



Gymnastics Northern Ireland  
Trampoline Competition  
Handbook 2020

The GNI Trampoline Technical Committee reserves the right to make amendments to this Handbook. Notification of a change to the handbook will be communicated via email to each GNI club. All versions will be listed on this page, with reference to amendments made; Version 1.0 – 6<sup>th</sup> January 2020

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## GNI Competition Calendar 2020

Event	Event Date	Closing Date	Venue	Comp Groups
<b>NDP 1</b>	19th January 2020	9th January 2020	Ards Blair Mayne Sports Centre	TRA: NOV, NDP1-6, FIG & Open. DIS TRA NDP 1-3 DMT: NDP 1-5, FIG Dev & FIG
<b>NDP 2</b>	23rd Feb 2020	8th February 2020	Ards Blair Mayne Sports Centre	TRA: NOV, NDP1-6, FIG & Open. DIS TRA NDP 1-3 DMT: NDP 1-5, FIG Dev & FIG
<b>RTQ</b>	15th March 2020	1st March 2020	Flight Gymnastics Academy	TRA: NDP1-6, DIS NDP 1-3 DMT: NDP 1-5, FIG Dev Range & Conditioning
<b>NIQ 3</b>	29th March 2020	14th March 2020	Ards Blair Mayne Sports Centre	TRA: NOV, NDP1-6, FIG & Open. DIS TRA NDP 1-3 DMT: NDP 1-5, FIG Dev & FIG Range & Conditioning
<b>NIQ 4</b>	3rd May 2020	18th April 2020	Ards Blair Mayne Sports Centre	TRA: NOV, NDP1-6, FIG & Open. DIS TRA NDP 1-3 DMT: NDP 1-5, FIG Dev & FIG Range & Conditioning
<b>NI Champs</b>	31st May 2020	10th May 2020	Newry Leisure Centre	TRA: NDP1-6, FIG & Open. DIS TRA NDP 1-3. Synchro & Teams DMT: NDP 1-5, FIG Dev & FIG
<b>BG RTF</b>	6th & 7th June 2020		Arena Birmingham	TRA: NDP1-6, DIS NDP 2-3 DMT: NDP 1-5, FIG Dev TUM: NDP 1-5, FIG Dev

## **Eligibility**

All persons attending GNI events in an official capacity, whether as gymnast, coach or judge are required to hold a current BG membership in line with the level of competition entered and awards held. (With the exception of guest gymnasts, coaches and judges from other federations, who will be responsible for their own insurance policy).

## **Gymnasts**

Gymnasts who are members of a GNI club, or were born in Northern Ireland or have parents or grandparents born in NI, are eligible to compete in the GNI competition structure and the NI Championships. (Provided they have achieved the qualifying score at a GNI/BG event, BG Spring Event Series or FIG sanctioned event with the same set requirements). NI born gymnasts whose primary clubs are located outside of NI, may be linked to a NI club for the purpose of the event or compete as independents.

**MEMBERSHIP LEVEL: Gymnasts may be Bronze members to compete at NOVICE level at any GNI event. A gymnast must be Silver or Gold (or equivalent) member to compete at NDP 1 or above.**

## **Supervising Coaches**

Each club must be signed in by a supervising coach who must be in the hall at all times during the event. This coach must be qualified to the level of the skills being performed before the gymnast is allowed to participate in a GNI Event. All coaches attending a GNI event must be Access NI approved and have attended a Safeguarding Course as per BG rules.

## **Judges**

BG does not require judges to complete an Access NI check to judge at BG competitions, as the role that judges fulfil at the event no longer falls within Access NI Eligibility. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

## **Judging Quota**

Clubs must provide a minimum amount of judges in relation to the number of gymnasts entered before their entry will be accepted. Clubs that cannot fulfil their judging quota will be fined £50 for one missing judge, any other missing judges and the club will not be eligible to take part in the competition. Judges cannot be competing on the day and must be available the whole day. A club who provides two judges who can only do a half day each will only count as one judge in their judging quota.

