



TRAMPOLINE DOMESTIC COMPETITION STRUCTURE

TRAMPOLINE

FIG PERFORMANCE

2018

**British**  
**Gymnastics**  
More than a sport

## **NATIONAL TRAMPOLINE TECHNICAL COMMITTEE - National Competition Structure 2018**

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. After the appropriate level has been selected and competed at, a gymnast cannot change levels during the same competition season.

### **Spring Event Series**

2 x British Gymnastics qualifying events for FIG Performance Level leading to the British Championships.

### **British Championships**

Culmination event for FIG Performance Gymnasts.

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

## TRA FIG Spring Event Series FIG Performance

### FIG Performance Level

All gymnasts at FIG Performance Level will be required to perform:

#### 9-10yrs

- 1 x FIG WAGC Routine (1<sup>st</sup> routine)
- 1 x Prescribed Voluntary Routine (2<sup>nd</sup> routine)

#### 11-12yrs, 13-14yrs, 15-16yrs

- 1 x Compulsory Routine (1<sup>st</sup> routine)
- 1 x FIG WAGC Routine (2<sup>nd</sup> routine)
- 1 x Voluntary Routine (3<sup>rd</sup> routine)

#### 17-21yrs

- 1 x FIG WAGC Routine (1<sup>st</sup> routine)
- 1 x Voluntary Routine (2<sup>nd</sup> routine)
- 1 x Voluntary Routine (Top 8 Final)

#### Senior

- 1 x FIG A Routine (1<sup>st</sup> routine)
- 1 x Voluntary Routine (2<sup>nd</sup> routine)
- 1 x Voluntary Routine (Top 8 Final)

#### Trampoline Individual:

- Cumulative 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

A nominated panel (Member of NTTC, 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.

In addition to the above, the NTTC & Performance Team reserve the right to remove ANY gymnast that fails to reach performance expectations for FIG Performance level.

#### Qualification to the British Championships 2018

After the completion of SES 1 & 2 up to a maximum of 16 places per age group, per gender will be eligible to compete at the British Championships and the following qualification process will be applied:

#### Qualifying Criteria 1:

Gymnasts that achieve the minimum E score (listed below) for routine 1, 2 & 3 at the same SES competition will be ranked first on the British Championships Qualification Ranking List.

#### Qualifying Criteria 2:

Gymnasts that have a 3 round total score (2 round for 9-10yrs) that are ranked higher than Qualifying Criteria 1 gymnasts will be ranked second on the British Championships Qualification Ranking List.

#### Allocated Places:

In the interest of the British Championships as an event, up to 5 allocated places may be awarded per age group, per gender. Any allocated places will follow consultation with the national & pathway squad coaches and the NTTC and in the interest of the event and also the longer-term development of the TRA programme.

Allocated places are not open to appeal.

## Qualification from SES to British Championships 2018

Age Group	Routine 1 Execution	Routine 2 Execution	Routine 3 Execution
9-10yrs Men & Women	16.2	16.2	
11-12yrs Men & Women	16.4	16.4	15.2
13-14yrs Men & Women	16.4	16.4	15.2
15-16yrs Men & Women	16.4	16.4	15.2
17-21yrs Men & Women	16.4	15.2	
Senior Men & Women	17.2	15.2	

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

### TRA FIG British Championships FIG Performance

#### FIG Performance Level (Individual)

All gymnasts at FIG Performance Level will be required to perform:

##### 9-10yrs

- 1 x FIG WAGC Development Routine (1<sup>st</sup> routine)
- 1 x Prescribed Voluntary Routine (2<sup>nd</sup> routine)
- 1 x Prescribed Voluntary Routine (Top 8 Final routine)

##### 11-12yrs, 13-14yrs, 15-16yrs, 17-21yrs

- 1 x FIG WAGC Routine (1<sup>st</sup> routine)
- 1 x Voluntary Routine (2<sup>nd</sup> routine)
- 1 x Voluntary Routine (Top 8 Final routine)

##### Senior

- 1 x FIG A Routine (1<sup>st</sup> routine)
- 1 x Voluntary Routine (2<sup>nd</sup> routine)
- 1 x Voluntary Routine (Top 8 Final routine)

#### Trampoline Individual:

- Cumulative score will determine the ranking
- FIG rules will be applied (except for the cumulative score)

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.

#### FIG Performance Level (**Synchronised**)

All gymnasts at FIG Performance Level will be required to perform:

##### 11-12yrs

- 1 x FIG WAGC 11-12yrs Routine (1<sup>st</sup> routine)
- 1 x Voluntary Routine (2<sup>nd</sup> routine)

##### 13-17yrs

- 1 x FIG WAGC 13-14yrs routine (1<sup>st</sup> routine)
- 1 x Voluntary Routine (2<sup>nd</sup> routine)

Senior (17yrs+)  
 1 x FIG A Routine  
 1 x Voluntary Routine

Trampoline Individual:

- Cumulative score will determine the ranking
- FIG rules will be applied (except for the cumulative score)

A nominated panel (Member of NTTCC, 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.

