5.3** Elements may only be repeated when performed in different parts of a pass (mount, spotter or dismount).
- 5.3.1** At all NDP levels there are compulsory rounds, if the gymnast does not perform the elements in the correct order as written in the BG Competition Handbook for the specific compulsory pass being completed, the pass will be interrupted and scored zero as per §16.1.10 & § 16.4.
- 5.4** In principle, Second attempts at passes are not allowed.
- 5.4.1** If a gymnast is obviously disturbed in a pass (faulty equipment or substantial external influence or the like), the Chair of Judges Panel may allow another attempt. A gymnast's clothing cannot be classed as "equipment".
- 5.4.2** Spectator noise, applause and the like would not normally constitute a disturbance.

**6. DRESS FOR GYMNASTS AND SPOTTERS \***

- 6.1 Male gymnasts**
- Sleeveless leotard or short sleeved leotard
  - Gym shorts - See Appendix 6 for shorts styles
  - White trampoline shoes and/or white foot covering
- 6.2 \*** **Female gymnasts**
- Leotard or unitard with or without sleeves (must be skin tight) (This applies to all NDP and FIG Competitions)
  - Long tights may be worn (must be skin tight and be the same colour as the leotard)
  - Any other "dress" which is not skin tight is not allowed
  - Trampoline shoes and/or white foot covering
  - For reasons of safety, covering the face or the head is not allowed
  - The wearing of shorts is not permitted
  - Regions may choose to vary the gymnasts' dress for their own non-NDP competitions
- 6.3** See §6.3 TRA (See BG Body Adornments and Piercings Policy in the Appendix 3 at the end of this code)
- 6.4** See §6.4 TRA

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**6.5 Teams**

Members of a team must wear uniform (identical) dress. Failing to do so may result in disqualification of the team from the team event. This decision is made by the Chair of Judges Panel.

**6.6 -**

**6.7 Spotters /coaches on the competition floor**

Full tracksuit (or full-length tracksuit trousers and club/regional polo shirt) and gym shoes or equivalent. Competitors may spot wearing competition attire.

Spotters/coaches on the competition floor must also abide by §6.3. Any persistent violation of 6.3 by the competitor's own spotters will result in the spotter/coach being removed from the competition area. This decision is made by the Chair of Judges Panel.

**7. COMPETITION CARDS**

**7.1** Each pass, with the difficulty value of each element, must be written on the competition card [in the same position as listed on the card. \(i.e. mount, spotter and dismount\)](#)

**7.1.1** At BG events, only the FIG numeric system may be used to describe the elements written on the competition card, otherwise the card will not be accepted (see Part III : H and J).

**7.2** The competition card must be handed in at the time and place specified by the organising committee otherwise the gymnast may not be allowed to start. The Competition Organiser is responsible for ensuring that they are given to the Difficulty Judges at least one (1) hour before the competition starts.

**7.3** Changes to the elements and the order in which they are written on the competition card are permitted without penalty but must be recorded on the competition card by the Difficulty Judges.

**7.3.1** [At NDP level 4, 5 & 6 for Compulsory round 1 & 2 gymnasts may only change element 1 to be either a mount or a spotter skill without penalty, where indicated in the BG DMT NDP Pathway Handbook. This element may not be performed again in the same place during a pass in the second round or this will be classed as a repeated element and will not be awarded difficulty.](#)

**7.3.2** [Where NDP levels have specific compulsory passes, the passes must be competed in the order they are written in the competition structure, else they will receive a zero \(0.0\) score.](#)

**8. DOUBLE MINI-TRAMPOLINE EQUIPMENT**

**8.1** See FIG Norms for Trampoline and Double Mini-Trampoline [and the BG Competitions handbook.](#)

**9. SAFETY REQUIREMENTS**

**9.1 -**

**9.1.1** A gymnast may have one (1) spotter (coach).

**9.1.2** A spotter mat may only be used by the competitor's own spotter.

**9.1.3** The Chair of the Judges may ask a competitor to remove an element from a pass which in the opinion of the Chair is deemed to be unsafe. Failure to do this will lead to the disqualification of the competitor.

**9.1.4** Coaches or other performers are not permitted to stand on the side of the DMT to support a performer with a skill during warm up.

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**10. RECORDERS & SECRETARIAT**

- 10.1** See TRA §10

**11. SUPERIOR JURY AND JURY OF APPEAL**

- 11.1** In general, at BG sanctioned Regional events there is no Superior Jury or Jury of Appeal  
**11.1.1** Only at Spring Event Series, Regional Team Finals/NDP Qualifier, NDP Finals and British Championships, there will be a Superior Jury. The Superior Jury will be nominated prior to the event. The Superior Jury will act as Jury of Appeal.  
**11.2** Appeals or inquiries should be taken to the Chair of Judges in the correct way.  
**11.2.1** At events where a Superior Jury is present, a **Chair of Judges** may bring an inquiry to the Superior Jury, subject to having complied with §11.2. §11.3 & §11.4 also apply.  
**11.3** The coach for the club/region may only inquire about the Difficulty score. No inquiries may be made about Execution scores.  
**11.4** Inquiries may only be made up to the end of the flight group but preferably as soon as possible after the pass score has been published. Extra time will be allowed for any inquiries regarding scores for the last two (2) competitors of each round.

**B. COMPETITION PROCEDURE**

**12. WARMING UP**

- 12.1** See §12.1 in TRA CoP  
**12.2** Where applicable, immediately prior to the Qualifying Round and the Individual Finals each gymnast will be allowed two (2) passes warm-up on the competition apparatus. There will be one (1) warm-up pass before the Team Final. In the event that a gymnast abuses the right to warm-up, the Chair of Judges Panel may instruct the chief recorder to deduct a penalty of 0.3 points from the total score of the following pass (see §20.12 DMT CoP)  
**12.2.1** In general, at BG sanctioned Regional events, Spring Event Series, Regional Team Finals/NDP Qualifier, NDP Finals and British Championships, there will be a timed warm-up.  
**12.2.2** Warming up on the competition equipment during the actual competition may be eliminated if equivalent equipment is provided in an adjacent hall of at least six (6) metres in height.

**13. START OF A PASS**

- 13.1** Each gymnast will start on a signal given by the Chair of Judges Panel.  
**13.2** After the signal has been given (as per §13.1), the gymnast must initiate the first element within 20 seconds, otherwise a penalty deduction of 0.3 points will be made by the Chair of Judges Panel (see §21.4.1).  
If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the Chair of Judges Panel.  
**13.3** If there is a false start and the gymnast has not touched the Double Mini-Trampoline, then the gymnast may restart without penalty on a signal from the Chair of Judges Panel.

**14. REQUIRED POSITIONS DURING AN ELEMENT \***

- 14.1** See §14.1-14.7 in TRA CoP.

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#### **15. REPETITION OF ELEMENTS \***

- 15.1** An element is considered repeated when used during any of the four (4) passes more than once as a mounting element, spotter element or dismount element as per §5.3. The degree of difficulty of a repeated element will not be counted.
- 15.2** *Where applicable, in team competitions, elements or a pass from the Qualifying Round may be repeated in the Team Final.*
- 15.3** Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.
- 15.3.1** The tucked and pucked positions are considered to be the same position.
- 15.4** Multiple somersaults (720° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases (see Part II: 15 pg 23).).

#### **16. INTERRUPTIONS OF A PASS**

- 16.1** A pass will be considered interrupted if the gymnast:
- 16.1.1** Obviously does not land simultaneously on both feet on the bed.
- 16.1.2** Does not use the elasticity of the bed after landing for the immediate continuation of the next element.
- 16.1.3** Is touched by a spotter or a spotter mat.
- 16.1.4** Leaves the DMT during the pass due to insecurity.
- 16.1.5** Lands on any part of his body except his feet on the DMT bed.
- 16.1.6** Lands on any part of the DMT other than the bed during the pass.
- 16.1.7** Does not perform a mounting element spotter element or dismount element from or to the correct area (as per §5.2).
- 16.1.8** Performs a straight jump as a spotter or dismount (as per §5.1.1).
- 16.1.9** *Initially lands the dismount element on both feet but then fails to make a discernible attempt to control the landing before falling to front, seat or back, hands or knees (Crash Rule)*
- 16.1.10** *Fails to complete a prescribed compulsory pass (see §1.2.1.2)*
- 16.2** No credit will be given for the element in which the interruption occurs in respect of §16.1.1-§16.1.9.
- 16.3** Due to the narrowness of the apparatus, touching anything other than the bed during a pass will not cause an interruption, but will get a penalty of 0.3 points from the Chair of Judges Panel (see §20.12).
- 16.4** A gymnast will be judged only on the number of elements completed on both feet.
- 16.4.1** *In NDP & FIG events, a pass that is interrupted will receive a score of zero.*
- 16.5** The Chair of Judges Panel will decide the maximum mark.

#### **17. TERMINATION OF THE PASS**

- 17.1** After the dismount element, the pass must end under control in an upright position, with both feet within the landing area, otherwise the dismount element will not be counted (see §16.1.9).
- 17.2** After the dismount, the gymnasts must stand upright for approximately three (3) seconds, otherwise there will be a deduction for lack of stability (see §21.3.2).

#### **18. SCORING**

Two (2) types of mark are used, "D" type mark, which is the total of the degree of difficulty in one pass and "E" type mark, which is the total given by an Execution Judge in one pass.

##### **18.1\* Evaluation of difficulty**

In principle the amount of difficulty obtained in a single element during a pass is open, but for Youth/Junior competitions it is limited to **4.6** points. Elements with higher difficulty can be

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performed but will get the limited difficulty value of **4.6** points. Quadruple somersaults in Youth/Junior competitions are not allowed and will result in a disqualification from the competition.

