



TRAMPOLINE DOMESTIC COMPETITION STRUCTURE

TRAMPOLINE

**NATIONAL DEVELOPMENT PLAN
2019**

(Version 2 - Updated October 2018)

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 *(See note below with regards Regional NDP Compulsory Events).

Regions will be required to run a minimum of two sanctioned Regional NDP Compulsory Events between 1st October 2018 and 28th February 2019 that will form part of a qualification process to a Regional NDP Compulsory Final. This event must be run on or before 31st March 2019.

In the Regional NDP Compulsory Events, gymnasts should enter the age group that they will be eligible for on 1st January 2019. 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.

Range and Conditioning, for all disciplines at NDP Levels 1 to 6 will form part of the qualification process and will be required at the Regional NDP Compulsory Final 2019.

Regional NDP Compulsory Events

A minimum of 2 x British Gymnastics 'sanctioned' regional competitions held between 1st October 2018 and 28th February 2019 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 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 31st March 2019 and for NDP Levels 1-6 leading to the NDP Regional Team Final. Once a gymnast has entered a level at this event they must remain there for the remainder of the competition season that culminates with the NDP Final.

NDP Regional Team Final (Compulsories)

1 x British Gymnastics competition for NDP Levels 1-6 regional teams leading to the NDP Final.

Spring Event Series

2 x British Gymnastics competitions for NDP Performance Level leading to the NDP Final.

NDP Final

Culmination event for NDP Levels 1-6 & NDP Performance Level.

Changes for 2019

- 1. NDP 5 & 6 – top TWO gymnasts qualify to Regional Team Finals**
- 2. Age groups change NDP 6 to 11-14yrs, 15-16yrs and 17+yrs**
- 3. Name change from NDP Performance Level to FIG Development**

4. Age group change for FIG Development – 17+yrs
5. No Compulsory routine for 15-16yrs, 17+yrs
6. DD changes in FIG Development
7. Minimum execution standards for qualification to apply
8. Change to WAGC 1st routine requirements following advice from FIG

Please refer to the National Competition Handbook for further information

TRA NDP Compulsory Events NDP Level 1-6

A series of qualification events leading to the Regional NDP Compulsory Final.

NDP Level 1-6

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)

Trampoline Individual (All NDP Levels 1-6):

- 2 round cumulative score will determine the ranking
- Time of Flight **will not** be included
- Incomplete routines (routines with fewer than 10 counting elements) and incorrect routines will result in a zero 'DNF' score

A nominative Panel (member of Regional TC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during warm-or 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 Regional Team Final or NDP Final. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.*

Gymnasts should enter the age group that they will be eligible for on 1st January 2019

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.

Qualification to the Regional NDP Compulsory Final

All gymnasts who achieve a minimum standard, 2 round score of 46.0 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 E-score prevails
2. The gymnast with the higher HD-score prevails

If there is still a tie, the tie will not be broken.

TRA Regional NDP Compulsory Final NDP Level 1-6

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

NDP Level 1-6

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

Range & Conditioning:

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

Trampoline Individual (All NDP Levels 1-6):

- 2 round cumulative score will determine the ranking
- Time of Flight **will not** be included
- Incomplete routines (routines with fewer than 10 counting elements) and incorrect routines will result in a zero 'DNF' score

A nominative Panel (member of Regional TC, 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

*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 Regional Team Final or NDP Final. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.*

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

The top 2 ranked gymnasts, per age group, per level, per gender will qualify to the NDP Regional Team Final, providing the minimum score and range & conditioning mark have been achieved at the Regional NDP Compulsory Final.

No more than 2 gymnasts may progress to the NDP 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 R&C score prevails
2. The gymnast with the higher E-score prevails
3. The gymnast with the higher HD-score prevails

If there is still a tie, the tie will not be broken.

TRA NDP Regional Team Final NDP Level 1-6

A team final event which also provides individual qualification to the NDP Final for NDP 1 to 6.

