



# Domestic Competition Structure

Trampoline (Individual)

FIG Level 2020

Trampoline National Technical Committee – Final Version 16<sup>th</sup> July 2019

**British**  
**Gymnastics**

## NATIONAL TRAMPOLINE TECHNICAL COMMITTEE - National Competition Structure 2020

The British Gymnastics (BG) National Trampoline Technical Committee (NTTC) is responsible and accountable to BG for the development and direction of all Trampoline, Double Mini-Trampoline and Tumbling for all BG members. Any 'Open' competitions organised under BG membership/insurance must be authorised by the NTTC. Any regional activity providing opportunity for members of the region must be authorised by the relevant Regional Executive Committee and in consultation with the NTTC.

The competition seasons are from 1<sup>st</sup> October to 30<sup>th</sup> September.

Gymnasts and Coaches may select their competition pathway and entry level (see Approval Panel for FIG Level). After the appropriate level has been selected and competed at, a gymnast cannot change levels during the same competition season.

Following a consultation process with National Coaches and the coaches from the three High Performance Centres, we have made some changes to the TRA competition structures for 2020.

The main changes are as follows (with rationale) for your information:

- 1) **Amalgamation of NDP Individual Finals and Regional Team Finals:** from 2020, the NDP Finals will no longer be a separate competition. The Regional Team Finals will incorporate the individual finals, hence the change of event name to NDP Individual & Regional Team Finals.  
The reasons for this are:
  - a) gymnasts not accepting their qualified place at the NDP finals because it is too similar to the RTF
  - b) we have a limited number of events that are supported by the BG event team, so with the introduction of a new competition (see below), one had to be removed from the calendar. In order to make this decision, we have looked very carefully at what each discipline has with regards to competitions and what we needed to include.
- 2) **The introduction of a new event: British Synchro Championships and British Club Teams competition.** From 2020, synchro will not be included in the Individual British Championships, but instead will make up part of the new combined event. Both synchro and team events have not been a priority recently, but now is the appropriate time to include them in all of our competition structures.
- 3) **Amalgamation of FIG Development and FIG Performance:** Due to the improving standard of performance in trampoline, it is no longer necessary to have both FIG Development and FIG Performance. Coupled with the removal of the NDP Finals from the calendar, these levels have been combined. As a result, we have reduced the minimum difficulty required to compete at this level, and will use the total score as the main criteria for qualification to the British Championships and have removed the compulsory routines. From 2020, all age groups (except 9-10yrs) will compete two routines - a first routine with WAGC requirements (Senior requirements for the Men's and Ladies) and a voluntary routine.
- 4) **Implementation of an FIG approval panel:** Further information can be found in the Trampoline Spring Event Series Approval Panel Process 2020 document available on the British Gymnastics website; <https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline/10912-trampoline-spring-event-series-approval-panel-process-2020/file>.
- 5) **Increased number of qualifiers to British Championships:** To accommodate gymnasts from both FIG Development and FIG Performance, we have increased the number of potential qualifiers in each age group to the British Championships from 16 to 24.
- 6) **Change of age groups in NDP levels with an age cap:** To reflect the FIG's international age groups, there is an upper age limit of 21 in the year of competition for qualifiers. Regions can run 'out of age' events in their regional competitions, but these categories will not be able to qualify through to the NDP Individual & Regional Team Final. They will, however, be able to enter the British Adult Championships. This also means that all age groups have the same opportunities.
- 7) **Change of date for the British Championships:** From 2020, the British Championships will be at the beginning of July. The reasons for this are: 1) to avoid potential clashes with the World Cup Series and 2) to finish the domestic season earlier in order to support planning and training phases. This will also allow time to make WAGC selections prior to the Definitive Entry.

All other minor changes are outlined below.

The British Club Teams Competition is for all disciplines: TRA, DMT, TUM & DIS and there is a link to the technical document in the competition handbook.

The TC would like to thank those involved in the consultation and look forward to this next step in our drive to improve performance, opportunity and delivery of events.

#### Changes for 2020

1. FIG Development Level is now amalgamated at FIG Level
2. Changes to difficulty requirements (all age groups)
3. Changes to routine requirements (9-10yrs, 11-12yrs & 13-14yrs)
4. Changes to the performance standards to qualify to the British Championships (Individual)
5. Introduction of and Approval Panel for FIG Level
6. Introduction of Range & Conditioning at FIG Level (Approval Panel)
7. The British Championships (Individual) are in July 2020
8. The Synchronised event will not be included at the Individual British Championships
9. A new event has been introduced - British Club Teams and Synchronised event

**Please refer to the National Competition Handbook for further information**

## TRA Approval Panel

### FIG Level

The Approval Panel has been introduced to maintain the integrity of the performance standard at FIG Level and to ensure coaches are introducing the gymnast/s they coach at the correct level of competition.

#### Who will be required to attend the Approval Panel?

1. Any gymnasts who wish to enter the 2020 Spring Events Series, FIG Level:
  - a. who did not demonstrate (in 2019) the minimum difficulty performance standards as per 2020 requirements for FIG Performance Level or as per 2019 requirements for FIG Development Level.
  - b. who have not competed at FIG Performance Level before

Scores, from any Domestic competitions may be submitted for consideration demonstrating the required DD for FIG level 2020.