The difficulty of each element is calculated on the following basis:

- 18.1.1** Only elements landing on the feet will be evaluated.
  - 18.1.2** Each 1/2 twist (180°) (with the exception in § 18.1.4.2) **0.2 pts**
  - 18.1.3** Each somersault (360°) **0.5 pts**
  - 18.1.4** Single somersaults or less:
    - 18.1.4.1** Single somersaults done in the piked or straight position, without twist, will receive a bonus of **0.1 pts**.
    - 18.1.4.2** In single somersaults with more than 1 twist (360°), the difficulty of twist will be as follows:
      - Each ½ twist more than 1 (one) twist (360°) **0.3 pts**
      - Each ½ twist more than 2 (two) twists (720°) **0.4 pts**
      - Each ½ twist more than 3 (three) twists (1080°) **0.5 pts**
      - Each ½ twist more than 4 (four) twists (1440°) **0.6 pts**
  - 18.1.5** Side somersaults have no difficulty value.
  - 18.1.6** Multiple somersaults - with or without twist:
    - 18.1.6.1** Double somersaults performed in the piked position will receive a bonus of **0.4** points and triple somersaults in the piked position will receive a bonus of **0.8** points.
    - 18.1.6.2** Double somersaults performed in the straight position will receive a bonus of **0.8** points and triple somersaults in the straight position will receive a bonus of **1.6** points.
    - 18.1.6.3** In double somersaults the value of the element, including any twist, will be doubled. The bonus for pike or straight position is then added to give the total value of the element.
    - 18.1.6.4** In triple somersaults the value of the element, including any twist, will be tripled. The bonus for pike or straight position is then added to give the total value of the element.
    - 18.1.6.5** In quadruple somersaults the value of the element, including any twist, will be quadrupled. The bonus for pike or straight position is then added to give the total value of the element.
  - 18.1.7** In elements combining somersault and twist, the difficulty values for somersault and twist are added together.
- 18.2 Method of scoring.**
- 18.2.1** The evaluation of execution and difficulty is done in 10ths of a point.
  - 18.2.2** Judges must write their deductions independently of one another.
  - 18.2.3** When signalled by the Chair of Judges Panel, the marks of the Execution Judges must be shown simultaneously.
  - 18.2.4** If any of the Execution Judges fails to show their marks when signalled by the Chair of Judges Panel, the average of the other marks will be taken for the missing mark(s). This decision is made by the Chair of Judges Panel.
  - 18.2.5** Evaluation of the score for execution (E):
    - 18.2.5.1** The deductions for poor execution as per §21.3 are subtracted from the maximum mark, i.e. 10.0 points or the mark decided by the Chair of Judges' Panel (see §16.4).
    - 18.2.5.2** For all completed passes the Execution Judges will add 8.0 points to their score so as to show a mark out of ten (10). For passes with only one (1) element the Execution Judges will add 6.0 points, for a maximum mark of 7.0 points, **except at BG NDP and BG FIG events where the gymnast will receive a score of zero.**

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- 18.2.5.3** The highest and lowest marks of the Execution Judges are deleted and the three remaining marks are added together to give the gymnast's execution score for the pass (E+E+E).
- 18.2.6** Evaluation of the score for difficulty (D):
- 18.2.6.1** The Difficulty Judges calculate the difficulty of the pass as per §15, §16 and §18.1 and enter it on the competition card.
- 18.2.7** Evaluation of the gymnasts' total score for a pass:
- 18.2.7.1** Each pass is scored separately and a total of execution plus difficulty is calculated for each pass.
- 18.2.7.2** The recorders will calculate the total score by adding together the three "E" marks (execution) plus the "D" mark (difficulty) minus penalties as per §6.4, §6.6, §12.2, §13.2, §13.4 and §16.3.

$$\text{Score} = \text{E (max. 30 pts)} + \text{D} - \text{Penalty}$$

- 18.2.8** All scores will be rounded to three (3) decimal places. Such rounding will only be made in respect of the gymnast's total score for a pass.
- 18.2.9** The Chief Recorder must verify the total score on the list of results.
- 18.2.10** The Chair of Judges Panel is responsible for determining the validity of the final scores.

### ***C. THE JUDGES' PANEL***

#### **19. THE JUDGES' PANEL**

##### **19.1 Composition:**

<b>19.1.1</b>	Chair of Judges Panel	1
<b>19.1.2</b>	Judges for Execution (nos. 1-5)	5
<b>19.1.3</b>	Judges for Difficulty (nos. 6 & 7)	2
<b>19.1.4</b>	<b>Total</b>	<b>8</b>

- 19.2** Judges nos. 1-7 must sit separately on a podium of 50 cm, 5 (five) metres from the side of the Double Mini-Trampoline.
- 19.3** If a Judge fails to carry out his duties in a satisfactory manner he must be replaced. This decision will be made by the Superior Jury. Where there is no Superior Jury, the decision is taken by the Chair of Judges Panel.
- 19.3.1** If an Execution Judge is replaced, the Chair of Judges Panel may decide that his previous marks will be replaced by the average of the remaining marks (see §18.2.4).

#### **20. DUTIES OF THE CHAIR OF JUDGES PANEL**

- 20.1** Control of the facilities.
- 20.2** Organise the Judges' conference and the trial scoring.
- 20.3** Place and supervise all Judges, spotters and recorders (including the removal of a spotter who in the opinion of the chair is not competent/suitable to spot).
- 20.4** Direct the competition.
- 20.5** Convene the Competition Jury.
- 20.6** Decide if a second attempt should be allowed (see §5.4).
- 20.7** Decide about a gymnast's dress (see §6).
- 20.8** Decide whether any assistance given by a spotter was necessary
- 20.9** Declare the maximum mark in the case of an interrupted pass, as per §16

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- 20.9.1** At BG NDP and FIG events after receiving clarification from the Difficulty judges, inform the judges to display a zero score if 2 elements are not completed.
- 20.9.2** For all NDP levels with compulsory passes, after receiving clarification from the Difficulty judges, advise on any penalties (see §20.12.1 - §20.12.2).
- 20.10** Apply the following landing penalties:
- |                  |   |                |
|------------------|---|----------------|
| <b>20.10.1 *</b> | landing inside zone B (see Part II – Guide to Judging)      | <b>0.9 pts</b> |
| <b>20.10.2 *</b> | landing inside zone C (see Part II – Guide to Judging)      | <b>1.5 pts</b> |
| <b>20.10.3</b>   | stepping out from zone A to zone B or C or from zone B to C | <b>0.3 pts</b> |
- 20.11** Decide if a Judge fails to show his mark immediately (see §18.2.4).
- 20.12** Decide about penalties as per §6.4, §6.6, §12.2, §13.2, §16.3 and §20.10.
- 20.12.1** For NDP events, not completing the compulsory passes (as per §1.2.1.2) in the order specified in the BG NDP Pathway Handbook, instruct the recorder to apply a score of **zero (0.0)** score.
- 20.12.2** For NDP 4, 5 & 6 events where combined round difficulty scores do meet the required standard as per §22.3.2, instruct the recorder to apply a penalty of **0.6 pts**.
- 20.13** Supervise and control all scores, calculations and the final results and interfere if he recognizes obvious calculation errors.
- 20.14 \*** Decide before the end of a round, when approached by an official representative of a federation or a Judge, about obvious errors in the calculation of difficulty or numerical errors concerning execution scores (see Part II, 1 A).
- 20.15** Decide on rule §16.1.9 to determine if there is a “crash” as per §16.1.9.
- 20.16** Decide on the removal of a judge who fails to carry out their duties in a satisfactory manner.
- 20.17** Decide on the removal of unsafe elements in passes as per rule §9.1.3.

### 21. DUTIES OF THE JUDGES FOR EXECUTION (NOS. 1-5)

- 21.1** Evaluate the execution in the range 0.0 to 0.5 points as per §21.3 and write down their deductions on the deduction sheets.
- 21.2** Subtract their deductions from the maximum mark indicated by the Chair of Judges Panel (see §16.4).
- 21.3** Deductions for execution:
- |                 |  |                    |
|-----------------|--|--------------------|
| <b>21.3.1 *</b> | lack of form, height and control in each element   | <b>0.1-0.5 pts</b> |
| <b>21.3.2 *</b> | lack of stability after the dismount (a single deduction for the greater fault only):  |                    |
| <b>21.3.2.1</b> | not standing still in an upright position and showing stability for approximately 3 (three) seconds  | <b>0.1-0.3 pts</b> |
| <b>21.3.2.2</b> | after landing, touching the DMT or landing zone/area with one or both hands  | <b>0.5 pts</b>     |
| <b>21.3.2.3</b> | after landing, touching with or falling to the knees, hands & knees, front, back or seat on the landing area   | <b>1.0 pt</b>      |
| <b>21.3.2.4</b> | assistance from a spotter after landing  | <b>1.0 pt</b>      |
| <b>21.3.2.5</b> | after landing in the landing area, leaving the landing area, or touching outside the landing area or touching the floor with any part of the body or falling against the DMT | <b>1.0 pt</b>      |
- 21.4** Display their execution mark.

### 22. DUTIES OF THE DIFFICULTY JUDGES (NOS. 6 & 7)

- 22.1** Collect the competition cards from the Chief Recorder at least one (1) hour prior to the start of the competition.
- 22.2** Check the elements and difficulty values entered on the competition cards.
- 22.3** Determine and record all elements performed, and its difficulty value, on the competition

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card (according to the FIG numeric system).

22.3.1 Indicate, in public, if a gymnast executed other element/-s than indicated on the competition card and write down any changes in the pass and record any repetitions.

22.3.2 For NDP 4, 5 & 6 events, inform the Chair of Judges if the combined difficulty score for the second round fails to reach the Combined Round difficulty requirement.

22.4 Display the difficulty score

## Part II - GUIDE TO JUDGING

Valid from 1.1.2017

### 1. RULE INTERPRETATIONS

**NOTE:** These interpretations have been made by the FIG TRA-TC for guidance and clarity. In all cases of dispute on the interpretation of the rules the Chair of Judges' Panel makes the final decision. The drawings shown in Part 2 are for guidance only and should not be taken literally.

#### A. INTERPRETATIONS COMMON TO TRAMPOLINE, TUMBLING & DOUBLE MINI-TRAMPOLINE CODE OF POINTS

##### 1.2.2 - Start groups

Sixteen (16) gymnasts per group is the maximum, the TRA-TC recommends group from eight (8) to twelve (12) per group.

##### 6 - Dress

All hair should be secured close to the head. Loose hair is at the gymnast's own risk. It can cause safety problems and may result in an interruption as per TRA CoP §16.1.6 and TUM CoP §16.1.4.

The neckline of the front and back of the leotard/unitard must be proper, the opening is optional but must not exceed half of the sternum and no further than the lower line of the shoulder blades. Leotards/unitards may be with or without sleeves; shoulder strap width must be min. 2 cm. The leg cut of the leotard may not extend up beyond the hip bone (*maximum*). The leotard leg length cannot exceed the horizontal line around the leg, delineated by no more than 2 cm below the base of the buttocks. Leotards that have some part in lace will have to be lined (from the trunk to the chest).

In trampoline, during preliminaries members of a team can wear either shorts or gym trousers as long as those are the same colour. But they must have the same dress for team finals, either shorts or gym trousers. Synchronized partners both have to wear either shorts or gym trousers.

##### 7.3 - Competition cards

In case of an incomplete routine, the penalty for a missing requirement will apply only if it is obvious that it could not have been fulfilled in the remaining non-performed elements.

##### 14 - Required positions

*General considerations:*

To determine the body shape (tuck, pike or straight) during an element, the Difficulty Judges will, in general terms, assess the shape based on the least difficult shape adopted during the middle phase of the element (straight is considered the most difficult position and tuck the least difficult position). In the case of multiple somersaults, see also §15 in this Guide to Judging (below).

##### 14.5 - Arms

Moving arms away from the body is acceptable to stop a twisting rotation. The maximum of the angle between the trunk and the arms should be:

Barani, Full, multiple somersaults with ½ out movements	45°
More than full twist and all other multiple twisting somersaults	90°

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#### 15 - Repetitions

When an element is performed in different body positions, two (2) factors are considered when deciding if an element is a repetition - quantity and phase of twist & quantity of somersault.

##### 1. Twists from 0°-180°

Up to three positions are possible provided there is 270° or more of somersault.

##### **Example:**

¾ back somersault	(T=0° S=270°)	3 positions possible
½ twist to feet	(T=180° S=90°)	1 position possible
1¼ front with ½ twist (Barani ball out)	(T=180° S=450°)	3 positions possible

##### 2. Twists of 360° or more

Three positions are possible provided there is more than 450° of somersault.