**1-8 gymnasts:** 1 judge and 1 Score keeper/competition marshal

**9-16 gymnasts:** 2 Judges and 2 Score keepers/competition marshals.

**17+ gymnasts:** 3 Judges and 3 score keepers/competition marshals.

The above quota refers to Trampoline Gymnasts. If your club is also entering DMT, you must add ONE FURTHER JUDGE to your entry.

## **Age Policy**

Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of competition. The minimum age for entry to GNI Event is 6 years old, but must turn 7 years old in the competition year.

- 7 and 8 years born 2013 and 2012
- 9 and 10 years born 2011 and 2010
- 11 and 12 years born 2009 and 2008
- 13-17 years born between 2007 and 2003
- 13+ years born 2007 and before
- 13 and 14 years born 2007 and 2006
- 15 and 16 years born 2005 and 2004
- 15-21 years born between 2005 and 1999
- 15+ years born 2005 and before
- 17-21 years born between 2003 and 1999
- 17+ years born 2003 and before
- Open born 2010 or before

## **Entry Process**

Entry to all GNI events will be through online entry system in BG Gymnet, where payment will only be accepted using debit/credit card. Cheques and bank transfers are not accepted .

**Entry Fee NDP and/or NI Qualifiers:** £10 per entry

**NI Championships:** £15 per individual entry, £20 per TRS pair & £25 per team

**Methods of Payment:** Payment will be made using debit/credit card through the online entry system in BG Gymnet.

ENTRY FEES ARE NON-REFUNDABLE AFTER THE CLOSING DATE.

## **Late Entries**

Late entries will only be considered in exceptional circumstances.

In the unlikely event of a late entry being accepted, payment of three times the normal entry fee stated for the competition will be required.

Request for late entries must be made in writing to the Chairman of the TTC and will then be referred to the Event's organiser for consideration.

## **Withdrawals and Substitutions**

Amendments to an entry will **NOT** be accepted on the day of the event. Amendments will be accepted for **48 hrs** after the programme for the event has been published.

## **General Regulations**

### **Registration**

The Supervising Coach must register and sign the club in with the Event's Organiser at the beginning of the Event. A club who have not signed in will not be allowed to compete. Any gymnasts performing skills above the level of the Supervising Coach will be asked to remove those skills or be removed from the competition.

### **Competition Attire**

#### **Gymnasts (Trampoline)**

**Novice:** White T-shirt, white shorts and white foot covering.

#### **NDP 1 – Open:**

*Male gymnasts:* Sleeveless leotard or short sleeved singlet. Gym trousers in a single colour, except black or any other deep dark colour. Gym shorts may be worn. Trampoline shoes and/or white foot covering.

*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 leotard. Any other dress which is not skin tight is not allowed. Trampoline shoes and/or white foot covering. Gym shorts may be worn (must be skin tight and not extend below the middle of the thigh)

**Gymnasts (DMT):** As above except gym trousers are NOT permitted for male gymnasts.

### **Coaches**

Tracksuit or full length tracksuit bottoms with a polo shirt or t-shirt and appropriate gym/training shoes. Long hair should be braided or tied back so as not to obscure vision. Coaches will not be allowed on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped.

### **Judges**

*Male:* Navy blazer or suit, navy trousers, white shirt, BG, FIG or plain navy tie, black shoes.

*Female:* Navy blazer or jacket, navy skirt or full length trousers, white collared blouse, black shoes (without heels).

Recorders, computer operators and other officials who may be working alongside the judges should dress similarly.

For competitors & coaches chewing gum is not allowed at any phase of the competition.

### **Horizontal Displacement**

Horizontal Displacement will be included as part of the total score for Trampoline at ALL levels from now on.

***Set Routine Total Score:*** Execution + Execution + Horizontal Displacement – Penalties

***Vol Routine Total Score:*** Execution + Execution + Horizontal Displacement + Difficulty - Penalties

### **Competition Cards (Tariff Sheets)**

All NDP 6 & FIG/Open level Trampoline gymnasts MUST submit a competition card/tariff sheet.

ALL DMT FIG & FIG Development level gymnasts MUST submit a competition card/tariff sheet.

It is the coach's responsibility to ensure the Competition cards are completed correctly and submitted to the judging panel before the start of the warm up of their group.

