



GNI 2019 Trampoline Competition Handbook

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 – 26th November 2018

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GNI Competition Calendar

Event	Date	Closing Date	Venue
NDP 1 & NI Qualifier 1	3 rd Feb	19 th Jan	Newry Leisure Centre
<i>TRA: Novice, NDP 1-6, FIG & Open. DIS: Novice, NDP 1-3. <u>NO DMT</u></i>			
NDP 2 & NI Qualifier 2	24 th Feb	9 th Feb	Ards Leisure Centre (New Centre)
<i>TRA: Novice, NDP 1-6, FIG & Open. DMT: NDP 1-FIG DEV & FIG. DIS: Novice, NDP 1-3</i>			
Regional Team Qualifier	17 th March	9 th March	Flight Gymnastics Academy
<i>TRA: NDP 1-6. DMT: NDP 1-FIG DEV. DIS NDP 1-3. Range and Conditioning Testing</i>			
NI Qualifier 3	31 st March	16 th March	Ards Leisure Centre (New Centre)
<i>TRA: Novice, NDP 1-6, FIG & Open. DMT: NDP 1-FIG DEV & FIG. DIS: Novice, NDP 1-3. R&C Testing</i>			
NI Qualifier 4	20 th April	6 th April	Ards Leisure Centre (New Centre)
<i>TRA: Novice, NDP 1-6, FIG & Open. DMT: NDP 1-FIG DEV & FIG. DIS: Novice, NDP 1-3. R&C Testing</i>			
NI Championships	26 th May	4 th May	Newry Leisure Centre
<i>TRA: NDP 1-6, FIG & Open. DMT: NDP 1-FIG DEV & FIG. TRS: Junior, Senior & FIG. DIS: NDP1-3</i>			

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, 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.

Judges

BG does not require judges to complete an Access NI check to judge at BG competitions, as the role that judges fulfill 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.

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 per missing judge. 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 quote 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 2012 and 2011
- 9 and 10 years born 2010 and 2009
- 11 and 12 years born 2008 and 2007
- 13+ years born 2006 and before
- 13 and 14 years born 2006 and 2005
- 15+ years born 2004 and before
- 15 and 16 years born 2004 and 2003
- 17+ years born 2002 and before
- 17 - 21 years born 2002 and 1998
- Open born 2008 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 and be the same colour, design and material as the leotard)**
- 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 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.british-gymnastics.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

In the first two events (NI Qualifiers 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 1-6 & FIG Development 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 (8th – 9th June 2019 in Birmingham).

9-10 yrs is the youngest age group eligible for the Regional Team Final NDP 1-5 and 11-14 is the youngest age group eligible for NDP 6+.

Trampoline Disabilities Levels 1-3 will be included this season to be given the chance to qualify for the Regional Team Finals in the same way as mainstream trampoline. **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.**

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.

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

Trampoline

Novice

Age Groups: 7-8, 9-10, 11+

Routine 1:

1. Front Landing
2. To Feet
3. Straddle Jump
4. Seat Landing
5. To Feet
6. ½ Twist Jump
7. Tuck Jump
8. Pike Jump
9. Back Landing
10. To Feet

Routine 2:

1. ½ Twist to Front Landing
2. To Feet
3. Straddle Jump
4. Seat Landing
5. ½ Twist to Seat Landing
6. ½ Twist to Feet
7. Tuck Jump
8. Pike Jump
9. Back Landing
10. ½ Twist to Feet

Bonus Routine:

Gymnasts do not have to attempt this routine but will receive a bonus for completing it. No execution will be awarded, just a bonus. Gymnasts must stay on their feet at end to receive bonus