NDP Level 1-6

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)

Trampoline Individual (All NDP Levels 1-6):

- 2 round cumulative score will determine the ranking
- Time of Flight **will not** be included
- Incomplete routines (routines with fewer than 10 counting elements) and incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal

A nominative Panel (member of NTTC, 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

Qualification to the NDP Final

The top 8 ranked gymnasts, per age group, per level, per gender will qualify to the NDP Final. In the event of a tie the tie break rules stated below will apply. Gymnasts who receive a Zero 'DNF' score in one or more routines **will not** be eligible for the NDP Final.

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 total E-score prevails
2. The gymnast with the higher HD-score prevails
3. The gymnast with the higher E-score for 2nd routine prevails

If there is still a tie, the tie will not be broken

TRA NDP National Final NDP Level 1-6

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)

NDP Level 5

All gymnasts at NDP Level 5 will be required to perform:

9-10yrs

- 1 x Compulsory 'A' Routine (1st routine)
- 1 x Compulsory 'B' Routine (2nd routine)

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

- 1 x Compulsory 'B' Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)

NDP Level 6

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

11-14yrs, 15-16yrs, 17+yrs

- 1 x Compulsory 'B' Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)

Trampoline Individual (All NDP Levels 1-6):

- 2 Round cumulative score will determine the ranking
- Time of Flight **will** be included for NDP Levels 1-6
- FIG rules will be applied (except there will not be a top 8 final but a 2 round cumulative score)

Tie Breaks

Ties will not be broken at the NDP Final.

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

FIG Development Level – See separate section

The NTTC encourage Club Level competition to support the National Development Plan.

TRA CLUB LEVEL

Age Groups	CLUB LEVEL 1	CLUB LEVEL 2	CLUB LEVEL 3
7-8yrs	Compulsory x 2	Compulsory x 2	Compulsory x 2
9-10yrs	Front Landing	½ Twist To Front Landing	Full Twist
11-12yrs	To Feet	To Feet	Straddle Jump
13yrs+	Straddle Jump	Straddle Jump	½ Twist to Seat Landing
<i>OR as determined by Clubs/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)

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 Regional Team Final	70% pass mark

TRA NDP Technical Requirements NDP Level 1-6

NDP LEVEL 1			
Age Groups	1 st Routine - Compulsory A	2 nd Routine - Compulsory B	Range & Conditioning
*7-8yrs	Full Twist	Back s/s (T)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
9-10yrs	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
11-12yrs	½ Twist to Seat Landing	½ Twist to Seat Landing	Back Support – hold for 2 seconds
13+yrs	½ Twist to Feet	½ Twist to Feet	Straddle Fold – hold for 2 seconds

<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final or NDP Final</i>	½ Twist Jump	½ Twist Jump	Pike Fold – hold for 2 seconds
	Pike Jump	Pike Jump	Left Splits, Right Splits
	Back Landing	Back Landing	Back Arch – hold for 2 seconds
	½ Twist to Feet	½ Twist to Feet	Press up to Front Support – hold for 2 seconds
	Tuck Jump	Tuck Jump	Burpee to Long Stand with Arms Overhead
	Front s/s (T)	Front s/s (P)	Standing Shoulder Flexibility – hold for 2 seconds
Minimum standard to qualify to: Regional NDP Compulsory Final		2 routine score of 46.0	
Minimum standard to qualify to: NDP Regional Team Final		2 routine score of 48.0	Range & Conditioning 70% pass mark

NDP LEVEL 2				
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B	Range & Conditioning	
*7-8yrs	Back s/s (T)	Back s/s (T)	Forward Roll to Dish Shape (SL) - hold for 2 seconds	
9-10yrs	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)	
11-12yrs	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)	
13+yrs	½ Twist to Seat Landing	Barani (T)	Back Support – hold for 2 seconds	
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final or NDP Final</i>	½ Twist to Feet	Tuck Jump	Straddle Fold – hold for 2 seconds	
	½ Twist Jump	Back s/s (T) to Seat Landing	Pike Fold – hold for 2 seconds	
	Pike Jump	½ Twist to Feet	Left Splits, Right Splits	
	Back Landing	½ Twist Jump	Back Arch – hold for 2 seconds	
	½ Twist to Feet	Pike Jump	Press up to Front Support – hold for 2 seconds	
	Tuck Jump	½ Twist to Front Landing	Burpee to Long Stand with Arms Overhead	
	Front s/s (P)	To Feet	Standing Shoulder Flexibility – hold for 2 seconds	
	Minimum standard to qualify to: Regional NDP Compulsory Final		Combined 2 round score of 46.0	
	Minimum standard to qualify to: NDP Regional Team Final		2 round score of 48.0	Range & Conditioning 70% pass mark

