



Domestic Competition Structure

Trampoline National Development Plan 2021

Trampoline National Technical Committee – Revised 21st September 2020

NATIONAL TRAMPOLINE TECHNICAL COMMITTEE - National Competition Structure 2021

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 1st October to 30th September.

Gymnasts and Coaches may select their competition pathway and entry level. After the appropriate level has been selected and competed at, a gymnast cannot change levels during the same competition season. If a gymnast competes at the Regional NDP Compulsory Final, they will not then be eligible to compete at FIG in the Spring Event Series as they will have selected their pathway.

Due to the COVID-19 Pandemic, there is more flexibility and Regions have the opportunity to run Regional NDP Compulsory Events between 1st October 2020 and 28th February 2021 that may form part of a qualification process to a Regional NDP Compulsory Final or only run the Compulsory Final. This event must be run between 1st March & 18th April 2021.

If Regions make available the Regional NDP Compulsory Events, gymnasts should enter the age group that they will be eligible for on 1st January 2021. The Regional NDP Compulsory Events may be used as 'Test' events, which will enable gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to qualify and enter at the Regional NDP Compulsory Final.

Reminder of Changes introduced in 2020 and relevant for 2021

1. Removal of NDP Finals as a separate event.
2. Individual NDP Final is now incorporated into the Regional Team Final
3. FIG Development Level is now amalgamated at FIG Level
4. Change to routines at NDP Level 5 (due to changes at FIG level)
5. Change to age groups
6. Out of age and waiver to the Adult British Championships (see link for event details)
7. A new event has been introduced - British Club Teams and Synchronised event

New for 2021 – Time of Flight will be included in regional qualification competitions

Please refer to the National Competition Handbook for further information

TRA NDP Physical Preparation Requirements

RANGE & CONDITIONING	
NDP Levels 1-6, All Age Groups	
Forward Roll to Dish Shape (SL) - hold for 2 seconds	
4 x 1 Leg Alternate V Sit (2 x left & 2 x right)	
Back Support – hold for 2 seconds	
Straddle Fold – hold for 2 seconds	
Pike Fold – hold for 2 seconds	
Left Splits, Right Splits	
Back Arch – hold for 2 seconds	
Press up to Front Support – hold for 2 seconds	
Burpee to Long Stand with Arms Overhead	
Standing Shoulder Flexibility – hold for 2 seconds	
Minimum Standard to qualify to NDP Individual & Regional Team Final	70% pass mark

Physical preparation is required at all NDP Levels

TRA NDP Technical Requirements

	CLUB Level 1	CLUB Level 2	CLUB Level 3
	Compulsory x 2	Compulsory x 2	Compulsory x 2
7-8yrs		½ Twist To Front Landing	Full Twist
9-10yrs	Front Landing		
11-12yrs	To Feet	To Feet	Straddle Jump
13yrs+	Straddle Jump	Straddle Jump	½ Twist to Seat Landing
<i>OR as determined by Clubs or Regions</i>	Seat Landing	Seat Landing	½ Twist to Feet
	To Feet	½ Twist To Seat Landing	½ Twist Jump
	½ Twist Jump	½ Twist To Feet	Pike Jump
	Tuck Jump	Tuck Jump	Back Landing
	Pike Jump	Pike Jump	½ Twist to Feet
	Back Landing	Back Landing	Tuck Jump
	To Feet	½ Twist To Feet	Front s/s (T)

NDP Level 1		
	Compulsory A	Compulsory B
7-8yrs*		
9-10yrs	Full Twist	Back s/s (T)
11-12yrs	Straddle Jump	Straddle Jump
13-17yrs	½ Twist to Seat Landing	½ Twist to Seat Landing
18+yrs*	½ Twist to Feet	½ Twist to Feet
	½ Twist Jump	½ Twist Jump
	Pike Jump	Pike Jump
	Back Landing	Back Landing
	½ Twist to Feet	½ Twist to Feet
	Tuck Jump	Tuck Jump
	Front s/s (T)	Front s/s (P)

*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 2		
	Compulsory A	Compulsory B
7-8yrs*		
9-10yrs	Back s/s (T)	Back s/s (T)
11-12yrs	Straddle Jump	Straddle Jump
13-17yrs	½ Twist to Seat Landing	Barani (T)
18+yrs*	½ Twist to Feet	Tuck Jump
	½ Twist Jump	Back s/s (T) to Seat Landing
	Pike Jump	½ Twist to Feet
	Back Landing	½ Twist Jump
	½ Twist to Feet	Pike Jump
	Tuck Jump	½ Twist to Front Landing
	Front s/s (P)	To Feet