#### What will be required to be demonstrated for the Approval Panel?

- FIG Level Range & Conditioning with a passing mark
- 1st Routine requirement – 17-21yrs and seniors only
  - A complete routine that includes the stated technical requirements (plus minimum DD for first routine) and with a minimum execution score of 7.5
- 2nd Routine requirement – all age groups
  - Complete routine with the minimum difficulty performance standard and with a minimum execution score of 7.0

#### Approval Panel Process

1. Gymnasts will be awarded two opportunities per routine to demonstrate the required performance standards as listed above (if the performance standard is achieved on the first attempt a second attempt will not be afforded)
2. Full details of the process and dates are available on the British Gymnastics website: <https://www.british-gymnastics.org/technical-information/competition-handbooks/trampoline/10912-trampoline-spring-event-series-approval-panel-process-2020/file>.

**Please Note:** A gymnast cannot change levels during the same competition season.

## TRA FIG Level Technical Requirements

### TRA 9-10yrs

#### 1st Routine – Compulsory

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. Ballout Barani (T)

#### 2<sup>nd</sup> Routine – Performance Standard

1. Minimum difficulty 5.1
2. Maximum difficulty 6.3
3. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.
4. Difficulty will be capped at 1.1 per element
5. The performing of triple and quadruple somersaults is prohibited and will result in disqualification

### TRA 11-12yrs

#### 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

#### 2<sup>nd</sup> Routine – Performance Standard

1. Minimum difficulty of 6.3 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 13-14yrs

#### 1<sup>st</sup> 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

#### 2<sup>nd</sup> Routine – Performance Standards

1. Minimum difficulty of 8.3 for male gymnasts and 7.8 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 1.7 per element
4. The performing of quadruple somersaults is prohibited and will result in disqualification

**TRA 15-16yrs****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

**2<sup>nd</sup> Routine – Performance Standard**

1. Minimum difficulty of 9.5 for male gymnast and 8.3 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 17-21yrs****1st Routine – WAGC Requirements**

1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.
2. Two 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 two 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

**2<sup>nd</sup> Routine – Performance Standard**

1. Minimum combined 1<sup>st</sup> & 2<sup>nd</sup> routine difficulty of 13.0 for male gymnast and 10.8 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

**TRA Senior****1st Routine – FIG A 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 four asterisk (\*) moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine

**2<sup>nd</sup> Routine – Performance Standard**

1. Minimum combined 1<sup>st</sup> & 2<sup>nd</sup> routine difficulty of 17.5 for male gymnast and 15.3 for female gymnasts
2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.

## TRA FIG Level Individual Events FIG Level

### Spring Event Series

- 2 x British Gymnastics qualifying events for FIG Level leading to the British Championships
  - Cumulative 2 round score will determine the ranking
  - Incomplete routines will result in a zero 'DNF' score
  - Gymnasts receiving a zero 'DNF' score will not be awarded a medal
  - Gymnasts who do not demonstrate the minimum difficulty performance standard will:
    - not be awarded a medal
    - not be eligible to qualify for the Individual British Championships

### Individual British Championships

- Culmination event for FIG Level Gymnasts
  - 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.*

## Qualification to the Individual British Championships 2020

### Qualification Process post the SES 1 & 2:

1. Up to a maximum of 24 places per age group, per gender. This will include (in priority order);
  - a. any gymnast awarded an allocated place following a petition who has represented Great Britain in the 2019 World Championships or 2019 World Age Group Competition (as per competition handbook)
  - b. any gymnast awarded an allocated place following a performance petition that are members of the British Gymnastics Performance Pathway (including Home Nations Programmes)
  - c. any gymnast awarded an allocated place following an injury petition
  - d. Criteria 1-3 below

### Criteria 1:

Any gymnasts that have achieved the minimum performance standards listed below;

Men		Women	
Age Group	2 Round Qualification Score	Age Group	2 Round Qualification Score
9-10yrs	77.500	9-10yrs	77.500
11-12yrs	80.500	11-12yrs	80.500
13-14yrs	85.500	13-14yrs	84.500
15-16yrs	88.500	15-16yrs	86.500
17-21yrs	93.000	17-21yrs	89.000
Senior	101.000	Senior	96.000

*To be ranked on the British Championships Qualification Ranking List, all gymnasts must have performance the minimum difficulty per age, per gender.*

**Criteria 2:**

Any gymnasts that have achieved the minimum performance execution standards listed below;

Men & Women	
Age Group	2 Round Combined E Score
9-10yrs	31.0
11-12yrs	31.0
13-14yrs	31.0
15-16yrs	31.4
17-21yrs	31.4
Senior	31.4

*To be ranked on the British Championships Qualification Ranking List, all gymnasts must have performance the minimum difficulty per age, per gender.*

**Criteria 3:**

If places are available, up to a maximum of 24 places and taking the allocated petition places into consideration first, any gymnast that are ranked higher than gymnasts that have achieved Criteria 2 will be eligible to qualify. *To be ranked on the British Championships Qualification Ranking List, all gymnasts must have performance the minimum difficulty per age, per gender.*

**Allocated places via petition (as listed above)**

Petitions must be sent in writing to the Chair of the NTTC

**Allocated places**

In the interest of the British Championships as an event, additional allocated places may be awarded and in consultation with the national performance pathway programme coaches and the NTTC.

**Please note that allocated places are not guaranteed**