Tuck Jump, Front s/s (T) landing on throw in mat – **0.5 Bonus**

OR

Tuck Jump, Front s/s (T) landing on the trampoline bed – **1.0 Bonus**

Max DD: No DD will be awarded

NI Champs Qualifying Score: N/A

NDP 1**Age Groups:** 7-8, 9-10, 11-12, 13+**Set A:**

1. Full Twist
2. Straddle Jump
3. ½ Twist to Seat Landing
4. ½ Twist to Feet
5. ½ Twist Jump
6. Pike Jump
7. Back Landing
8. ½ Twist to Feet
9. Tuck Jump
10. Front s/s (T)

Set B:

1. Back s/s (T)
2. Straddle Jump
3. ½ Twist to Seat Landing
4. ½ Twist to Feet
5. ½ Twist Jump
6. Pike Jump
7. Back Landing
8. ½ Twist to Feet
9. Tuck Jump
10. Front s/s (P)

Vol:**Max DD:** 3.0**NI Champs Score:** 49.0**NDP 2****Age Groups:** 7-8, 9-10, 11-12, 13+**Set A:**

1. Back s/s (T)
2. Straddle Jump
3. ½ Twist to Seat Landing
4. ½ Twist to Feet
5. ½ Twist Jump
6. Pike Jump
7. Back Landing
8. ½ Twist to Feet
9. Tuck Jump
10. Front s/s (P)

Set B:

1. Back s/s (T)
2. Straddle Jump
3. Barani (T)
4. Tuck Jump
5. Back s/s (T) to Seat Landing
6. ½ Twist to Feet
7. ½ Twist Jump
8. Pike Jump
9. ½ Twist to Front Landing
10. To Feet

Vol:**Max DD:** 3.5**NI Champs Score:** 49.5

NDP 3**Age Groups:** 7-8, 9-10, 11-12, 13+**Set A:**

1. Back s/s (T)
2. Straddle Jump
3. Barani (T)
4. Tuck Jump
5. Back s/s (T) to Seat Landing
6. ½ Twist to Feet
7. ½ Twist Jump
8. Pike Jump
9. ½ Twist to Front Landing
10. To Feet

Set B:

1. Bss (S)
2. Straddle Jump
3. Back s/s (T)
4. Barani (T)
5. ½ Twist Jump
6. Tuck Jump
7. Back s/s (T) to Seat Landing
8. ½ Twist to Feet
9. Pike Jump
10. Front s/s (P)

Vol:**Max DD:** 4.0**NI Champs Score:** 50.0**NDP 4****Age Groups:** 7-8, 9-10, 11-12, 13+**Set A:**

1. Back s/s (S)
2. Straddle Jump
3. Back s/s (T)
4. Barani (T)
5. ½ Twist Jump
6. Tuck Jump
7. Back s/s (T) to Seat
8. ½ Twist to Feet
9. Pike Jump
10. Front s/s (P)

Set B:

1. Back s/s (S)
2. Straddle Jump
3. Back s/s (P)
4. Barani (P)
5. ½ Twist Jump
6. Tuck Jump
7. Barani (T)
8. Back s/s (T)
9. Pike Jump
10. Front s/s (P)

Vol:**Max DD:** 5.0**NI Champs Score:** 51.0

NDP 5**Age Groups:** 7-8, 9-10, 11-12, 13-14, 15+**Set A:**

1. Back s/s (S)
2. Straddle Jump
3. Back s/s (P)
4. Barani (P)
5. ½ Twist Jump
6. Tuck Jump
7. Barani (T)
8. Back s/s (T)
9. Pike Jump
10. Front (P)

Set B:

1. ¾ Back s/s (SL)
2. To Feet*
3. Straddle Jump
4. Back s/s (P)
5. Barani (P)
6. Tuck Jump
7. Barani (T)
8. Back s/s (T)
9. ¾ Front s/s (S)
10. ½ Twist to Feet**

Vol:**Max DD:** 6.0**NI Champs Qualifying Score:** 51.5

(*if gymnasts perform a cody (T) they receive a 0.3 bonus)

(** if gymnasts perform a barani ball out (T) they receive a 0.3 bonus)

