



Domestic Competition Structure

Trampoline (Synchronised)

FIG Level 2020

Trampoline National Technical Committee – Final Version 16th July 2019

TRA FIG Level Technical Requirements

TRA YOUTH 9-12yrs Synchronised

1st Routine – WAGC Requirements

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° somersault rotation with at least 360° of twist

2nd Routine – Performance Standard

1. Minimum difficulty of 5.6 for male & female gymnasts
2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.
3. Difficulty will be capped at 1.5 per element
4. The performing of triple and quadruple somersaults is prohibited and will result in disqualification

TRA JUNIOR 13-16yrs

1st Routine – WAGC Requirements

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

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

2nd Routine – Performance Standards

1. Minimum difficulty of 8.0 for male gymnasts and 7.5 for female gymnasts
2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.
3. Difficulty will be capped at 1.8 per element
4. The performing of quadruple somersaults is prohibited and will result in disqualification

TRA SENIOR 17yrs+

1st Routine – WAGC Requirements

1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.
2. Four elements marked with an asterisk (*) on the competition card will have difficulty ratings. The difficulty will be added to the execution, time of flight and horizontal displacement scores to give the total score.
3. None of these four elements may be repeated in the second routine of the qualifying round otherwise the difficulty will not be counted.
4. If any of the Two asterisk (*) moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine

2nd Routine – Performance Standard

1. Minimum combined 1st & 2nd routine difficulty of 11.5 for male gymnast and 10.0 for female gymnasts
2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.
3. The performing of quadruple somersaults is prohibited and will result in disqualification

Gymnasts can only compete in the age category that they are eligible for and cannot 'jump up' an age group.

TRA FIG Level Synchronised Event FIG Level

Synchronised British Championships

- FIG rules will be applied other than;
 - if there are fewer than 8 gymnasts in any age group the score will be cumulative over the 2 rounds of competition (qualification & final)
 - The starting order for the Final will be in order of merit, the gymnast with the lowest total score in the Qualifying Round going first.

At all British Gymnastics events a nominated panel (Member of TC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time.