##### **Example:**

1¼ front with 1½ twist (Rudy ball out)	(T=540° S=450°)	1 position possible
1/1 back somersault, 1/1 twist (Full)	(T=360° S=360°)	1 position possible
2/1 back somersault, 2/1 twist (Full in Full out)	(T=720° S=720°)	3 positions possible

##### 3. Multiple somersaults

In multiple somersaults the gymnast may claim only one body position per element: tucked or piked or straight. The Difficulty Judges will assess the element based on the least difficult body position adopted by the performer, e.g.:

*Barani out Triffis:* If the first somersault is piked and the second tucked, then the Difficulty Judges would assess the element as having been performed in the tucked position.

**NOTE:** These same criteria (no. of twists/no. of somersaults) apply when determining body shape in *synchronised* competition. Because only one position is recognised for a ½ twist to feet, a pair may perform ½ twist to feet in “different positions” without it being considered an interruption to the routine. In a *Barani*, however, different positions are possible under the above criteria and therefore both partners must adopt the same position otherwise the elements would be considered as different and the routine interrupted (see §16.1.6 Trampoline CoP).

##### 4. Twists in different phases of somersaults

- In somersaults of 540° or less only one (1) phase is recognised and an element will be considered a repetition if it does not meet the criteria listed above in respect of different shapes.
- In somersaults of 630°-900° two (2) phases are recognised, early and late.
- All multiple twisting double somersaults in layout **or** pike positions with the same amount of twisting rotation, performed without a recognisable pause in twisting rotation **or** without defined positions, will be considered as repetitions if used more than once.

#### 17 - Interruption / Termination of the routine / pass

Landing on both feet means the sole of the feet.

If a gymnast *touches* the bed / track / zone / area with his feet during landing, but never shows a recognisable landing preparation and falls to face, knees, hands and knees, front or back in the same movement, the element will not be counted. There will be no extra deduction for the fall.

#### 18.1 - Difficulty

In the event of any dispute between the Difficulty Judges, the CJP will make the decision.

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For single somersault, difficulty judges should evaluate the position of the element from the beginning of the take-off up to the remaining 135° (before landing).

For multiple somersaults, difficulty judges should evaluate the position of the element after take-off from:

Backward somersault: 90° up to the remaining 180° (before landing)

Forward somersault: 135° up to the remaining 180° (before landing)

Looking at the position of the feet at landing, feet rotation of more than 1/4 twist (90°) is considered a 1/2 twist, feet rotation of more than 3/4 twist (270°) is considered a 1/1 twist, etc.

### 20.15 (TRA/TUM) / 20.14 (DMT) - Duties of the Chair of Judges Panel

In case of obvious errors concerning calculation of any scores, a Judge, gymnast, coach or other official, who recognise this, should approach the Chair of Judges Panel in a professional and friendly way before the end of the actual round, to allow the Chair of Judges Panel to clarify the situation before the next round has started.

#### 21.3.1 - Evaluation of execution

##### TRAMPOLINE AND DMT

##### Rotation or Flying Phase

- Position of the arms 0.0-0.1 pts
- Position of the legs 0.0-0.2 pts  
(includes bent knees, toes not pointed, legs not together)
- Position of the body 0.0-0.2 pts

##### Opening and Landing Phase

- Opening of the somersault and keeping straight position 0.0-0.3 pts  
(includes twisting rotation not completed at 90° (3 o'clock))
- No opening 0.3 pts

Any of these deductions can be combined up to 0.5 pts

##### Horizontal Displacement

- (trampoline only) 0.0-0.3 pts

0.3	0.2	0.3
0.2	0.1	0.2
0.3	0.2	0.3

##### TUMBLING

##### Rotation or Flying Phase

- Position of the arms 0.0-0.1 pts
- Position of the legs 0.0-0.2 pts  
(includes bent knees, toes not pointed, legs not together)
- Position of the body 0.0-0.2 pts

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#### Opening and Landing Phase

- Opening of the somersault and keeping straight position 0.0-0.3 pts  
(includes twisting rotation not completed at 90° (3 o'clock))
- No opening 0.3 pts
- Exceptions for multiple twisting and for triple somersaults 0.2 pts

#### During the pass

- Loss of speed 0.0-0.2 pts
- Deviation from the axis 0.0-0.1 pts

Any of these deductions can be combined up to 0.5 pts

#### 21.3.2 - Landing deductions

No landing deductions will be counted for interrupted routines/passes.

## B. INTERPRETATIONS OF TRAMPOLINE CODE OF POINTS

#### General

Only elements which land on both feet, seat, front or back will be recognised.

#### 16.1.1 - One foot landings

The element which lands on one foot is not counted as an element and the routine is interrupted at that landing. This rule only applies to double contacts made on the feet. If during a back or front landing the feet subsequently touch the bed, this does not constitute an interruption.

#### 17.3 - Not making the same movement (out-bounce or standing still)

In the case of one gymnast making a complete and immediate stop while the other only partially stops, this would not constitute a contravention of this rule since it would not be classed as an out-bounce.

#### 21.3.2 - Lack of stability after a completed routine.

Uncontrolled movements in the out-bounce must also be judged as part of the instability.

If the gymnast forgets to stand still and leaves the bed within approximately three (3) seconds of landing the E-judges will decide whether this was due to lack of stability (deduction 0.5 or 1.0 pts), or merely that he forgot to stand still (deduction 0.2 pts).

#### Example of deductions for out-bounce (maximum 0.1 pt) :

- Uncontrolled movements in the out-bounce 0.1

#### Example of deductions for landing (maximum 0.2 pts) :

- Movement of arms while standing on the bed (ex. circle) 0.1
- Step(s) or bounce(s) 0.1 – 0.2
- Not standing upright 0.1
- Standing with feet apart or more than shoulder width 0.1
- Turning to the judges before being totally stabilized 0.1

NB.

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- The penalty is not connected to the length of the step or the bounce, but to the amount.
- When a step is taken (deduction 0.1 pts), coming back with the same foot to a stable upright position is not considered to be a stepping deduction.
- Total deductions for instability in out-bounce and landing must not exceed 0.3

**21.3.2.6 - Additional elements**

If a gymnast cannot stop/control the rebound of the bed after final landing (10<sup>th</sup> element) and has to perform a somersault or a “whip-back” etc, a deduction of 1.0 will be made.

## C. INTERPRETATIONS TO TUMBLING CODE OF POINTS

**18.1 - Difficulty - side somersaults**

In calculating the difficulty value of side somersaults, no account should be taken of any twist created in the somersault unless greater than 180°.

**21.3.2 - Landing zone - definition**

The outer edge of the line marks the boundary of the Tumbling track and the landing zone. If any part of the body touches outside the boundary, it will result in a deduction as per §21.3 or a penalty as per §20.10.

**21.3.2 - Lack of stability after a completed routine.**

If the gymnast forgets to stand still and leaves the landing area within approximately three (3) seconds of landing the E-judges will decide whether this was due to lack of stability (deduction 1.0 pts), or merely that he forgot to stand still (deduction 0.3 pts).

**Example of deductions:**

- |   |           |
|---|-----------|
| • Movement of arms while standing (ex. circle)          | 0.1       |
| • Step(s) or bounce(s)                                  | 0.1 – 0.3 |
| • Not standing upright                                  | 0.1       |
| • Standing with feet apart or more than shoulder width  | 0.1       |
| • Turning to the judges before being totally stabilized | 0.1       |

NB.

- The penalty is not connected to the length of the step or the bounce, but to the amount.
- When a step is taken (deduction 0.1 pts or more), coming back with the same foot to a stable upright position is not considered to be a stepping deduction.

**21.3.2.5 - Additional elements**

If a gymnast cannot stop/control the rebound of the track after final landing (8<sup>th</sup> element) and has to perform a somersault or a “whip-back” etc, a deduction of 1.0 will be made.

## D. INTERPRETATIONS OF DMT CODE OF POINTS

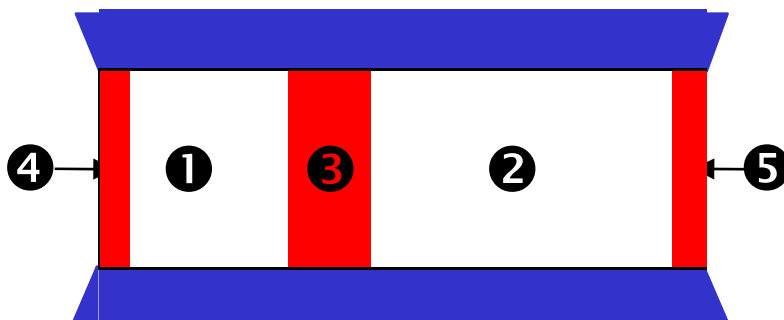
**General definition of the mount & dismount zones:**

- Middle zone (3)

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- End markers (4+5)
- The mounting zone is defined as the area of the bed in front of and including the middle zone (4+1+3)
- The spotter/dismount zone is defined as the area of the bed to the rear of and including the middle zone (3+2+5)



#### 5.1 & 5.2 - Mount, Spotter, Dismount

- A straight mounting jump or mounting element must take off from the mounting area and land in the spotter/dismount area.
- The spotter element must take off and land in the spotter/dismount area.
- If any of these (mounting element or spotter element) are not executed in the correct area as detailed here, the pass will be invalid (score 0).
- A dismount element not executed from a mounting element or spotter element is not valid.

**Example:** Mounting elements or spotter elements correctly executed from and to the prescribed areas on the DMT are always counted as elements, regardless of what happens in the dismount element (e.g. stop, landing on the DMT, not landing on both feet to landing area, straight jump).

#### 16.1.6 - Touching the Double Mini-Trampoline

Due to the narrowness of the DMT bed, it is possible for the gymnast may touch something other than the bed with some part of the body, even though his feet land on the bed as required - §16.3 will apply. However, if it is obvious that the foot lands outside the bed (frame/pad etc.) this will constitute an interruption as per §16.1.6

#### 21.3.2 - Landing zone - definition

The outer edge of zone/area marks the boundary of the DMT landing zone/area. If any part of the body touches outside the boundary, it will result in a deduction as per §21.3 or a penalty as per §20.10.

#### 21.3.2 - Lack of stability after a completed routine.

If the gymnast forgets to stand still and leaves the landing area within approximately three (3) seconds of landing the E-judges will decide whether this was due to lack of stability (deduction 1.0 pts), or merely that he forgot to stand still (deduction 0.3 pts).

#### Example of deductions:

- |   |           |
|---|-----------|
| • Movement of arms while standing (ex. circle)          | 0.1       |
| • Step(s) or bounce(s)                                  | 0.1 – 0.3 |
| • Not standing upright                                  | 0.1       |
| • Standing with feet apart or more than shoulder width  | 0.1       |
| • Turning to the judges before being totally stabilized | 0.1       |

NB.