Competition Difficulty cards are available in the downloads section of the BG website  
[www.britishgymnastics.org](http://www.britishgymnastics.org)



FIG/Open level Competition cards should be completed with set requirements starred. All cards must be signed by the appropriately qualified Supervising Coach in order to be valid.

Competitors may not compete without a valid tariff sheet.

### **Inquiries**

A coach may only inquire about the difficulty score, in accordance with the principles of the FIG Code of Points. Inquiries can be made only for the Clubs own Gymnasts. No inquiries can be made about Execution scores, or other penalties. A verbal inquiry should be made after the publication of the score and at the very latest before the end of the round. The Coach on the floor with the competing gymnasts should make the Inquiry with the Chair of the Judges Panel.

### **Zero Scores**

Any routine/pass where 10 skills (2 skills in DMT) are not performed (incomplete routines/passes), or where a prescribed routine/pass (and order of passes in DMT) is not followed will receive a zero score. Gymnasts receiving a zero score in any routine cannot receive a medal/trophy.

THIS RULE WILL NOT APPLY AT THE NORTHERN IRELAND CHAMPIONSHIPS

### **Regional Team Final (RTF)**

In the first two events (NDP 1&2), TRA NDP 1-6 gymnasts wishing to qualify for the Regional Team Final must compete Set A, Set B and then their Vol. NDP 1-6 gymnasts NOT wishing to qualify for the Regional Team Final must perform Set A and then their Vol.

- Set A & Set B = Regional Team Finals Qualifying Score.
- Set A & Vol = NI Championships Qualifying Score.

TRA NDP 1-6 & DMT NDP 1-5 & FIG Development and DIS TRA NDP 2&3 gymnasts who meet the minimum standards in either of the NI Qualifiers 1&2 will then be invited to the Regional Team Qualifier. Here they will trial for a spot on the Northern Ireland Team for the BG Regional Team Final (6<sup>th</sup>&7<sup>th</sup> June 2020 in Birmingham). **ALL DISABILITY GYMNASTS WISHING TO ENTER THE REGIONAL TEAM FINAL MUST FILL OUT THE DISABILITY GYMNASTICS CLASSIFICATION CERTIFICATE FROM THE BG WEBSITE AND RETURN TO BG BEFORE THE REGIONAL TEAM QUALIFIER IN MARCH.**

Age Groups eligible for the Regional Team Finals are as follows:

TRA NDP 1,2,3 & 4 : 9-10yrs, 11-12yrs, 13-17yrs

TRA NDP 5: 9-10yrs, 11-12yrs, 13-14yrs, 15-21yrs

TRA NDP 6: 11-12yrs, 13-14yrs, 15-21yrs

DMT NDP 1,2,3&4: 9-10yrs, 11-12yrs, 13+yrs

DMT NDP 5: 13-14yrs, 15-16yrs, 17+yrs

DMT FIG Development: 11-12yrs, 13-14yrs, 15+yrs

DIS TRA NDP 2&3: Under 15yrs, Over 15yrs

### **Range & Conditioning Testing**

This will take place at the Regional Team Qualifier and at NI Qualifiers 3 & 4. Gymnasts must achieve 70% score in Range and Conditioning at the Regional Team Qualifier to be allowed to progress to the BG Regional Team Final. Gymnasts at every level must achieve 70% score in Range and Conditioning at the Regional Team Qualifier or at NI Qualifiers 3 or 4 to be allowed to progress to the Northern Ireland Championships.

DOES NOT APPLY TO DISABILITY TRAMPOLINE

### **FIG & Open Trampoline**

Trampoline Gymnasts may no longer compete in both FIG and Open at the Northern Ireland Championships. They must choose whether they want to be in a FIG Age Group or Open.

A Gymnast may start the season at FIG and once they achieve the NI Champs qualifying score, move up to Open. However, if they achieve the Open qualifying score they must compete in the Open section at the NI Championships. If they don't achieve the Open qualifying score they may drop down to FIG for the NI Championships.

Alternatively, they may start the season at Open and decide to move down to a FIG Age Group during the season provided they haven't achieved the Open qualifying score.

### **Unsafe Skills**

Coaches use their own discretion and knowledge of the gymnast's abilities when choosing what level the gymnast will compete at.