NDP 6**Age Groups:** 9-10, 11-14, 15-16, 17+**Set A:**

1. Back s/s (S)
2. Barani (S)
3. Straddle Jump
4. Back s/s (P)
5. Barani (P)
6. Tuck Jump
7. Barani (T)
8. Back s/s (T)
9. ¾ Front s/s (S)
10. Barani Ball out (T)

Set B:

1. ¾ Back s/s (S)
2. Cody (T)
3. Straddle Jump
4. Barani (P)
5. Back s/s (S)
6. Full twisting Back s/s
7. Barani (T)
8. Back s/s (T)
9. ¾ Front s/s (S)
10. Barani Ballout (T)

Vol:**Max DD:** 7.0**NI Champs Qualifying Score:** 52.5

FIG**Age Groups:** 9-10, 11-12, 13-14, 15-16, 17+**Set:** (9-10)

1. $\frac{3}{4}$ Back s/s (SL)
2. To Feet*
3. Straddle Jump
4. Back s/s (P)
5. Barani (P)
6. Tuck Jump
7. Barani (T)
8. Back s/s (T)
9. $\frac{3}{4}$ Front s/s (S)
10. Barani Ballout (T)

(*if gymnasts perform a cody they receive a 0.3 bonus)

Vol:

A voluntary 10 skill routine

Max DD: No max DD**NI Champs Qualifying Score:** 52.0**Set:** (11-12)

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

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

Vol: A voluntary 10 skill routine. **Max DD:** No max DD**NI Championships Qualifying Score:** 52.5

Set: (13-14)

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

1. One element to front or back
2. One element from front or back in combination with requirement No. 1
3. One double back or double front somersault with or without twist **and**
4. One element with a minimum of 540 degrees twist and minimum of 360 degrees somersault rotation.

Vol: A voluntary 10 skill routine. **Max DD:** No max DD

NI Championships Qualifying Score: 53.0

Set: (15-16)

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

1. One element to front or back
2. One element from front or back in combination with requirement No. 1
3. One double back or double front somersault with or without twist **and**
4. One element with a minimum of 540 degrees twist and minimum of 360 degrees somersault rotation.

Vol: A voluntary 10 skill routine. **Max DD:** No max DD

NI Championships Qualifying Score: 54.0

Set: (17+)

1. The routine consists of ten (10) different elements, each with a minimum of 270 degrees somersault rotation
2. Two (2) elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will then be added to the execution, time of flight and horizontal displacement score to give the total score for the first routine.
3. None of these two (2) elements may be repeated in the second routine of the qualifying round; otherwise the difficulty will not be counted

Vol: A voluntary 10 skill routine. **Max DD:** No max DD

NI Championships Qualifying Score: 56.0

Open

Age Group: Open age group min. born 2008

Set:

The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. THREE elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine. None of these THREE elements may be repeated in the second routine.

Vol: A voluntary 10 skill routine. **Max DD:** No max DD, but if either of the THREE asterisked moves from the first routine are repeated in the second routine they will not be awarded difficulty in that routine.

NI Championships Qualifying Score: Ladies: 57.5 Mens: 58.5

In the Regional events, the Open competitors will compete a set and a vol. At the Northern Ireland Championships, the Open competitors will compete a set, a vol and a final routine.

Double Mini Trampoline (DMT)

NDP 1 Age Groups: 7-8, 9-10, 11-12, 13+

	<u>Mount</u>	<u>Spotter</u>	<u>Dismount</u>	<u>DD</u>
Pass1		Tuck Jump	Full Twist Jump	0.4
Pass2		Pike Jump	½ Twist Jump	0.2
Pass3		Full Twist	Pike Jump	0.4
Pass4		Tuck Jump	Front ss (T)	0.5

DD: DD is set but will be recorded and added to score **NI Champs Qualifying Score: 109.3**