## TRA FIG Performance Technical Requirements

TRA FIG PERFORMANCE		
9-10yrs		
<b>Age Groups</b> 9-10yrs	<b>1<sup>st</sup> Routine - WAGC Development</b>	<b>2<sup>nd</sup> Routine – Prescribed Voluntary</b>
	¾ Back s/s (SL)	Back s/s (S)
	To feet <u>or</u> Cody (T) = bonus of 0.3*	Barani (S)
	Straddle Jump	Full Twisting Back s/s (S)
	Back s/s (P)	Straddle Jump
	Barani (P)	Back s/s (P)
	Tuck Jump	Barani (P)
	Barani (T)	Tuck Jump
	Back s/s (T)	Barani (T)
	¾ Front s/s (S)	Back s/s (T)
	Ballout Barani (T)	Front s/s (P) <u>or</u> Rudi = bonus of 0.3*
	<b>Prescribed Voluntary</b>	
	<ul style="list-style-type: none"> <li>This is a prescribed voluntary routine at 9-10yrs</li> <li>2 round competition at the Spring Event Series</li> <li>3 round competition at the British Championships</li> </ul>	

*\* The bonus will be added to the score and counts towards the ranking for qualification*

TRA FIG PERFORMANCE		
11-12yrs		
<b>Age Groups</b> 11-12yrs	<b>1<sup>st</sup> Routine – Compulsory</b>	<b>2<sup>nd</sup> Routine – WAGC Requirements</b>
	¾ Front s/s (S)	<p>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.</p> <ol style="list-style-type: none"> <li>1. One element landing on the front of the body</li> <li>2. One element landing on the back of the body</li> </ol>
	Ballout Barani (T)	
	Straddle Jump	
	Barani (T)	
	Back s/s (T)	
	Barani (P)	
	Back s/s (P)	
	Barani (S)	
	Back s/s (S)	
	Full Twisting Back s/s (S)	
<b>3<sup>rd</sup> Routine - Voluntary</b>		
<ul style="list-style-type: none"> <li>Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.</li> <li>Male – Minimum difficulty 7.5</li> <li>Female – Minimum difficulty 7.5</li> <li>Difficulty will be capped at 1.5 per element</li> <li>The performing of triple somersaults is prohibited and will result in disqualification</li> </ul>		

TRA FIG PERFORMANCE		
13-14yrs		
Age Groups	1 <sup>st</sup> Routine - Compulsory	2nd Routine – WAGC Requirements
13-14yrs	½ Twist to ¾ Front s/s (S)	<p>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.</p> <ol style="list-style-type: none"> <li>1. Full (back somersault with 1/1 twist)</li> <li>2. One element landing on the front of the body</li> <li>3. One element landing on the back of the body.</li> </ol>
	Ballout Barani (T)	
	Back s/s (T)	
	Barani (T)	
	Back s/s (P)	
	Rudi (S)	
	Straddle Jump	
	Back s/s (S)	
	Barani (S)	
	Full Twisting Back s/s (S)	
<b>3<sup>rd</sup> Routine - Voluntary</b>		
<ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.</li> <li>• Male - Minimum difficulty 9.5</li> <li>• Female - Minimum difficulty 8.3</li> <li>• Difficulty will be capped at 1.7 per element</li> <li>• The performing of quadruple somersaults is prohibited and will result in disqualification</li> </ul>		

TRA FIG PERFORMANCE		
15-16yrs		
Age Groups	1 <sup>st</sup> Routine - Compulsory	2nd Routine – WAGC Requirements
15-16yrs	½ Twist to ¾ Front s/s (S)	<p>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.</p> <ol style="list-style-type: none"> <li>1. Full (back somersault with 1/1 twist)</li> <li>2. Rudi or Rudi Ballout (front somersault or 1 ¼ from back, with 1½ twist)</li> <li>3. One element either landing on the back or front of the body</li> </ol>
	Ballout Barani (T)	
	Back s/s (T)	
	Barani (T)	
	Full Twisting Back s/s (S)	
	Back s/s (P)	
	Rudi (S)	
	Back s/s (S)	
	Barani (S)	
	Double Back (P)	
<b>3<sup>rd</sup> Routine - Voluntary</b>		
<ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.</li> <li>• Male - Minimum difficulty 11.0</li> <li>• Female - Minimum difficulty 9.0</li> <li>• Difficulty will be capped at 1.8 per element</li> <li>• The performing of quadruple somersaults is prohibited and will result in disqualification</li> </ul>		

<b>TRA FIG PERFORMANCE</b> <b>17-21yrs</b>	
<b>Age Groups</b> 17-21yrs	<b>1st Routine – WAGC Requirements</b>
	<p>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.</p> <ol style="list-style-type: none"> <li>1. One element to front or back</li> <li>2. One element from front or back - in combination with requirement No. 1</li> <li>3. One double front or back somersault with or without twist</li> <li>4. One element with a minimum of 540° of twist and minimum of 360° somersault rotation</li> </ol>
	<b>2nd Routine - Voluntary</b>
	<ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.</li> <li>• Male - Minimum difficulty 11.5</li> <li>• Female - Minimum difficulty 9.5</li> <li>• Difficulty will be capped at 1.8 per element</li> <li>• The performing of quadruple somersaults is prohibited and will result in disqualification</li> </ul>

<b>TRA FIG PERFORMANCE</b> <b>Senior</b>	
<b>Age Groups</b> Senior	<b>1st Routine – FIG A Requirements</b>
	<p>The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.</p> <p>Four 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.</p> <p>None of these four elements may be repeated in the voluntary.</p> <ul style="list-style-type: none"> <li>• If either of the four asterisk (*) moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine</li> </ul>
	<b>Voluntary Routine</b>
	<ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.</li> <li>• Male - Minimum difficulty 3.5/14.0</li> <li>• Female - Minimum difficulty 3.3/12.0</li> </ul>