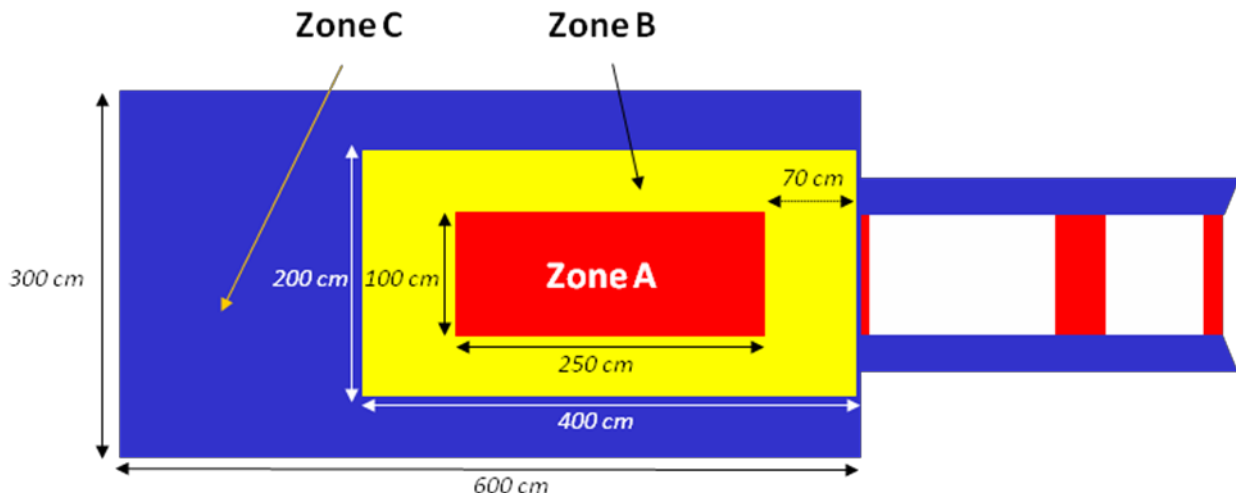
- The penalty is not connected to the length of the step or the bounce, but to the amount.

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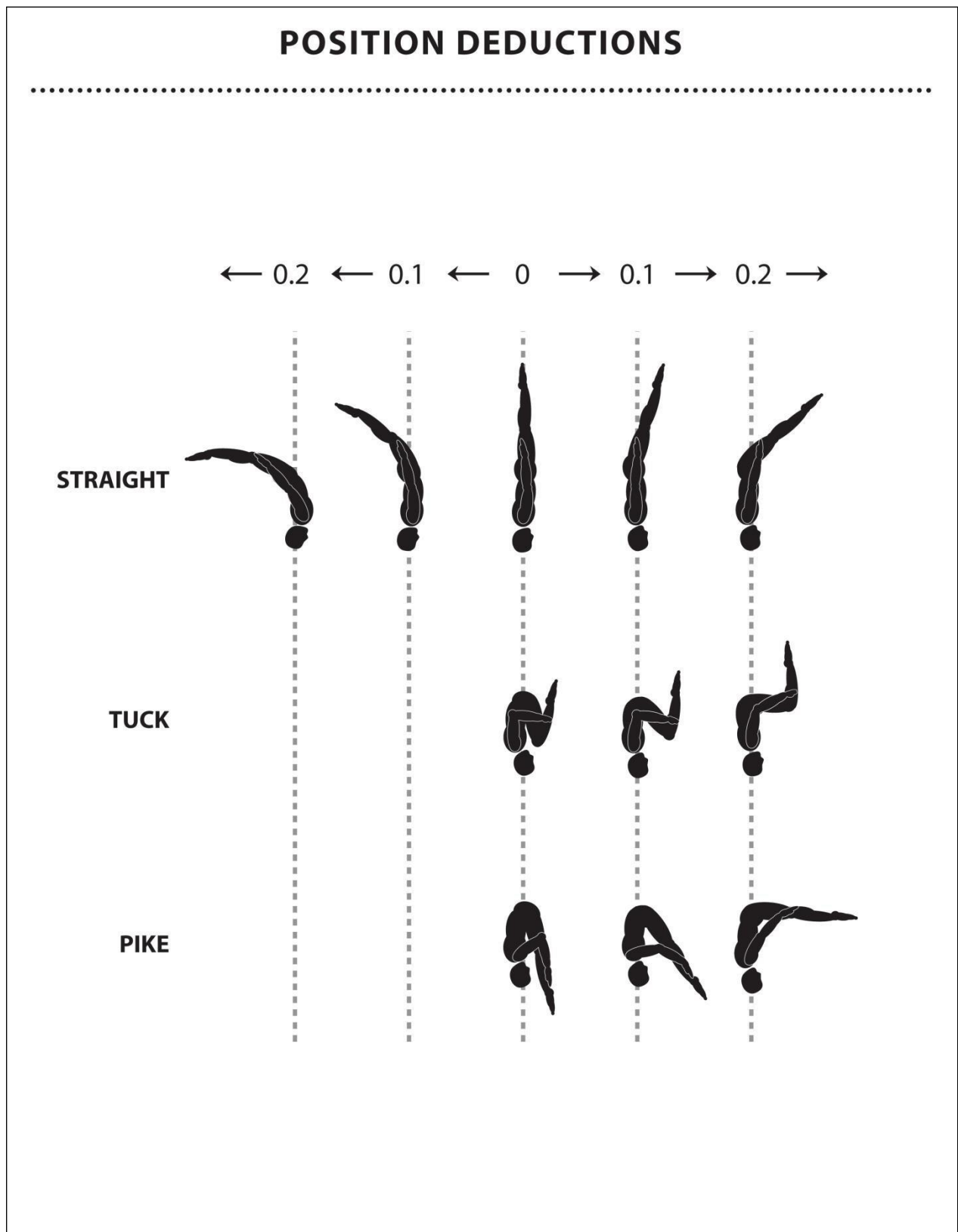
- When a step is taken (deduction 0.1 pts or more), coming back with the same foot to a stable upright position is not considered to be a stepping deduction.

#### 21.4.1-21.4.3 - Landings



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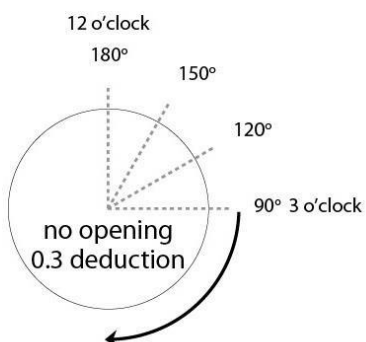
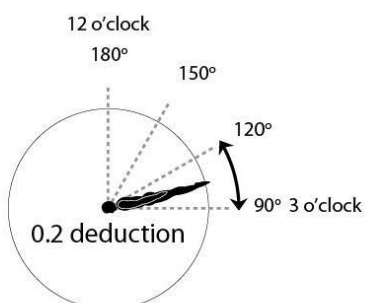
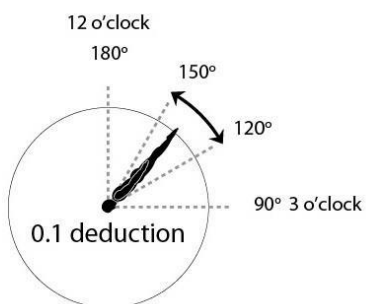
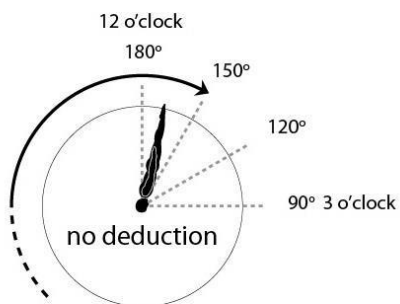
**2. DRAWINGS** (these drawings are for **guidance** only and should not be taken literally)



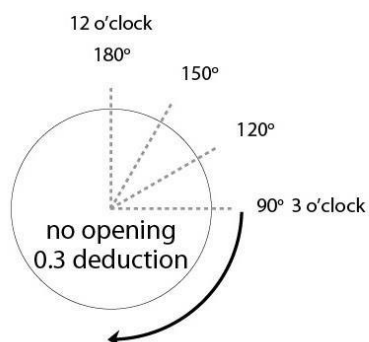
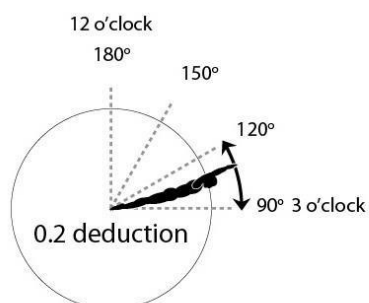
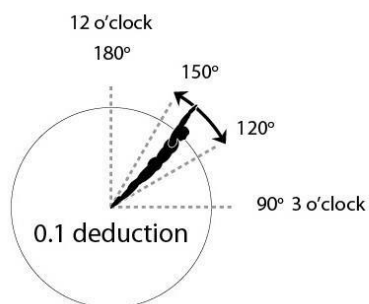
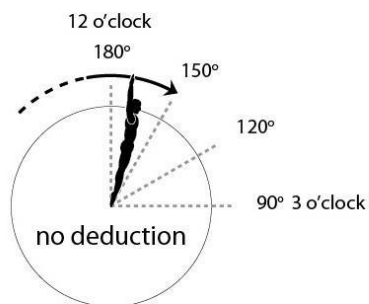
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## OPENING IN SOMERSAULT

### FOR FEET OR FRONT LANDING



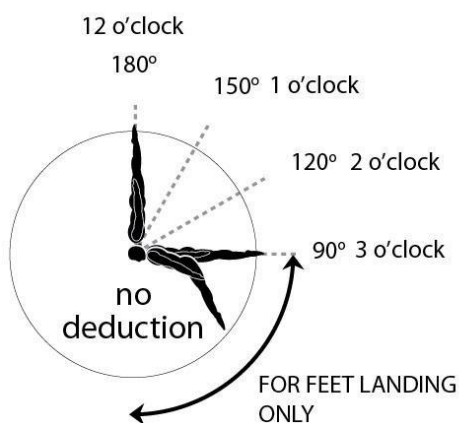
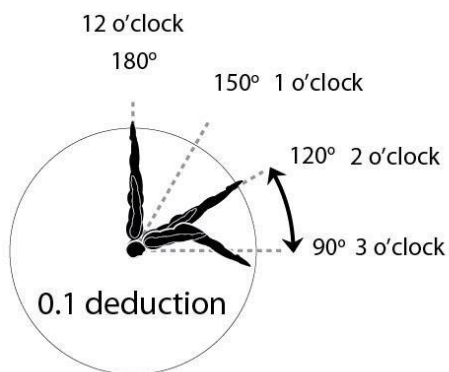
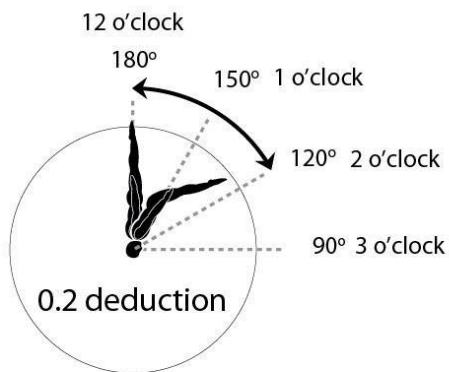
### FOR BACK LANDING



