



TRAMPOLINE DOMESTIC COMPETITION STRUCTURE

TRAMPOLINE

FIG LEVEL

2019

British
Gymnastics
More than a sport

NATIONAL TRAMPOLINE TECHNICAL COMMITTEE - National Competition Structure 2019

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.

Changes for 2019

1. No Compulsory routine for 15-16yrs
2. As qualification events for British Championships, at SES 1 & 2 there will be only 2 routines for 9-10, 15-16yrs, 17-21yrs and Senior. For development purposes, 3 routines will remain for the 11-12 & 13-14 age groups at SES 1 & 2.
3. Slight increase in DD qualification requirement to British Championships for 13-14yrs Women from 8.3 to 8.6

Spring Event Series

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

British Championships

Culmination event for FIG Level Gymnasts.

Please refer to the National Competition Handbook for further information

TRA Spring Event Series FIG Level

FIG Level

All gymnasts at FIG Level will be required to perform:

9-10yrs

- 1 x FIG WAGC Routine (1st routine)
- 1 x Prescribed Voluntary Routine (2nd routine)

11-12yrs, 13-14yrs

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

15-16yrs, 17-21yrs

- 1 x FIG WAGC Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)

Senior

- 1 x FIG A Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)

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
- Gymnasts who do not demonstrate the minimum DD requirements will not be ranked for qualification to the British Championships or eligible for 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, on the day of competition, that fails to demonstrate performance expectations for FIG Performance level.

Qualification to the British Championships 2019

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 routines at the same SES competition will be ranked first on the British Championships Qualification Ranking List.

Qualifying Criteria 2:

Gymnasts that achieve a 2 or 3 routine total score that are ranked higher than Qualifying Criteria 1 gymnasts will then be added to 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.

British Championships Qualification Requirements - Execution			
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	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 also have performance the minimum difficulty score per age, per gender as listed in the Technical Requirements below

TRA FIG British Championships FIG Level

FIG Level (Individual)

All gymnasts at FIG Level will be required to perform:

9-10yrs

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

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

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

Senior

- 1 x FIG A Routine (1st routine)
- 1 x Voluntary Routine (2nd 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 ranking will be determined by a cumulative 3 routine 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 Level (Synchronised)

All gymnasts at FIG Level will be required to perform:

11-12yrs

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

13-17yrs
 1 x FIG WAGC 13-14yrs routine (1st routine)
 1 x Voluntary Routine (2nd 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 ranking will be determined by a cumulative 3 routine score)

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.

TRA FIG Level Technical Requirements

TRA FIG LEVEL		
9-10yrs		
Age Groups	1 st Routine - WAGC Development	2 nd Routine – Prescribed Voluntary
9-10yrs	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*
	Prescribed Voluntary	
	<ul style="list-style-type: none"> • This is a prescribed voluntary routine at 9-10yrs • 2 routine competition at the Spring Event Series • 3 routine competition at the British Championships 	

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

TRA FIG LEVEL		
11-12yrs		
Age Groups	1 st Routine – Compulsory	2 nd Routine – WAGC Requirements
11-12yrs	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"> 1. One element landing on the front of the body 2. One element landing on the back of the body
	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)	
3rd Routine - Voluntary		
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Difficulty will be capped at 1.5 per element • The performing of triple somersaults is prohibited and will result in disqualification 		

British Championships Qualification Requirements - Difficulty	
In order to qualify to the British Championships, gymnasts need to perform a Voluntary Routine with difficulty of at least the following:	
Male	7.5
Female	7.5
A gymnast who fails to meet the qualification criteria will not receive a judging penalty, but will be ineligible for entry to the British Championships.	

TRA FIG LEVEL 13-14yrs	
Age Groups 13-14yrs	1st Routine - Compulsory
	½ Twist to ¾ Front s/s (S)
	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)
	2nd Routine – WAGC Requirements
<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"> 1. Full (back somersault with 1/1 twist) 2. One element landing on the front of the body 3. One element landing on the back of the body. 	
3rd Routine - Voluntary	
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Difficulty will be capped at 1.7 per element • The performing of quadruple somersaults is prohibited and will result in disqualification 	
British Championships Qualification Requirements - Difficulty	
In order to qualify to the British Championships, gymnasts need to perform a Voluntary Routine with difficulty of at least the following:	
Male	9.5
Female	8.6
A gymnast who fails to meet the qualification criteria will not receive a judging penalty, but will be ineligible for entry to the British Championships.	

TRA FIG LEVEL 15-16yrs		
Age Groups 15-16yrs	1st Routine – WAGC Requirements	
	<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"> 1. Full (back somersault with 1/1 twist) 2. Rudi or Rudi Ballout (front somersault or 1 ¼ from back, with 1½ twist) 3. One element either landing on the back or front of the body 	
	2nd Routine - Voluntary	
	<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Difficulty will be capped at 1.8 per element • The performing of quadruple somersaults is prohibited and will result in disqualification 	
	British Championships Qualification Requirements - Difficulty	
	In order to qualify to the British Championships, gymnasts need to perform a Voluntary Routine with difficulty of at least the following:	
	Male	11.0
	Female	9.0
	A gymnast who fails to meet the qualification criteria will not receive a judging penalty, but will be ineligible for entry to the British Championships.	

TRA FIG LEVEL 17-21yrs	
Age Groups 17-21yrs	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 4. One element with a minimum of 540° of twist and minimum of 360° somersault rotation
	2nd Routine - Voluntary
	<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 11.5 • Female - Minimum difficulty 9.5 • Difficulty will be capped at 1.8 per element • The performing of quadruple somersaults is prohibited and will result in disqualification
	British Championships Qualification Requirements - Difficulty
In order to qualify to the British Championships, gymnasts need to perform a Voluntary Routine with difficulty of at least the following: Male 11.5 Female 9.5 A gymnast who fails to meet the qualification criteria will not receive a judging penalty, but will be ineligible for entry to the British Championships.	

TRA FIG LEVEL Senior	
Age Groups Senior	1st Routine – FIG A Requirements
	The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. 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. None of these four elements may be repeated in the voluntary. <ul style="list-style-type: none"> • 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
	Voluntary Routine
	<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 3.5/14.0 • Female - Minimum difficulty 3.3/12.0
	British Championships Qualification Requirements - Difficulty
In order to qualify to the British Championships, gymnasts need to perform 2 routines (at the same event) with difficulty of at least the following: Male First Routine - 3.5 Second Routine – 14.0 Female First Routine – 3.3 Second Routine – 12.0	

	A gymnast who fails to meet the qualification criteria will not receive a judging penalty, but will be ineligible for entry to the British Championships.
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