However, if a gymnast is performing a skill that is deemed to be unsafe they may be asked to withdraw from the competition.

This decision will be made by: Chair of the Panel, the Trampoline Technical Committee chair/member & highest qualified coach in the hall.

## Routines

<b>Novice</b>		<b>Age Groups: 7-8, 9-10, 11-15</b>		
<b>Routine 1:</b>		<b>Routine 2:</b>		
<b>1</b>	Front Landing	<b>1</b>	1/2 Twist to Front Landing	
<b>2</b>	To Feet	<b>2</b>	To Feet	
<b>3</b>	Straddle Jump	<b>3</b>	Straddle Jump	
<b>4</b>	Seat Landing	<b>4</b>	Seat Landing	
<b>5</b>	To Feet	<b>5</b>	1/2 Twist to Seat Landing	
<b>6</b>	Half Twist Jump	<b>6</b>	1/2 Twist to Feet	
<b>7</b>	Tuck Jump	<b>7</b>	Tuck Jump	
<b>8</b>	Pike Jump	<b>8</b>	Pike Jump	
<b>9</b>	Back Landing	<b>9</b>	Back Landing	
<b>10</b>	To Feet	<b>10</b>	1/2 Twist to Feet	
<b>Max DD:</b>	N/A		<b>NI Champs Qualifying Score:</b>	N/A

<b>NDP 1</b>		<b>Age Groups: 7-8, 9-10, 11-12, 13-17</b>		
<b>Set A:</b>		<b>Set B:</b>		
<b>1</b>	Full Twist Jump	<b>1</b>	Back S/S (T)	
<b>2</b>	Straddle Jump	<b>2</b>	Straddle Jump	
<b>3</b>	1/2 Twist to Seat Landing	<b>3</b>	1/2 Twist to Seat Landing	
<b>4</b>	1/2 Twist to Feet	<b>4</b>	1/2 Twist to Feet	
<b>5</b>	1/2 Twist Jump	<b>5</b>	1/2 Twist Jump	
<b>6</b>	Pike Jump	<b>6</b>	Pike Jump	
<b>7</b>	Back Landing	<b>7</b>	Back Landing	
<b>8</b>	1/2 Twist to Feet	<b>8</b>	1/2 Twist to Feet	
<b>9</b>	Tuck Jump	<b>9</b>	Tuck Jump	
<b>10</b>	Front S/S (T)	<b>10</b>	Front S/S (P)	
	<b>Vol Max DD: 3.0</b>		<b>NI Champs Qualifying Score:</b>	49

<b>NDP 2</b>		<b>Age Groups: 7-8, 9-10, 11-12, 13-17</b>		
<b>Set A:</b>		<b>Set B:</b>		
<b>1</b>	Back S/S (T)	<b>1</b>	Back S/S (T)	
<b>2</b>	Straddle Jump	<b>2</b>	Straddle Jump	
<b>3</b>	1/2 Twist to Seat Landing	<b>3</b>	Barani (T)	
<b>4</b>	1/2 Twist to Feet	<b>4</b>	Tuck Jump	
<b>5</b>	1/2 Twist Jump	<b>5</b>	Back S/S (T) to Seat Landing	
<b>6</b>	Pike Jump	<b>6</b>	1/2 Twist to Feet	
<b>7</b>	Back Landing	<b>7</b>	1/2 Twist Jump	
<b>8</b>	1/2 Twist to Feet	<b>8</b>	Pike Jump	
<b>9</b>	Tuck Jump	<b>9</b>	1/2 Twist To Front Landing	
<b>10</b>	Front S/S (P)	<b>10</b>	To Feet	
	<b>Vol Max DD: 3.5</b>		<b>NI Champs Qualifying Score:</b>	49.5