NDP 2 Age Groups: 7-8, 9-10, 11-12, 13+

	<u>Mount</u>	<u>Spotter</u>	<u>Dismount</u>	<u>DD</u>
Pass1		Tuck Jump	Barani (T)	0.7
Pass2		Pike Jump	Front ss (P)	0.6
Pass3		Back ss (T)	Tuck Jump	0.5
Pass4		Tuck Jump	Barani (P or S)	0.7

DD: DD is set but will be recorded and added to score **NI Champs Qualifying Score: 110.3**

NDP 3 Age Groups: 7-8, 9-10, 11-12, 13+

	<u>Mount</u>	<u>Spotter</u>	<u>Dismount</u>	<u>DD</u>
Pass1		½ Twist	Back ss (T)	0.7
Pass2		Full Twist	Barani (T)	1.1
Pass3		Back ss (T)	Front ss (T)	1.0
Pass4		Barani (T)	½ Twist Jump	0.9

DD: DD is set but will be recorded and added to score **NI Champs Qualifying Score: 111.5**

NDP 4**Age Groups:** 7-8, 9-10, 11-12, 13+

	<u>Mount</u>	<u>Spotter</u>	<u>Dismount</u>	<u>DD</u>
Pass1	Barani (T)	Barani (T)	Back s/s (T)	1.2
Pass2		Back s/s (P)	Front s/s (P)	1.2
Pass3	Barani (T)	Barani (T)	Back s/s (P)	1.3
Pass4		Back s/s (T)	Barani (P)	1.2

Where skills are indicated in red, gymnasts can choose to use a mount or a spotter skill but must still ensure that the same skill is not used in the same place in another pass. All 4 passes must remain different.

DD: DD is set but will be recorded and added to score **NI Champs Qualifying Score:** 112.7

NDP 5**Age Groups:** 7-8, 9-12, 13-14, 15+

	<u>Mount</u>	<u>Spotter</u>	<u>Dismount</u>	<u>DD</u>
Pass1		Back s/s (P)	Barani (P)	1.3
Pass2	Barani (P)	Barani (P)	Back s/s (P)	1.3
Pass3	Barani (T)	Barani (T)	Back s/s (S)	1.3
Pass4		Back s/s (T)	Barani (S)	1.2

Where skills are indicated in red, gymnasts can choose to use a mount or a spotter skill but must still ensure that the same skill is not used in the same place in another pass. All 4 passes must remain different.

DD: DD is set but will be recorded and added to score **NI Champs Qualifying Score:** 113.0

NDP 6	Age Groups: 11-14, 15-16, 17+			
	<u>Mount</u>	<u>Spotter</u>	<u>Dismount</u>	<u>DD</u>
Pass1		Back s/s (s)	Barani (s)	1.3
Pass2	Barani (S)	Barani (S)	Back s/s (S)	1.3
Pass3	Barani (T)	Barani (T)	Full Twisting back s/s	1.6
Pass4		Back s/s (T)	Rudi	1.7

Where skills are indicated in red, gymnasts can choose to use a mount or a spotter skill but must still ensure that the same skill is not used in the same place in another pass. All 4 passes must remain different.

DD: DD is set but will be recorded and added to score **NI Champs Qualifying Score: 113.7**

FIG Development	Age Groups: 11-14, 15-16, 17+			
	<u>Mount</u>	<u>Spotter</u>	<u>Dismount</u>	<u>DD</u>
Pass1		Back s/s (S)	Rudi	1.8
Pass2	Barani (S)	Barani (S)	Full	1.6

For **passes 3 & 4** Gymnasts will perform 2 voluntary passes of their choice which must equal or exceed the minimum combined two pass DD total of **5.6**. Failure to do so will result in a DD score of zero for this round. Passes and skills cannot be repeated from passes 1 & 2. Repeat passes or skills will result in a loss of DD for that skill or pass.

Where skills are indicated in red, gymnasts can choose to use a mount or a spotter skill but must still ensure that the same skill is not used in the same place in another pass. All 4 passes must remain different.