NDP LEVEL 3			
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B	Range & Conditioning
*7-8yrs	Back s/s (T)	Back s/s (S)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
9-10yrs	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
11-12yrs	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
13+yrs	Barani (T)	Back s/s (T)	Back Support – hold for 2 seconds
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final or NDP Final</i>	Tuck Jump	Barani (T)	Straddle Fold – hold for 2 seconds
	Back s/s (T) to Seat Landing	½ Twist Jump	Pike Fold – hold for 2 seconds
	½ Twist to Feet	Tuck Jump	Left Splits, Right Splits
	½ Twist Jump	Back s/s (T) to Seat Landing	Back Arch – hold for 2 seconds
	Pike Jump	½ Twist to Feet	Press up to Front Support – hold for 2 seconds
	½ Twist to Front Landing	Pike Jump	Burpee to Long Stand with Arms Overhead
	To Feet	Front s/s (P)	Standing Shoulder Flexibility – hold for 2 seconds
	Minimum standard to qualify to: Regional NDP Compulsory Final		Combined 2 routine score of 46.0
Minimum standard to qualify to: NDP Regional Team Final		2 routine score of 48.0	Range & Conditioning 70% pass mark

NDP LEVEL 4			
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B	Range & Conditioning
7-8yrs*	Back s/s (S)	Back s/s (S)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
9-10yrs	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
11-12yrs	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
13+yrs	Back s/s (T)	Back s/s (P)	Back Support – hold for 2 seconds
	Barani (T)	Barani (P)	Straddle Fold – hold for 2 seconds
	½ Twist Jump	½ Twist Jump	Pike Fold – hold for 2 seconds

*Out of age - these gymnasts are not eligible to qualify to the NDP Regional Team Final or NDP Final	Tuck Jump	Tuck Jump	Left Splits, Right Splits
	Back s/s (T) to Seat Landing	Barani (T)	Back Arch – hold for 2 seconds
	½ Twist to Feet	Back s/s (T)	Press up to Front Support – hold for 2 seconds
	Pike Jump	Pike Jump	Burpee to Long Stand with Arms Overhead
	Front s/s (P)	Front s/s (P)	Standing Shoulder Flexibility – hold for 2 seconds
Minimum standard to qualify to: Regional NDP Compulsory Final		2 round score of 46.0	
Minimum standard to qualify to: NDP Regional Team Final		2 routine score of 48.0	Range & Conditioning 70% pass mark

NDP LEVEL 5				
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B	Range & Conditioning	
9-10yrs# 11-12yrs 13-14yrs 15yrs+	Back s/s (S)	¼ Back s/s (SL)	Forward Roll to Dish Shape (SL) - hold for 2 seconds	
	Straddle Jump	To feet <u>or</u> Cody (T) = bonus 0.3*	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)	
	Back s/s (P)	Straddle Jump	Back Support – hold for 2 seconds	
	Barani (P)	Back s/s (P)	Straddle Fold – hold for 2 seconds	
	½ Twist Jump	Barani (P)	Pike Fold – hold for 2 seconds	
	Tuck Jump	Tuck Jump	Left Splits, Right Splits	
	Barani (T)	Barani (T)	Back Arch – hold for 2 seconds	
	Back s/s (T)	Back s/s (T)	Press up to Front Support – hold for 2 seconds	
	Pike Jump	¼ Front s/s (S)	Burpee to Long Stand with Arms Overhead	
	Front s/s (P)	½ Twist to Feet <u>or</u> Ballout Barani (T) = bonus 0.3*	Standing Shoulder Flexibility – hold for 2 seconds	
	Voluntary Routine (NDP Final Only) *NOT 9-10yrs as they will perform Compulsory A & Compulsory B at NDP Final			
	<ul style="list-style-type: none"> Maximum of 1 body landing allowed (all ages groups). Performing more than 1 body landing will be deemed an interruption. No minimum difficulty Difficulty will be capped at 1.1 per element 			
Minimum standard to qualify to: Regional NDP Compulsory Final		2 routine score of 46.0*		
Minimum standard to qualify to: NDP Regional Team Final		2 routine score of 48.0*	Range & Conditioning 70% pass mark	