*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 3		
	Compulsory A	Compulsory B
7-8yrs*		
9-10yrs	Back s/s (T)	Back s/s (S)
11-12yrs	Straddle Jump	Straddle Jump
13-17yrs	Barani (T)	Back s/s (T)
18+yrs*	Tuck Jump	Barani (T)
	Back s/s (T) to Seat Landing	½ Twist Jump
	½ Twist to Feet	Tuck Jump
	½ Twist Jump	Back s/s (T) to Seat Landing
	Pike Jump	½ Twist to Feet
	½ Twist to Front Landing	Pike Jump
	To Feet	Front s/s (P)

*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 4		
	Compulsory A	Compulsory B
7-8yrs*		
9-10yrs	Back s/s (S)	Back s/s (S)
11-12yrs	Straddle Jump	Straddle Jump
13-17yrs	Back s/s (T)	Back s/s (P)
18+yrs*	Barani (T)	Barani (P)
	½ Twist Jump	½ Twist Jump
	Tuck Jump	Tuck Jump
	Back s/s (T) to Seat Landing	Barani (T)
	½ Twist to Feet	Back s/s (T)
	Pike Jump	Pike Jump
	Front s/s (P)	Front s/s (P)

*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 5		
9-10yrs	Compulsory A	Compulsory B
	Back s/s (S)	Back s/s (S)
	Straddle Jump	Barani (S)
	Back s/s (P)	Straddle Jump
	Barani (P)	Back s/s (P)
	½ Twist Jump	Barani (P)
	Tuck Jump	Tuck Jump
	Barani (T)	Barani (T)
	Back s/s (T)	Back s/s (T)
	Pike Jump	Pike Jump
	Front s/s (P)	Front s/s (P)

**change to last two skills for NDP level 5 Compulsory B routine (9-10yrs only) as above - 21st September 2020

NDP Level 5		
11-12yrs	Compulsory A	Compulsory B
13-14yrs	Back s/s (S)	Back s/s (S)
15-21yrs	Straddle Jump	Barani (S)
*22+yrs	Back s/s (P)	Straddle Jump
	Barani (P)	Back s/s (P)
	½ Twist Jump	Barani (P)
	Tuck Jump	Tuck Jump
	Barani (T)	Barani (T)
	Back s/s (T)	Back s/s (T)
	Pike Jump	¾ Front s/s (S)
	Front s/s (P)	½ twist to feet OR Ballout Barani (T) (no bonus)

*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 6		
	Compulsory A	Compulsory B
11-12yrs		
13-14yrs	Back s/s (S)	¾ Back (S)
15-21yrs	Barani (S)	Cody (T)
*22+yrs	Straddle Jump	Straddle Jump
	Back s/s (P)	Barani (P)
	Barani (P)	Back s/s (S)
	Tuck Jump	Full Twisting Back s/s (S)
	Barani (T)	Barani (T)
	Back s/s (T)	Back s/s (T)
	¾ Front s/s (S)	¾ Front s/s (S)
	Ballout Barani (T)	Ballout Barani (T)

*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

TRA NDP Level Events

Regional NDP Compulsory Events - Optional

A minimum of 2 x British Gymnastics 'sanctioned' regional competitions held between 1st October 2020 and 28th February 2021 for NDP Levels 1-6. The purpose of these competitions is to give gymnasts the opportunity to 'try out' the appropriate entry level and to gain qualification to the Regional NDP Compulsory Final. Gymnasts may try different levels to find the appropriate level for the remainder of the season.

See National Trampoline Technical Committee information on organising and hosting any other TRA activity in the regions.

Regional NDP Compulsory Final

1 x British Gymnastics 'sanctioned' regional qualifying competition held on or before 18th April 2021 and for NDP Levels 1-6 leading to the NDP Individual & Regional Team Final. Once a gymnast has entered a level at this event, they must remain there for the remainder of the competition season.

NDP Individual Final & Regional Team Final

1 x British Gymnastics Final competition for NDP Levels 1-6 Individual & Regional Teams.

It is recommended that 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.

Regions may run 'out of age' groups (see age groups under Technical Requirements) however gymnasts competing in 'out of age' groups are not eligible to qualify for the NDP Individual & Regional Team Final. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.

TRA Regional NDP Compulsory Events

A series of qualification events leading to the Regional NDP Compulsory Final. The Regional NDP Compulsory events may be used as 'Test' events, enabling gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to try and qualify for the Regional NDP Compulsory Final.