<b>NDP 3</b>		<b>Age Groups: 7-8, 9-10, 11-12, 13-17</b>		
<b>Set A:</b>		<b>Set B:</b>		
<b>1</b>	Back S/S (T)	<b>1</b>	Back S/S (S)	
<b>2</b>	Straddle Jump	<b>2</b>	Straddle Jump	
<b>3</b>	Barani (T)	<b>3</b>	Back S/S (T)	
<b>4</b>	Tuck Jump	<b>4</b>	Barani (T)	
<b>5</b>	Back S/S (T) to Seat Landing	<b>5</b>	1/2 Twist Jump	
<b>6</b>	1/2 Twist to Feet	<b>6</b>	Tuck Jump	
<b>7</b>	1/2 Twist Jump	<b>7</b>	Back S/S (T) to Seat Landing	
<b>8</b>	Pike Jump	<b>8</b>	1/2 Twist to Feet	
<b>9</b>	1/2 Twist To Front Landing	<b>9</b>	Pike Jump	
<b>10</b>	To Feet	<b>10</b>	Front S/S (P)	
	<b>Vol Max DD: 4.0</b>		<b>NI Champs Qualifying Score:</b>	50

<b>NDP 4</b>		<b>Age Groups: 7-8, 9-10, 11-12, 13-17</b>	
<b>Set A:</b>		<b>Set B:</b>	
<b>1</b>	Back S/S (S)	<b>1</b>	Back S/S (S)
<b>2</b>	Straddle Jump	<b>2</b>	Straddle Jump
<b>3</b>	Back S/S (T)	<b>3</b>	Back S/S (P)
<b>4</b>	Barani (T)	<b>4</b>	Barani (P)
<b>5</b>	1/2 Twist Jump	<b>5</b>	1/2 Twist Jump
<b>6</b>	Tuck Jump	<b>6</b>	Tuck Jump
<b>7</b>	Back S/S (T) to Seat Landing	<b>7</b>	Barani (T)
<b>8</b>	1/2 Twist to Feet	<b>8</b>	Back S/S (T)
<b>9</b>	Pike Jump	<b>9</b>	Pike Jump
<b>10</b>	Front S/S (P)	<b>10</b>	Front S/S (P)
	<b>Vol Max DD: 5.0</b>		<b>NI Champs Qualifying Score: 51</b>

<b>NDP 5</b>		<b>Age Groups: 7-8, 9-10, 11-12, 13-14, 15-21</b>	
<b>Set A:</b>		<b>Set B:</b>	
<b>1</b>	Back S/S (S)	<b>1</b>	Back S/S (S)
<b>2</b>	Straddle Jump	<b>2</b>	Barani (S)
<b>3</b>	Back S/S (P)	<b>3</b>	Straddle
<b>4</b>	Barani (P)	<b>4</b>	Back S/S (P)
<b>5</b>	1/2 Twist Jump	<b>5</b>	Barani (P)
<b>6</b>	Tuck Jump	<b>6</b>	Tuck Jump
<b>7</b>	Barani (T)	<b>7</b>	Barani (T)
<b>8</b>	Back S/S (T)	<b>8</b>	Back S/S (T)
<b>9</b>	Pike Jump	<b>9</b>	3/4 Front S/S (S)
<b>10</b>	Front S/S (P)	<b>10</b>	1/2 Twist to Feet <b>OR</b> Barani Ball Out (T)
	<b>Vol Max DD: 6.0</b>		<b>NI Champs Qualifying Score: 51.5</b>

<b>NDP 6</b>		<b>Age Groups: 11-12, 13-14, 15-21</b>		
<b>Set A:</b>		<b>Set B:</b>		
<b>1</b>	Back S/S (S)	<b>1</b>	3/4 Back S/S (S)	
<b>2</b>	Barani (S)	<b>2</b>	Cody (T)	
<b>3</b>	Straddle	<b>3</b>	Straddle	
<b>4</b>	Back S/S (P)	<b>4</b>	Barani (P)	
<b>5</b>	Barani (P)	<b>5</b>	Back S/S (S)	
<b>6</b>	Tuck Jump	<b>6</b>	Full Twisting Back S/S	
<b>7</b>	Barani (T)	<b>7</b>	Barani (T)	
<b>8</b>	Back S/S (T)	<b>8</b>	Back S/S (T)	
<b>9</b>	3/4 Front S/S (S)	<b>9</b>	3/4 Front S/S (S)	
<b>10</b>	Barani Ball Out (T)	<b>10</b>	Barani Ball Out (T)	
	<b>Vol Max DD: 7.0</b>		<b>NI Champs Qualifying Score:</b>	52.5