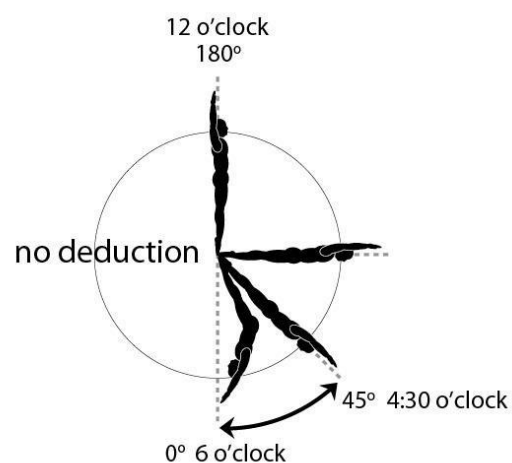
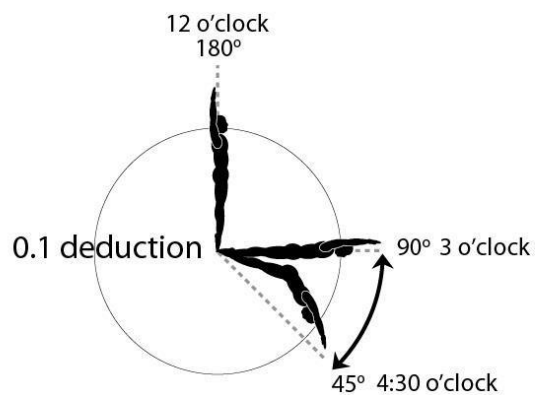
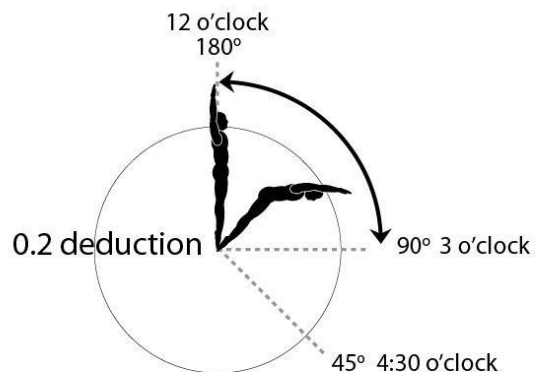
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## AFTER OPENING IN SOMERSAULT - PIKE DOWN

### FOR FEET OR FRONT LANDING



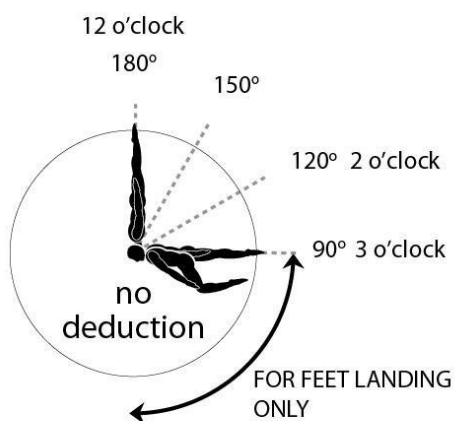
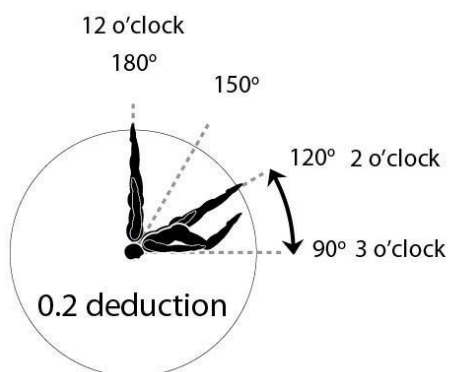
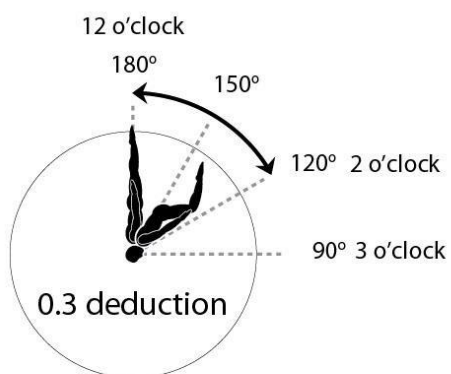
### FOR BACK LANDING



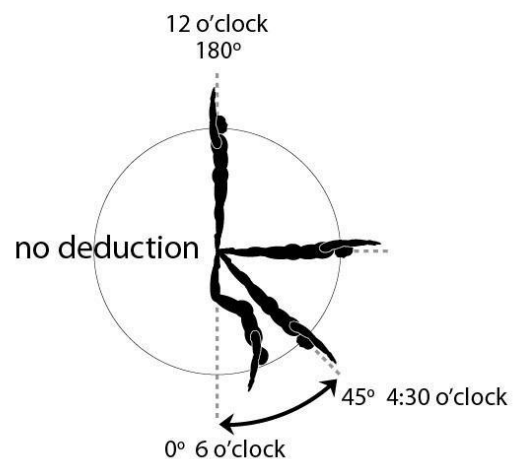
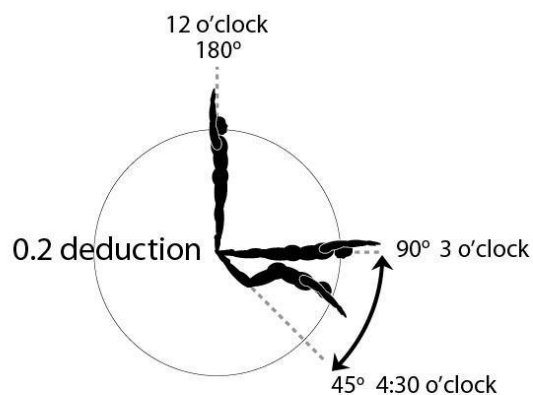
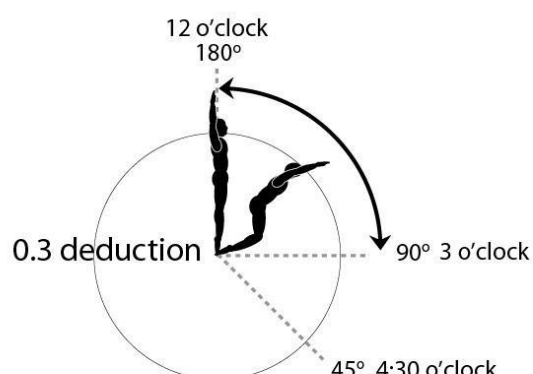
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## AFTER OPENING IN SOMERSAULT - TUCK DOWN