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

NDP LEVEL 6			
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B	Range & Conditioning
11-14yrs 15-16yrs 17+yrs	Back s/s (S)	¼ Back (S)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
	Barani (S)	Cody (T)	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
	Straddle Jump	Straddle Jump	Back Support – hold for 2 seconds
	Back s/s (P)	Barani (P)	Straddle Fold – hold for 2 seconds
	Barani (P)	Back s/s (S)	Pike Fold – hold for 2 seconds
	Tuck Jump	Full Twisting Back s/s (S)	Left Splits, Right Splits
	Barani (T)	Barani (T)	Back Arch – hold for 2 seconds
	Back s/s (T)	Back s/s (T)	Press up to Front Support – hold for 2 seconds
	¼ Front s/s (S)	¼ Front s/s (S)	Burpee to Long Stand with Arms Overhead
	Ballout Barani (T)	Ballout Barani (T)	Standing Shoulder Flexibility – hold for 2 seconds
	Voluntary Routine (NDP Final Only)		

	<ul style="list-style-type: none"> • Maximum of 1 body landing allowed (all ages groups). Performing more than 1 body landing will be deemed an interruption. • No minimum difficulty • Difficulty will be capped at 1.3 per element for 11-12yrs • Difficulty will be capped at 1.5 per element for 13yrs+ • The performing of triple somersaults is prohibited and will result in disqualification 		
Minimum standard to qualify to: Regional NDP Compulsory Final	2 routine score of 46.0		
Minimum standard to qualify to: NDP Regional Team Final	2 routine score of 48.0		
	<table border="1"> <tr> <td>Range & Conditioning</td> </tr> <tr> <td>70% pass mark</td> </tr> </table>	Range & Conditioning	70% pass mark
Range & Conditioning			
70% pass mark			

**TRA Spring Event Series
FIG Development Level**

FIG Development Level

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

9-10yrs

- 1 x Compulsory 'A' Routine (1st routine)
- 1 x Compulsory 'B' 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, 17yrs+

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

Trampoline Individual (All FIG Development Levels):

- 2 round cumulative score will determine the ranking 9-10yrs, 15-16yrs & 17+yrs
- 3 round cumulative score will determine the ranking 11-12yrs & 13-14yrs
- 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
- Gymnasts who do not demonstrate the minimum DD requirements will not be ranked for qualification to the NDP Final or eligible for a medal
- Gymnasts receiving a zero score will not be awarded a medal

Tie Breaks

Tie break rules will apply at all events apart from the NDP Finals (where ties will not be broken).

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

1. The gymnast with the higher E-score prevails
2. The gymnast with the higher HD-score prevails
3. The gymnast with the higher T-score prevails

If there is still a tie, the tie will not be broken.

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

1. 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.
2. To be ranked on the NDP Finals Qualification Ranking List, all gymnasts must have performed the minimum difficulty score per age, per gender.

Qualification to NDP Final – FIG Development Level 2019

After the completion of SES 1 & 2 up to a maximum of 8 places per age group, per gender will be eligible to compete at the NDP Final 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 NDP Final 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 NDP Final Qualification Ranking List.

Gymnasts who receive a Zero 'DNF' score in one or more routines **will not** be eligible for the NDP Final.

Allocated Places:

In the interest of the NDP Final as an event, up to 3 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.

NDP National Final Qualification Requirements - Execution			
Age Group	Routine 1 Execution	Routine 2 Execution	Routine 3 Execution
9-10yrs Men & Women	15.4	15.4	
11-12yrs Men & Women	15.4	15.4	14.7
13-14yrs Men & Women	15.7	15.7	14.7
15-16yrs Men & Women		15.7	14.7
17+yrs Men & Women		15.7	14.7

To qualify for the NDP National Finals, all gymnasts must also have performance the minimum difficulty score per age, per gender as listed in the Technical Requirements below

TRA FIG Development Level National Final

FIG Development Level

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

9-10yrs

- 1 x Compulsory 'A' Routine (1st routine)
- 1 x Compulsory 'B' Routine (2nd routine)

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

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

Trampoline Individual (All FIG Development Levels):

- 2 round cumulative score will determine the ranking
- Time of Flight **will** be included
- FIG rules will be applied. (except there will not be a top 8 final but a 2 round cumulative 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.