	<b>FIG 9-10</b>
<b>Set :</b>	
<b>1</b>	Back S/S (S)
<b>2</b>	Barani (S)
<b>3</b>	Straddle
<b>4</b>	Back S/S (P)
<b>5</b>	Barani (P)
<b>6</b>	Tuck Jump
<b>7</b>	Barani (T)
<b>8</b>	Back S/S (T)
<b>9</b>	3/4 Front S/S (S)
<b>10</b>	Barani Ball Out (T)

- **No max DD in Vol**
- **NI Champs Qualifying score: 52.0**

#### **FIG 11-12**

The set routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate requirements.

1. One element landing on the front of the body
2. One element landing on the back of the body
3. One element with 360° somersault rotation with at least 360° of twist

- **No max DD in Vol**
- **NI Champs Qualifying score: 52.5**

#### **FIG 13-14**

The set routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate requirements.

1. One element landing on the front OR the back of the body
  2. One element from the front or back in combination with requirement No. 1.
  3. One double back or double front somersault with or without twist **and**
  4. One element with a minimum 540° twist and minimum of 360° somersault rotation.
- **No max DD in Vol**
  - **NI Champs Qualifying score: 53.0**

#### **FIG 15-16**

The set routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate requirements.

1. One element landing on the front OR the back of the body
  2. One element from the front or back in combination with requirement No. 1.
  3. One double back or double front somersault with or without twist **and**
  4. One element with a minimum 540° twist and minimum of 360° somersault rotation.
- **No max DD in Vol**
  - **NI Champs Qualifying score: 54.0**

#### **FIG 17+**

1. The set routine consists of ten (10) different elements, each with a minimum of 270° somersault rotation
2. Two (2) elements, marked with an asterix (\*) on the competition card, will have difficulty ratings. The difficulty will then be added to the execution score and horizontal displacement score to give the total score for the set routine.
3. None of these two (2) elements may be repeated in the vol routine, otherwise the difficulty will not be counted.

- **No max DD in Vol**
- **NI Champs Qualifying score: 56.0**

**FIG Open – Open age group min. born 2010**

1. The set routine consists of ten (10) different elements, each with a minimum of 270° somersault rotation
  2. Three (3) elements, marked with an asterix (\*) on the competition card, will have difficulty ratings. The difficulty will then be added to the execution score and horizontal displacement score to give the total score for the set routine.
  3. None of these three (3) elements may be repeated in the vol routine, otherwise the difficulty will not be counted.
  4. These three (3) elements may be used in the final routine however, when a final round is used.
- **No max DD in Vol**
  - **NI Champs Qualifying score: Ladies – 57.5      Men – 58.5**

**At the qualifying events, the Open competitors will compete a Set and a Vol. At the Northern Ireland Championships, the Open competitors will compete a set and a vol and the top 8 gymnasts will compete a final routine.**

## **Double Mini Trampoline (DMT)**

<b>NDP 1</b>		<b>Age Groups: 7-8, 9-10, 11-12, 13+</b>		
	<b>Mount</b>	<b>Spotter</b>	<b>Dismount</b>	<b>DD</b>
<b>Pass 1</b>		Straddle Jump	1/2 Twist Jump	0.2
<b>Pass 2</b>		Tuck Jump	Full Twist Jump	0.4
<b>Pass 3</b>		Tuck Jump	Front s/s (T)	0.5
<b>Pass 4</b>		Pike Jump	Front s/s (P)	0.6
<b>NI Champs Qualifying Score: 109.7</b>				

<b>NDP 2</b>		<b>Age Groups: 7-8, 9-10, 11-12, 13+</b>		
	<b>Mount</b>	<b>Spotter</b>	<b>Dismount</b>	<b>DD</b>
<b>Pass 1</b>		Tuck Jump	Barani (T)	0.7
<b>Pass 2</b>		Pike Jump	Barani (P)	0.7
<b>Pass 3</b>		Back s/s (T)	Front s/s (T)	1
<b>Pass 4</b>		1/2 Twist Jump	Back s/s (T)	0.7
<b>NI Champs Qualifying Score: 111.1</b>				