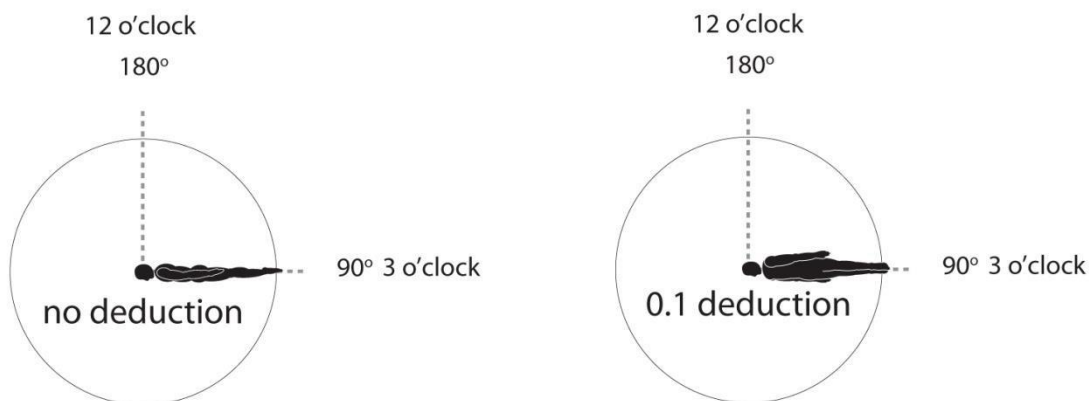
### FOR FEET OR FRONT LANDING



### FOR BACK LANDING



## END OF TWIST

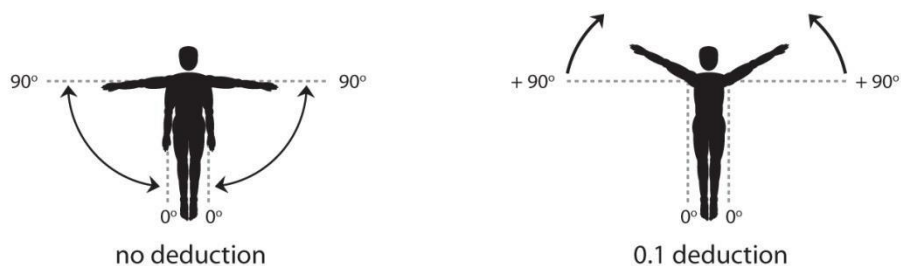


## ARMS TO STOP TWISTING ROTATION

### BARANI, FULL, MULTIPLE SOMERSAULTS WITH ½ OUT



### SINGLE SOMERSAULT WITH MORE THAN FULL TWIST AND ALL OTHER MULTIPLE TWISTING SOMERSAULTS

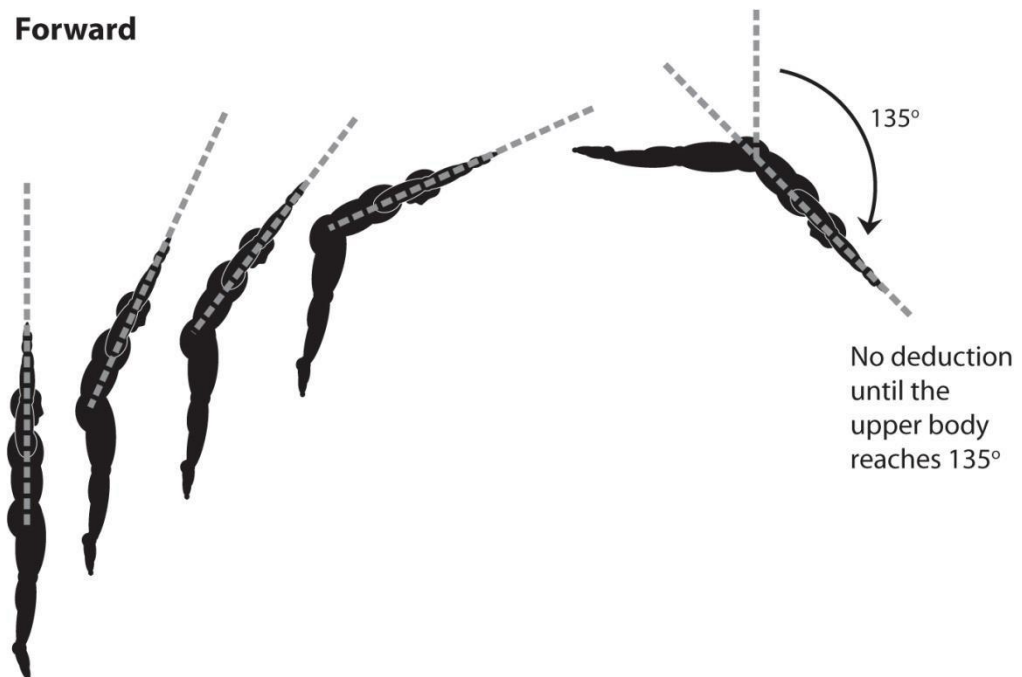


## MULTIPLE SOMERSAULTS TAKE-OFF

### Backward

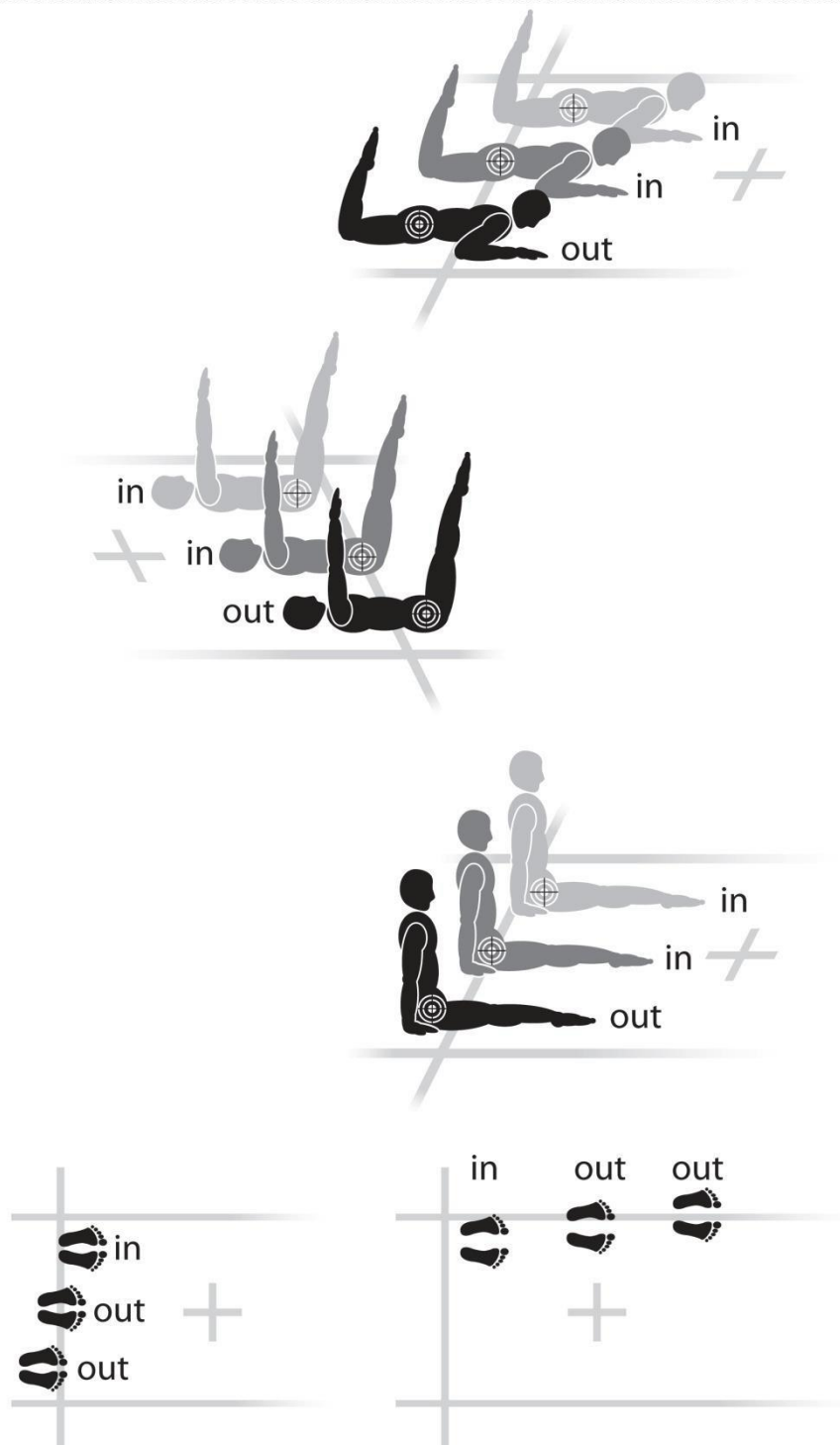


### Forward



## HORIZONTAL DISPLACEMENT

.....

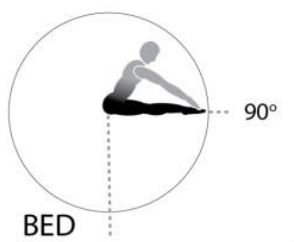


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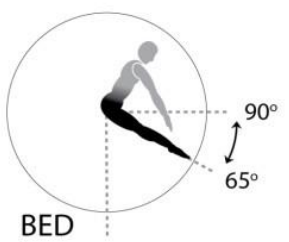
## **PIKE AND PIKE STRADDLE JUMPS**

Angle of legs with horizontal

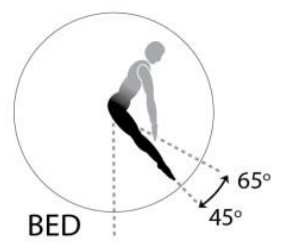
no deduction



0.1 deduction



0.2 deduction



## **DEVIATION FROM CENTER - TUMBLING**

no deduction



0.1 deduction



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**Part III - Appendices**

# Part III - APPENDICES

Valid from 1.1.2017

## A. DIFFICULTY CALCULATION TRAMPOLINE – PRINCIPLES

Rotation		Value	Bonus	Example
¼ somersault		0.1	---	¾ back = <b>0.3</b>
completed somersault (360°)			0.1	Back somersault tuck = <b>0.5</b>
completed triple somersaults (1080°)		1.6		Triple back somersault tuck = <b>1.6</b>
completed quadruple somersaults (1440°)		2.2		Quadruple back somersault = <b>2.2</b>
½ twist	Position	0.1	---	1/1 twist to back [0.1+0.2] = <b>0.3</b>
0°- 630° somersault <u>with</u> twist	< or /		---	Barani straight [0.5+0.1] = <b>0.6</b>
360°- 630° somersault <u>without</u> twist	< or /		0.1	1 ¾ pike [0.8+0.1] = <b>0.9</b>
720° - 990° somersault with or without twist	< or /		0.2	2 ¾ pike [1.3+0.2] = <b>1.5</b>
1080° - 1350° somersault with or without twist	< or /		0.3	½ out Triffis pike [1.6+0.1+0.3] = <b>2.0</b>
1440° somersault with or without twist	< or /		0.4	½ out Quadriffis pike [2.2+0.1+0.4] = <b>2.7</b>

## B. DIFFICULTY TRAMPOLINE – EXAMPLES

Element		o	< or /	Element		o	< or /
¾ back or front	3 –	0.3	0.3	Full in Full out	8 2 2	1.4	1.6
Back or front somersault	4 –	0.5	0.6	Half in Rudi out	8 1 3	1.4	1.6
Barani	4 1	0.6	0.6	Randi out	8 – 5	1.5	1.7
Cody	5 –	0.6	0.7	Full in Rudi out	8 2 3	1.5	1.7
Barani ball out	5 1	0.7	0.7	Triple back	12 – – –	1.6	1.9
Full	4 2	0.7		Half in Randi out	8 1 5	1.6	1.8
Rudolf	4 3	0.8		Full in Double-full out	8 2 4	1.6	1.8
1¾ somersault	7 – –	0.8	0.9	Half out Triffis	12 – – 1	1.7	2.0
Double-full	4 4	0.9		Full in Randi out	8 2 5	1.7	1.9
Rudi ball out	5 3	0.9		Half in Half out Triffis	12 1 – 1	1.8	2.1
Double back	8 – –	1.0	1.2	Full in Half out Triffis	12 2 – 1	1.9	2.2
Half out	8 – 1	1.1	1.3	Rudi out Triffis	12 – – 3	1.9	2.2
Half in Half out	8 1 1	1.2	1.4	Half in Rudi out Triffis	12 1 – 3	2.0	2.3
Full out	8 – 2	1.2	1.4	Full in Rudi out Triffis	12 2 – 3	2.1	2.4
2 ¾ somersault	11 – – –	1.3	1.5	Full Full Full	12 2 2 2	2.2	2.5
Rudi out	8 – 3	1.3	1.5	Half out Quadriffis	16 – – – 1	2.3	2.7
Full in Half out	8 2 1	1.3	1.5	Half in Half out Quadriffis	16 1 – – 1	2.4	2.8

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**C. DIFFICULTY CALCULATION TUMBLING** (reference to §18.1 in TUM CoP)

**Double somersaults**

Full in Double-full out (straight)

First somersault:

Somersault value 0.5

Twist value (first twist) 0.2

0.7

Second somersault:

Somersault value 0.5

Twist value (second and third twist) 1.0

1.5

Position (straight) 0.2

Total element value 2.4

Multiply by 2 = **4.8**

**Triple somersaults**

Triple back (pike)

First somersault:

Somersault value 0.5

Second somersault:

Somersault value 0.5

Third somersault:

Somersault value 0.5

Position (pike in triple) 0.2

Total element value 1.7

Multiply by 3 = **5.1**

**D. DIFFICULTY CALCULATION TUMBLING – POSITION BONUSES**

Body position	Single	Double	Triple
Tuck	0.0	0.0	0.0
Pike	0.1	0.1	0.2
Straight	0.1	0.2	0.4

**E. DIFFICULTY CALCULATION TUMBLING – TWIST VALUE**

Twists	Single	Double	Triple
Half twist	0.2	0.1	0.3
First twist	0.4	0.2	0.6
Second twist	0.4	0.4	0.8
Third twist	0.6	0.6	0.8
Fourth twist	0.8	0.8	0.8

For example one (1) backward somersault with triple twists (only straight position):

- Back Somersault 0.5  
 - First twist 0.4  
 - Second twist 0.4  
 - Third twist 0.6  
**TOTAL 1.9**

For example one (1) forward somersault with double twists (only straight position):

- Front Somersault 0.6  
 - First twist 0.4  
 - Second twist 0.4  
**TOTAL 1.4**

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**F. DIFFICULTY TUMBLING – EXAMPLES**

Element		Difficulty
Round-off	(	0.1
Front Handspring	h	0.1
Flic-flac	f	0.1
Whipback (tempo salto)	^	0.2
Back somersault (ss)	– o	0.5
Back somersault	– <	0.6
Back somersault	– /	0.6
Front somersault	. – o	0.6
Front somersault	. – <	0.7
Side somersault	– o x	0.5
Side somersault	– < x	0.6
Back ss with ½ twist	1. /	0.7
Barani	.1	0.8
Back ss with 1/1 twist	2.	0.9
Front ss with 1/1 twist	.2	1.0
Back ss with 1½ twist	3.	1.1
Front ss with 1½ twist	.3	1.2
Back ss with 2/1 twist	4.	1.3
Front ss with 2/1 twist	.4	1.4
Back ss with 2½ twist	5.	1.6
Back ss with 3/1 twist	6.	1.9
Back ss with 3½ twists	7.	2.3
Back ss with 4 twists	8.	2.7
Double back somersault	– – o	2.0
Double back somersault	– – <	2.2
Double back somersault	– – /	2.4
Double front somersault	. – – o	2.4
Double front somersault	. – – <	2.6
Double side somersault	– – o x	2.0
Double side somersault	– – < x	2.2