Gymnasts should enter the age group that they will be eligible for on 1st January 2021

All gymnasts at NDP Levels 1-6 will be required to perform:

- 1 x Compulsory 'A' Routine (1st routine)
- 1 x Compulsory 'B' Routine (2nd routine)
 - 2 round cumulative score will determine the ranking
 - Time of Flight **will** be included
 - Incomplete routines (routines with fewer than 10 counting elements) and incorrect routines will result in a zero 'DNF' score

Qualification to the Regional NDP Compulsory Final

All gymnasts who achieve a minimum standard, 2 round score of 46.0 **(without time of flight)** are eligible to qualify to the Regional NDP Compulsory Final (at the appropriate level the minimum score was achieved).

Tie Breaks

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

1. The gymnast with the higher sum of the E-scores of both routines prevails
2. The gymnast with the higher sum of the HD-score of both routines prevails
3. If there is still a tie, the tie will not be broken.

TRA Regional NDP Compulsory Final

A final event held in the region leading to the NDP Individual & Regional Team Final.

All gymnasts at NDP Levels 1-6 will be required to perform:

- 1 x Compulsory 'A' Routine (1st routine)
- 1 x Compulsory 'B' Routine (2nd routine)
- 1 x Range & Conditioning Routine
 - 2 round cumulative score will determine the ranking
 - Time of Flight **will** be included
 - Incomplete routines (routines with fewer than 10 counting elements) and incorrect routines will result in a zero 'DNF' score

Range & Conditioning:

The Range & Conditioning score is not included in the ranking (other than ties) BUT a gymnast must achieve a 70% pass mark to proceed to the ranking list to be eligible to qualify for the NDP Individual & Regional Team Final (see tie break statement).

Qualification to the NDP Individual & Regional Team Final (NDP 1 to 6)

The top **2** ranked gymnasts, per age group, per level, per gender will qualify to the NDP Individual & Regional Team Final, providing the minimum **standard, 2 round** score of 48.0 **(without time of flight)** and the range & conditioning pass mark of 70% have been achieved at the Regional NDP Compulsory Final.

No more than **2** gymnasts may progress to the NDP Individual & Regional Team Final. In the event of a tie for a qualification place, the following tie break rules will be used:

Tie Breaks

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

1. The gymnast with the higher sum of the E-scores of both routines prevails
2. The gymnast with the higher sum of the HD-score of both routines prevails
3. The gymnast with the higher R&C score prevails
4. If there is still a tie, the tie will not be broken

TRA NDP Individual & Regional Team Final

An Individual and team final event.

NDP Level 1-4

All gymnasts at NDP Levels 1-4 will be required to perform:

- 1 x Compulsory 'A' Routine (1st routine)
- 1 x Compulsory 'B' Routine (2nd routine)
 - 2 round cumulative score will determine the ranking
 - Time of Flight **will** be included

NDP Level 5

All gymnasts at NDP 5 will be required to perform:

9-10yrs

- 1 x Compulsory 'A' Routine (1st routine)
- 1 x Compulsory 'B' Routine (2nd routine)
 - 2 round cumulative score will determine the ranking
 - Time of Flight **will** be included

11-12yrs, 13-14yrs 15-21yrs

- 1 x Compulsory 'B' Routine (1st Routine)
- 1 x Voluntary Routine (2nd Routine)
 - 2 round cumulative score will determine the ranking
 - Time of Flight **will** be included
 - Maximum of 1 body landing allowed (all ages groups). Performing more than 1 body landing will be deemed an interruption.
 - Difficulty will be capped at 1.0 per element for 11-12yrs, 1.1 per element for 13-14yrs, 1.3 per element for 15-21yrs
 - The performing of triple somersaults is prohibited and will result in disqualification

NDP Level 6

All gymnasts at NDP Level 6 will be required to perform:

1 x Compulsory 'B' Routine (1st Routine)

1 x Voluntary Routine (2nd Routine)

- 2 round cumulative score will determine the ranking
- Time of Flight **will** be included
 - Maximum of 1 body landing allowed (all ages groups). Performing more than 1 body landing will be deemed an interruption.
 - Difficulty will be capped at 1.1 per element for 11-12yrs, 1.3 per element for 13-14yrs, 1.5 per element for 15-21yrs
 - The performing of triple somersaults is prohibited and will result in disqualification

Ties will not be broken at this event

A nominative Panel (member of NTTCC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during warm-up or competition) that is deemed to be unsafe at any time