<b>NDP 3</b>		<b>Age Groups: 7-8, 9-10, 11-12, 13+</b>		
	<b>Mount</b>	<b>Spotter</b>	<b>Dismount</b>	<b>DD</b>
<b>Pass 1</b>		Back s/s (T)	Front s/s (P)	1.1
<b>Pass 2</b>		Back s/s (P)	Front s/s (T)	1.1
<b>Pass 3</b>	Barani (T)		Back s/s (T)	1.2
<b>Pass 4</b>		Barani (T)	Back s/s (P)	1.3
<b>NI Champs Qualifying Score: 112.7</b>				

<b>NDP 4</b>		<b>Age Groups: 7-8, 9-10, 11-12, 13+</b>		
	<b>Mount</b>	<b>Spotter</b>	<b>Dismount</b>	<b>DD</b>
<b>Pass 1</b>		Back s/s (P)	Barani (P)	1.3
<b>Pass 2</b>	Barani (P)		Back s/s (P)	1.3
<b>Pass 3</b>	Barani (S)		Back s/s (S)	1.3
<b>Pass 4</b>		Back s/s (S)	Barani (S)	1.3
<b>NI Champs Qualifying Score: 113.2</b>				

<b>NDP 5</b>		<b>Age Groups: 13-14, 15-16, 17+</b>		
	<b>Mount</b>	<b>Spotter</b>	<b>Dismount</b>	<b>DD</b>
<b>Pass 1</b>		Back s/s (S)	Rudi	1.8
<b>Pass 2</b>	Barani (S)		Full	1.6
<b>Pass 3</b>	Barani (T)		Double Back s/s (T)	2.7
<b>Pass 4</b>		Full	Barani (S)	1.6
<b>NI Champs Qualifying Score: 115.7</b>				

<b>FIG Development 11-12</b>		
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	Mount	Spotter	Dismount	DD
<b>Pass 1</b>	Barani (S)		Back s/s (S)	1.3
<b>Pass 2</b>	Barani (T)		Full	1.6

Gymnasts will perform 2 voluntary passes of their choice as passes 3 & 4. The combined DD of these two passes must equal or exceed **2.9 DD**. Failure to do so will result in a DD score of zero for Pass 4. Passes & Skills cannot be repeated from passes 1 & 2 as per FIG rules. Repeat passes or skills will result in a loss of DD for that skill or pass.

**NI Champs Qualifying score: 113.8**

<b>FIG Development 13-14</b>				
	Mount	Spotter	Dismount	DD
<b>Pass 1</b>	Barani (S)		Full	1.6
<b>Pass 2</b>	Barani (T)		Double Back s/s (T)	2.7

Gymnasts will perform 2 voluntary passes of their choice as passes 3 & 4. The combined DD of these two passes must equal or exceed **4.3 DD**. Failure to do so will result in a DD score of zero for Pass 4. Passes & Skills cannot be repeated from passes 1 & 2 as per FIG rules. Repeat passes or skills will result in a loss of DD for that skill or pass.

**NI Champs Qualifying score: 116.6**

<b>FIG Development 15+</b>				
	Mount	Spotter	Dismount	DD
<b>Pass 1</b>	Barani (S)		Double Back s/s (P)	3.1
<b>Pass 2</b>		Back s/s (T)	Half Out (T)	2.9

Gymnasts will perform 2 voluntary passes of their choice as passes 3 & 4. The combined DD of these two passes must equal or exceed **6.0 DD**. Failure to do so will result in a DD score of zero for Pass 4. Passes & Skills cannot be repeated from passes 1 & 2 as per FIG rules. Repeat passes or skills will result in a loss of DD for that skill or pass.

**NI Champs Qualifying score: 120.0**

FIG	NI Champs Qualifying Scores:		
Age	Men	Women	Max DD per Skill
9--10	113	113	2.8
11--12	116	116	3.6
13--14	118	118	4.4
15--16	122	120	4.6
17+	126	124	No limit

Gymnasts will perform 4 different passes of their choice, no repetitions allowed as per the FIG rules. If a skill exceeds the max DD, that skill will be capped at the max DD.