Element		Difficulty
Half in (“arabian”)	1 – o	2.2
Half in (“arabian”)	1 – <	2.4
Half out (backwards)	– 1 o	2.2
Half out (backwards)	– 1 <	2.4
Half out (backwards)	– 1 /	2.6
Half out (forward)	. – 1 o	2.6
Half out (forward)	. – 1 <	2.8
Full in back out	2 – o	2.4
Full in back out	2 – <	2.6
Full in back out	2 – /	2.8
Full in half out	2 1 /	3.2
Full in Full out	2 2 o	3.2
Full in Full out	2 2 /	3.6
Full in 1½ twist out	2 3 o	3.8
Full in 1½ twist out	2 3 /	4.2
Full in Double-full out	2 4 o	4.4
Full in Double-full out	2 4 /	4.8
Double-full in Double-full out	4 4 /	6.4
Triple back	– – – o	4.5
Triple back	– – – <	5.1
Triple back	– – – /	5.7
Half in Triple (“arabian”)	1 – – o	5.4
Half in Triple (“arabian”)	1 – – <	6.0
Full in Triple	2 – – o	6.3
Full in Triple	2 – – <	6.9
Quadruple back	– – – – o	8.0

**G. DIFFICULTY CALCULATION TUMBLING** (reference to §15 in TUMCoP)

<b>1<sup>st</sup> pass</b> Value:	Round-off	Flic-flac	Flic-flac	Double back (s)	Whipback	Flic-flac	Whipback	Double back (s)
	0.1	0.1	0.1	2.4	0.2	0.1	0.2	2.4 *
<b>2<sup>nd</sup> pass</b> Value:	Barani	Back Full	Flic-flac	Flic-Flac	Double back (s)	Whipback	Flic-flac	Full in full out (s)
	0.8	0.9	0.1	0.1	<b>0.0</b> (rep.)	0.2	0.1	3.6

\* women would receive a bonus of 1.0 for performing a second element with a DD value of at least 2.0

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## H. DIFFICULTY DOUBLE MINI-TRAMPOLINE – EXAMPLES

Forward elements	Element	Shape	Diff.
Front somersault	4 –	O	0.5
Front somersault	4 –	<	0.6
Front somersault	4 –	/	0.6
Barani	4 1	O	0.7
Barani	4 1	<	0.7
Barani	4 1	/	0.7
Rudolph	4 3		1.2
Randolph	4 5		1.9
Adolph	4 7		2.8
Half out	8 – 1	O	2.4
Half out	8 – 1	<	2.8
Half out	8 – 1	/	3.2
Half in	8 1 –	O	2.4
Half in	8 1 –	<	2.8
Half in	8 1 –	/	3.2
Full in Half out	8 2 1	O	3.2
Full in Half out	8 2 1	<	3.6
Full in Half out	8 2 1	/	4.0
Rudy out	8 – 3	O	3.2
Rudy out	8 – 3	<	3.6
Rudy out	8 – 3	/	4.0
Full in Rudy out	8 2 3	O	4.0
Full in Rudy out	8 2 3	<	4.4
Full in Rudy out	8 2 3	/	4.8
Randy out	8 – 5	O	4.0
Randy out	8 – 5	<	4.4
Half out Triffis	12 – – 1	O	5.1
Half out Triffis	12 – – 1	<	5.9

Backward elements	Element	Shape	Diff.
Back somersault	4 –	O	0.5
Back somersault	4 –	<	0.6
Back somersault	4 –	/	0.6
Back ss with 1/1 twist	4 2		0.9
Back ss with 2/1 twist	4 4		1.5
Back ss with 3/1 twist	4 6		2.3
Back ss with 4/1 twists	4 8		3.3
Back ss with 5/1 twists	4 10		4.5
Double back somersault	8 – –	O	2.0
Double back somersault	8 – –	<	2.4
Double back somersault	8 – –	/	2.8
Half in half out	8 1 1	O	2.8
Half in half out	8 1 1	<	3.2
Half in half out	8 1 1	/	3.6
Full in	8 2 –	O	2.8
Full in	8 2 –	<	3.2
Full in	8 2 –	/	3.6
Full out	8 – 2	O	2.8
Full out	8 – 2	/	3.6
Full in Full out	8 2 2	O	3.6
Full in Full out	8 2 2	/	4.4
Half in Rudy out	8 1 3	O	3.6
Half in Rudy out	8 1 3	<	4.0
Half in Rudy out	8 1 3	/	4.4
Full in Double-full out	8 2 4	O	4.4
Full in Double-full out	8 2 4	/	5.2
Half in Randy out	8 1 5	O	4.4
Half in Randy out	8 1 5	<	4.8
Double-full in Double-full out	8 4 4	O	5.2
Double-full in Double-full out	8 4 4	/	6.0
Triple back	12 – – –	O	4.5
Triple back	12 – – –	<	5.3
Triple back	12 – – –	/	6.1
Full in Triple	12 2 – –	O	5.7
Full in Triple	12 2 – –	<	6.5
Half in Half out Triffis	12 1 – 1	O	5.7
Half in Half out Triffis	12 1 – 1	<	6.5
Full Full Full	12 2 2 2	O	8.1

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## Part III - Appendices

### I. FIG NUMERIC SYSTEM – TRAMPOLINE & DMT

Only FIG numeric system will be accepted during FIG events.

- the first digit describes the number of somersaults, in quarters (¼)
- subsequent digits describe the distribution and quantity of twist in each somersault
- the shape of the element is described at the end using a 'o' or leaving blank for tucked; '<' for pike and '/' for straight

Element	¼ saltos	½ twists			Shape	Diff. TRA	Diff. DMT
Half out Triffis, tucked	12	-	-	1	o	1.7	5.1
Half in Rudy out, piked	8	1	3		<	1.6	4.0
Full in Half out, straight	8	2	1		/	1.5	4.0
Half in Rudy out, tucked	8	1	3		o	1.4	3.6
Double back, tucked	8	-	-		o	1.0	2.0
Half out, tucked	8	-	1		o	1.1	2.4
Rudy	4	3				0.8	1.2
Double-full	4	4				0.9	1.5
Half in 1 ¾ back, tucked	7	1	-		o	0.9	---
Half out double ball out, piked	9	-	1		<	1.4	---

### J. FIG SYMBOLS – TUMBLING

For the completion of the competition cards in tumbling the FIG symbols system whose principles are described below should be used:

- Use - for somersault without twist
- Use 1 for somersault with ½ twist
- Use 2 for somersault with 1 twist
- Use . to specify if it is a front or back element
- Use o for tuck or puck position
- Use < for pike position
- Use / for straight position

Special elements	
Round off	(
Flic-Flac / Front Handspring	f h
Whipback (tempo salto)	^
Single somersaults	
Salto tucked	- o
Salto pike	- <
Salto straight	- /
Barani	.1
Back with ½ twist	1.
Full twist backwards	2.
1 ½ twist backwards	3.
Double-full backwards	4.

Double somersaults	
Double tucked	-- o
Double pike	-- <
Double straight	-- /
Full in tucked	2 - o
Full in pike	2 - <
Full in Full out tucked	2 2 o
Full in Full out straight	2 2 /
Miller straight	2 4 /
Triple somersaults	
Triple tucked	--- o
Triple pike	--- <
Full in Triple tucked	2 --- o

Side elements = marked with an additional x

Front or backwards = if necessary marked with a dot: .1 = Barani or 1. = back with ½ twist

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## K. FIG TERMINOLOGY

BACK	Backward somersault
FRONT	Front somersault
BALL OUT	Forward somersault from the back
CODY	Backward somersault from the front
FLIFFIS	Any double somersault with twist
TRIFFIS	Any triple somersault with twist
QUADRIFFIS	Any quadruple somersault with twist
IN	Indicates that the number of twists shown is performed in the first part of the element.
OUT	Indicates that the number of twists shown is performed in the last part of the element.
MIDDLE	Indicates that the number of twists shown is performed in the middle part of the element.
BARANI	Forward somersault with $\frac{1}{2}$ twist
HALF	Half twist performed in a double somersault (see below)
FULL	A back somersault with 1/1 twist
DOUBLE FULL	A back somersault with 2/1 twists
TRIPLE FULL	A back somersault with 3/1 twists
RUDOLPH (RUDY)	A front somersault with $1\frac{1}{2}$ twists
RANDOLPH (RANDY)	A front somersault with $2\frac{1}{2}$ twists
ADOLPH	A front somersault with $3\frac{1}{2}$ twists

**Examples:**

<b>Nº of somersaults</b>	<b>Nº of twists</b>	<b>Distribution</b>	<b>Terminology</b>
2	$\frac{1}{2}$	OUT	Half out FLIFFIS
2	$\frac{1}{2} + \frac{1}{2}$	IN & OUT	Half in half out FLIFFIS
3	$1 + \frac{1}{2}$	MIDDLE & OUT	Full middle half out TRIFFIS
2	$\frac{1}{2} + 1\frac{1}{2}$	IN & OUT	Half in rudy out FLIFFIS

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**L. EXAMPLES OF CALCULATION AND ROUNDING**

**1. T-Score (time of flight score) – 18.2.1**

18.2.1: The evaluation of execution, difficulty and synchronisation is done in 10ths of a point. The time of flight is evaluated in 1/1000 of seconds rounded down to 5/1000.

Example

Score for Time of flight 1:	16.233	>>> rounded down to: <b>16.230</b>
Score for Time of flight 2:	17.196	>>> rounded down to: <b>17.195</b>
Score for Time of flight 3:	17.455	>>> rounded down to: <b>17.455</b>
Score for Time of flight 4:	17.194	>>> rounded down to: <b>17.190</b>

**2. Missing E-Score – 18.2.4**

18.2.4: "If any of the Execution or Synchronisation Judges fails to display their marks when signalled by the Chair of Judges Panel, the average of the other marks will be taken for the missing mark(s)."

Example

E1	E2	E3	E4	E5
9.1	9.1	9.2	---	9.2

In this case the average of the 4 shown marks  $(9.1+9.1+9.2+9.2)/4 = 9.15$  and 9.15 replaces the missing mark:

E1	E2	E3	E4	E5
9.1	9.1	9.2	9.15	9.2

The E-score for this routine is **27.450**

E1	E2	E3	E4	E5		E-score
<del>9.1</del>	9.1	9.2	9.15	<del>9.2</del>	=	27.450

**3. Rounding – 18.2.10**

18.2.10: "All scores will be rounded to 3 (three) decimal places. Such rounding will only be made in respect of the gymnast's total score for a routine."