Tie Breaks

Ties will not be broken at the NDP Final.

TRA FIG Development Level Requirements

TRA FIG DEVELOPMENT LEVEL		
9-10yrs		
Age Groups 9-10yrs	1 st Routine - Compulsory A	2nd Routine – Compulsory B WAGC Development Routine
	Back s/s (S)	¾ Back s/s (SL)
	Barani (S)	To feet <u>or</u> Cody (T) = bonus of 0.3*
	Straddle Jump	Straddle Jump
	Back s/s (P)	Back s/s (P)
	Barani (P)	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)	Ballout Barani (T)
	Voluntary Routine (Spring Events & NDP Final)	
	<ul style="list-style-type: none"> This is a prescribed voluntary routine at 9-10yrs 	

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

TRA FIG DEVELOPMENT LEVEL			
11-12yrs			
Age Groups 11-12yrs	1 st Routine - Compulsory	2nd Routine – WAGC Requirements	
	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 3. One element with 360° somersault rotation with at least 360° of twist 	
	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)		
	Voluntary Routine (Spring Events & NDP Final)		
	<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 		
	NDP National Final Qualification Requirements - Difficulty		

In order to qualify to the NDP National Final, gymnasts need to perform a Voluntary Routine with difficulty of at least the following:

Male 6.3

Female 6.3

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

TRA FIG DEVELOPMENT LEVEL 13-14yrs		
Age Groups 13-14yrs	1st Routine - Compulsory	2nd 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 <u>and</u> 4. One element with a minimum of 540° twist and minimum of 360° somersault rotation
	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)		
Voluntary Routine (Spring Events & NDP Final)		
<ul style="list-style-type: none"> Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. Difficulty is capped at 1.7 per element The performing of quadruple somersaults is prohibited and will result in disqualification 		
NDP National Final Qualification Requirements - Difficulty		
In order to qualify to the NDP National Final, gymnasts need to perform a Voluntary Routine with difficulty of at least the following:		
	Male	7.8
	Female	7.1
A gymnast who fails to meet the qualification criteria will not receive a judging penalty, but will be ineligible for entry to the NDP National Final.		

TRA FIG DEVELOPMENT LEVEL 15-16yrs		
Age Groups 15-16yrs	1st Routine – WAGC Requirements	2nd 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 <u>and</u> 4. One element with a minimum of 540° twist and minimum of 360° somersault rotation
Voluntary Routine (Spring Events & NDP Final)		
<ul style="list-style-type: none"> Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. Difficulty is capped at 1.8 per element The performing of quadruple somersaults is prohibited and will result in disqualification 		
NDP National Final Qualification Requirements - Difficulty		
In order to qualify to the NDP National Final, gymnasts need to perform a Voluntary Routine with difficulty of at least the following:		
	Male	8.8
	Female	7.8
A gymnast who fails to meet the qualification criteria will not receive a judging penalty, but will be ineligible for entry to the NDP National Final.		

TRA FIG DEVELOPMENT LEVEL 17+yrs					
Age Groups 17+yrs	1st Routine – WAGC Requirements				
	<ol style="list-style-type: none"> 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. 				
	Voluntary Routine (Spring Events & NDP Final)				
	<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Difficulty is capped at 1.8 per element • The performing of quadruple somersaults is prohibited and will result in disqualification 				
	NDP National Final Qualification Requirements - Difficulty				
<p>In order to qualify to the NDP National Final, gymnasts need to perform a Voluntary Routine with difficulty of at least the following:</p> <table style="margin-left: 40px;"> <tr> <td>Male</td> <td>9.8</td> </tr> <tr> <td>Female</td> <td>8.3</td> </tr> </table> <p>A gymnast who fails to meet the qualification criteria will not receive a judging penalty, but will be ineligible for entry to the NDP National Final.</p>		Male	9.8	Female	8.3
Male	9.8				
Female	8.3				