### Disability Trampoline (DIS)

DIS Novice		Age Groups:	
		Under 15/Over 15 Cat 1	
		Under 15/Over 15 Cat 2	
Routine 1:		Routine 2:	
1	Full Twist Jump	1	Front Landing
2	Straddle Jump	2	To Feet
3	Seat Landing	3	Straddle Jump
4	1/2 Twist to Feet	4	Seat Landing
5	1/2 Twist Jump	5	1/2 Twist to Feet
6	Tuck Jump	6	Tuck Jump
7	Front <b>or</b> Back Landing	7	1/2 Twist Jump
8	To Feet	8	Pike Jump
		9	Back Landing
		10	To Feet
NI Champs Qualifying Score: N/A			

<b>DIS NDP 1</b>		<b>Age Groups:</b>	
		Under 15/Over 15 Cat 1	
		Under 15/Over 15 Cat 2	
<b>Set:</b>		<b>Vol:</b>	
<b>1</b>	½ Twist to Front Landing		<b>Min/Max DD:</b>
<b>2</b>	To Feet		<b>0.9-1.2</b>
<b>3</b>	Straddle Jump		
<b>4</b>	Seat Landing		
<b>5</b>	½ Twist to Seat Landing		
<b>6</b>	½ Twist to Feet		
<b>7</b>	½ Twist Jump		
<b>8</b>	Pike Jump		
<b>9</b>	Back Landing		
<b>10</b>	½ Twist to Feet		
	<b>NI Champs Qualifying Score: 42.9</b>		

<b>DIS NDP 2</b>		<b>Age Groups:</b>	
		Under 15/Over 15 Cat 1	
		Under 15/Over 15 Cat 2	
<b>Set:</b>		<b>Vol:</b>	
<b>1</b>	Full Twist Jump		<b>Min/Max DD:</b>
<b>2</b>	Straddle Jump		<b>1.3-1.9</b>
<b>3</b>	Seat Landing		
<b>4</b>	½ Twist to Seat Landing		
<b>5</b>	½ Twist to Feet		
<b>6</b>	Pike Jump		
<b>7</b>	Back Landing		
<b>8</b>	½ Twist to Feet		
<b>9</b>	Tuck Jump		
<b>10</b>	Front s/s (T)		
	<b>NI Champs Qualifying Score: 43.3</b>		

<b>DIS NDP 3</b>		<b>Age Groups:</b>	
		Under 15/Over 15 Cat 1	
		Under 15/Over 15 Cat 2	
<b>Set:</b>		<b>Vol:</b>	
<b>1</b>	Back s/s (T)		<b>Min/Max DD:</b>
<b>2</b>	Straddle Jump		<b>2.0-3.0</b>
<b>3</b>	Seat Landing		
<b>4</b>	½ Twist to Seat Landing		
<b>5</b>	½ Twist to Feet		
<b>6</b>	Pike Jump		
<b>7</b>	Back Landing		
<b>8</b>	½ Twist to Feet		
<b>9</b>	Tuck Jump		
<b>10</b>	Front s/s (P)		
	<b>NI Champs Qualifying Score: 44.0</b>		

**If gymnasts do not meet the minimum DD they cannot qualify to NI Championships or the Regional Team Qualifier (RTQ)**

**If gymnasts exceed the maximum DD their DD will be capped at the maximum**

## Synchronised Trampoline (TRS)

Synchronised Trampoline will only appear at the Northern Ireland Championships

Pairs will be same gender and made up of gymnasts who have qualified to the Northern Ireland Championships in Individual Trampoline. Pairs may be made up of gymnasts from different clubs.

- NDP 1-3 gymnasts may take part in Junior Synchro
- NDP 4-6 gymnasts may take part in Senior Synchro
- FIG/OPEN gymnasts may take part in FIG Synchro

***One gymnast per pair may move up a level to make a pair, however gymnasts may NOT move down a level to make a pair.***

**Junior Synchro Set:** NDP 1 Set A      **Vol Max DD:** 4.0

**Senior Synchro Set:** NDP 4 Set A      **Vol Max DD:** 7.0

**FIG Synchro Set:** FIG 11-12 Set      **No Max DD in Vol**