Example

E-score	27.6666	(E1: 9.2333* E2: 9.2333* E3: 9.0 E4: 9.5 E5: 9.2)
Difficulty	15.0000	
Time of flight	<u>17.2050</u>	
Total score	59.8716	
Rounded down to:	<b>59.871</b>	

\* missing marks (as per example 1 above)

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**M. CLARIFICATION FOR TUMBLING**

**Good form for a round off**

- Arms must be straight at the end of the contact phase
- The all body must go through the vertical, on the axis of the tumbling track
- Legs must join together at 90°
- Legs must be straight until 90°

**Specific deductions:**

- Body not through vertical position 0.1

**Good form for a Flic - Flac**

- Arms must be straight in flying phases, at the end of contact phase and not too apart
- Legs must be straight after take-off and kept together until 90°
- Body should be arched according to the element
- Legs can be flexed during contact phase
- Good rhythm, height and axis

**Good form for a Tempo**

- Arms must be straight
- Legs must be straight and kept together until 90°
- Body should be arched according to the element
- Pike phase should start after 180°
- Legs can be slightly flexed during contact phase
- Good rhythm, height and axis

**Specific deductions:**

- Pike started before 180° 0.1
- Legs too flexed at the contact phase 0.1
- Height at shoulder level 0.1
- Height above shoulder level 0.2

**Good form for a Front somersault**

- Trajectory must be according to the exercise
- Arms must be straight as much as possible
- Legs must be straight and kept together (until 180° if stepping out)
- Body should be pike or tucked according to the element
- Landing must be strong
- Good rhythm, height and axis

**Good form for a Barani**

- Trajectory must be according to the exercise
- Twisting must not be initiated too early

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- Arms must be straight
- Legs must be straight and kept together until 90°
- Position must be easily recognized, straight, pike or tuck
- Good rhythm, height and axis

**Specific deductions:**

- Twisting too soon 0.1

**Good form for a Back twist linked**

- Trajectory must be according to the exercise
- Arms must be straight at the end of the element
- Legs must be straight and kept together until 90°
- Twisting must not be initiated too early
- Pike phase should start after 180°
- Landing must be strong and twist finished
- Good rhythm, height and axis

**Specific deductions:**

- Pike started before 180° 0.1
- Twisting too soon 0.1
- Twisting finished in the floor 0.1

**Good form for a Back Single Somersault**

- Trajectory must be according the exercise (last element or 7<sup>th</sup> before punch)
- Height well over the shoulder height
- Arms must be straight as much as possible
- Legs must be straight (except in tuck) and kept together until 90°
- Body should be pike, tuck or straight according to the element
- Opening should be easily recognizable

**Specific deductions:**

- No recognizable opening before landing 0.1 – 0.3
- Height at shoulder level 0.1
- Height below shoulder level 0.2

**Good form for a Back Single Somersault with twist**

- Trajectory must be according the exercise (last element or 7<sup>th</sup> before punch)
- Height well over the shoulder height
- Arms must be straight
- Legs must be straight and kept together until 90°
- Twist must not start too soon and finish before landing
- Body must keep straight

**Specific deductions:**

- Pike at the end 0.1 – 0.2
- Twisting starting too soon 0.1
- Twisting finishing too late 0.1

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#### **Good form for a Punch Front**

- Trajectory must be according the exercise
- Height well over the shoulder height
- Arms must be straight as much as possible
- Legs must be straight and kept together until 90°
- Body should be pike, tuck or straight according to the element
- Opening should be easily recognizable

#### **Specific deductions:**

- |   |           |
|---|-----------|
| ○ Not recognizable opening before landing | 0.1 – 0.2 |
| ○ Lack of height and trajectory           | 0.1 – 0.2 |

#### **Good form for a multiple Somersault with or without twist**

- Trajectory must be according the exercise (linking element or ending the pass)
- Height well over the shoulder height
- Arms must be straight as much as possible
- Legs must be straight and kept together until 90°
- Body should be pike, tuck or straight according to the element
- Opening should be easily recognizable in tuck and pike double somersault without twist
- Pike after 180° if linking element
- Twisting must not start too soon and must be finished before landing

#### **Specific deductions:**

- |                                     |           |
|-------------------------------------|-----------|
| ○ Twisting start too soon           | 0.1       |
| ○ Twisting finishing too late       | 0.1       |
| ○ Opening in -- o and --<           | 0.1 – 0.3 |
| ○ Opening for all other somersaults | 0.1 – 0.2 |

*AS WE ARE NOT EXPECTING TUMBLERS TO OPEN THE ELEMENTS WITH MULTIPLE TWISTING SOMERSAULT OR TRIPLE LIKE IN TRAMPOLINE, WE MUST LOOK AT THE PREPARATION FOR LANDING, ...*

- |   |     |
|---|-----|
| • ... if the upper body is clearly under 90°    | 0.2 |
| • ... if the upper body is close to 90°         | 0.1 |
| • ...if the upper body becomes clearly over 90° | 0.0 |

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**Appendix M**

**TIE BREAK RULES**

**Qualifying Round (TRA Individual)**

In case of a tie during the qualification round, at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher E-score prevails
2. The gymnast with the higher HD-score prevails
3. The gymnast with the higher T-score prevails

If there is still a tie, the tie will not be broken.

**Qualifying Round (TRA Synchronised)**

In case of a tie, in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The pair with the higher sum of the E-scores of both routines prevails
2. The pair with the higher sum of the S-scores of both routines prevails
3. The pair with the higher HD score prevails

If there is still a tie, the tie will not be broken.

**Qualifying Round (DMT)**

In case of a tie, in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both passes prevails
2. The gymnast with the higher E-score of the second pass prevails

If there is still a tie, the tie will not be broken.

**Qualifying Round (TUM)**

In case of a tie, in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both passes prevails
2. The gymnast with the higher E-score of the second pass prevails

If there is still a tie, the tie will not be broken.

**FINALS (All disciplines)**

If there is a tie in the final, the tie will not be broken.

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**Appendix N**

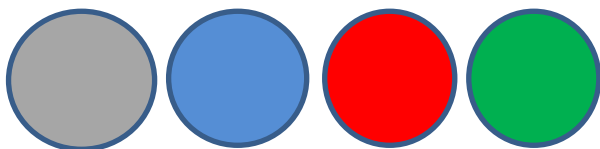
**Clothing**

**Guidance on men's trouser colours and styles of shorts**

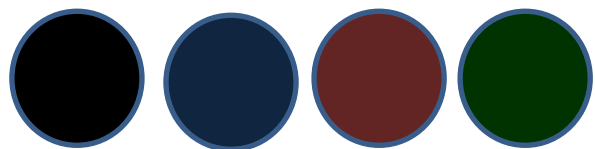
**Shorts for Trampoline/DMT**



**Colours for Trampoline Trousers**

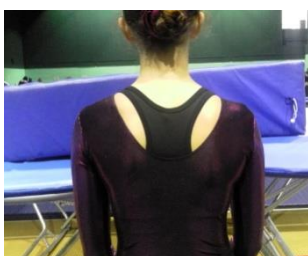


OK

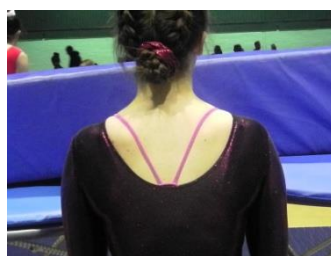


TOO DARK

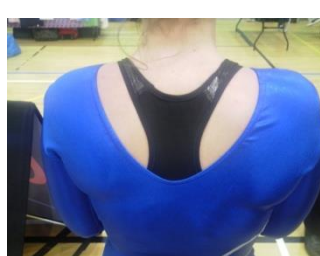
**6.4 Underwear**



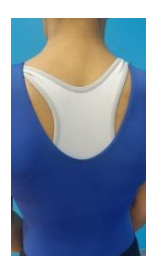
Acceptable



Unacceptable



Unacceptable



Unacceptable

**6.5 Bandages and Supports**



Acceptable contrasting colour



Unacceptable contrasting colour

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## **Appendix O**

### **British Gymnastics Policy on Body Piercing and Adornments**

British Gymnastics believes that jewellery and adornments worn in body piercing are inappropriate for safe practice in gymnastics and trampolining. This policy applies to all participants and coaches in training and in events at home and abroad.

#### **Participants**

A person participating with body adornments or jewellery **MUST** inform the coach and also remove the relevant items to reduce the risk of injury to the participant, the coach and others.

#### **Coaches**

Whilst a coach is carrying out a spotting or gymnast supporting role; all jewellery must be removed. However if the coach is evaluating performance or giving instruction only; (by this we mean coaching whilst not in direct physical contact with the gymnast or gymnastic equipment), jewellery may be worn.

Exceptions to the above policy may be applicable in special circumstances which are outlined below:

#### **Jewellery that cannot be removed:-**

It is acknowledged that in some circumstances, it may be impossible to remove a ring and/or dermal piercings. Should this be the case; the ring must be sufficiently covered with protective tape; and the piercings covered sufficiently in order to eliminate any risk.

#### **Religious and Medical jewellery:-**

With regards to the wearing of jewellery; sensitivity to religious beliefs and medical requirements / reasons should be afforded, but safety is paramount and any jewellery that is considered by the coach to be a safety hazard, should be changed or participation may be prohibited. Any concessions on religious or medical jewellery must be within the bounds of reasonable safety. The element of risk should be explained to the coach/participant (parent or guardian) and every attempt to control the risk should be adopted. Examples include the following:

Diabetes Bracelet can be worn; but whilst participation is taking place a sweatband or similar must cover the item in order to eliminate any risk. The coach in charge must also be advised that a participant is wearing the bracelet for medical emergency reasons.

Kara Sahib - Bracelet worn in the Sikh religion; can be worn, but whilst participation is taking place a sweatband or similar must cover the item; in order to eliminate any risk.

Allah ring - Worn by the Muslim religion; this must be sufficiently covered with protective tape in order to eliminate any risk.

NB: if a sweatband is used to cover up an item of jewellery when doing vigorous activity, the sweatband should be taped in place to minimise the risk of the sweatband slipping and exposing the item of jewellery.

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In all instances above; it is the responsibility of the coach in charge of the session to ensure a sufficient risk assessment has been carried out. If the coach identifies a significant risk to the participant, coach or others, which cannot be controlled satisfactorily, then within the bounds of reasonable safety, the coach **MUST** prohibit participation. Legitimate health and safety concerns which contra-indicate participation, will supersede any other considerations, be they religious, medical or other.

Failure to conform will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance.

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**Appendix P**

**Deductions Guidance for an 'Arm Set' (NDP Levels 1 – 4)**

- The reason for introducing the arm set as a judged element – is to encourage coaches and their gymnasts to do deliberate practice on it as the most important factor to start a routine well and in turn to develop the arm set to be as technically sound as possible.
- If it is a required scored element the coaches and gymnasts will be more likely to do deliberate practice to improve it.
- An 'Arm Set' is defined as: Any action that causes the arms to be above the shoulders at maximum depression prior to the start of a routine.
- The counting of the six pre-bounces begins from the first **deliberate jump** once the gymnast has been told by the Chair of Judges to begin.

**0.0 deduction for:**

- Straight vertical body and straight overhead arm position at maximum depression
- Controlled body position throughout the arm set

**0.1 deduction for the following:**

- Not being vertical at maximum depression (leaning)
- Bending of the arms at maximum depression
- Lack of body control - including leg cycling and/or leg flicks
- Leaving the arms up to jump

**0.2 deduction for any combinations below:**

- Not being vertical at maximum depression (leaning)
- Bending of the arms at maximum depression
- Lack of body control - including leg cycling and/or leg flicks
- Leaving the arms up to jump

Note: Where the arm set is part of the requirements of the routine for NDP levels 1 – 4, failure to perform an arm set will result in a Zero score.

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**Counting the jumps before ‘The Arm Set’**

**Jump One** begins when the gymnast makes their first deliberate jump. Count each bounce in the air. After bounce 6 lands on the trampoline the next skill is the **Arm Set**