DD: DD will be recorded and added to score **NI Champs Qualifying Score: 115.8**

FIG

Age Groups: 9-10, 11-12, 13-14, 15-16, 17+

4 **Different** Optional Passes – No Max DD. Tariff sheets must be submitted for FIG.

NI Champs Qualifying Scores:	<u>Men</u>	<u>Women</u>
9-10	113	113
11-12	116	116
13-14	118	118
15-16	122	120
17 +	126	124

Zero Scores

Incomplete passes will receive a **zero score**

Passes performed out of order (NDP 1-FIG Development) will receive a **zero score**

Passes not meeting minimum criteria or prescribed passes will receive a **zero score**

Gymnasts receiving a zero score cannot receive a medal/trophy.

Synchronised Trampoline

Synchronised Trampoline will only appear at the Northern Ireland Championships.

Pairs will be same gender and made of up gymnasts who have qualified to the NI Championships in Individual Trampoline.

Junior Synchro:

First Routine: NDP 1 Set A

Second Routine: A voluntary 10 skill routine. **Max DD:** 4.0

Senior Synchro:

First Routine: NDP 5 Set A

Second Routine: A voluntary 10 skill routine. **Max DD:** 7.0

FIG Synchro:

First Routine: FIG 11-12 Set

Second Routine: A voluntary 10 skill routine. **No Max DD**

Disability Trampoline (DIS)

DIS Novice

Under 15/Over 15 Cat 1 Men's/Women's

Under 15/Over 15 Cat 2 Men's/Women's

Routine 1:

1. Full Twist Jump
2. Straddle Jump
3. Seat Landing
4. ½ Twist to Feet
5. ½ Twist Jump
6. Tuck Jump
7. Front **or** Back Landing
8. To Feet

Routine 2:

1. Front Landing
2. To Feet
3. Straddle Jump
4. Seat Landing
5. ½ Twist to Feet
6. Tuck Jump
7. ½ Twist Jump
8. Pike Jump
9. Back Landing
10. To Feet

Max DD: No DD will be awarded

NI Champs Qualifying Score: N/A

DIS NDP 1

Under 15/Over 15 Cat 1 Men's/Women's

Under 15/Over 15 Cat 2 Men's/Women's

Set:

1. ½ Twist to Front
2. To Feet
3. Straddle Jump
4. Seat Landing
5. ½ Twist to Seat Landing
6. ½ Twist to Feet
7. ½ Twist Jump
8. Pike Jump
9. Back Landing
10. ½ Twist to Feet

Vol:

Max DD: 0.9 - 1.2**

NI Champs Qualifying Score: 42.9

DIS NDP 2**Under 15/Over 15 Cat 1 Men's/Women's****Under 15/Over 15 Cat 2 Men's/Women's****Set:**

1. Full Twist Jump
2. Straddle Jump
3. Seat Landing
4. ½ Twist to Seat Landing
5. ½ Twist to Feet
6. Pike Jump
7. Back Landing
8. ½ Twist to Feet
9. Tuck Jump
10. FSS (T)

Vol:**DD Range: 1.3 - 1.9******NI Champs Qualifying Score: 43.3****DIS NDP 3****Under 15/Over 15 Cat 1 Men's/Women's****Under 15/Over 15 Cat 2 Men's/Women's****Set:**

1. BSS (T)
2. Straddle Jump
3. Seat Landing
4. ½ Twist to Seat Landing
5. ½ Twist to Feet
6. Pike Jump
7. Back Landing
8. ½ Twist to Feet
9. Tuck Jump
10. FSS (P)

Vol:**DD Range: 2.0- 3.0******NI Champs Qualifying Score: 44.0*******Minimum DD not reached – placing will still be achieved but will not qualify to NI Champs********Maximum DD exceeded – placing and qualification can still be achieved but difficulty will be capped***