



# Domestic Competition Structure

Trampoline, Tumbling & Double-Mini

Trampoline British Club Teams

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



## TRA FIG Level Technical Requirements

### TRA YOUTH 9-12yrs

#### 1st Routine – WAGC Requirements

The routine consists of 10 different elements, only three (3) 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

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

1. **Voluntary Routine – no minimum DD**
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 JUNIOR 13-16yrs

#### 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 element either:
  - double back or front somersault with or without twist OR
  - 360° somersault rotation with 360° of twist OR
  - 360° somersault rotation with 540° twist

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

1. **Voluntary Routine – no minimum DD**
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 SENIOR 17yrs+

#### 1st Routine – WAGC Requirements

1. The routine consists of 10 different elements, One (1) element with a minimum of 270° somersault rotation and 9 elements with a minimum of 360° 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. **Voluntary Routine – no minimum DD**
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

<b>TRA Disabilities Mixed Category/Age</b>
<b>1st Routine</b>
<p>The routine consists of 10 different elements.  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 or back of the body</li> <li>2. Minimum of one somersault</li> </ol>
<b>2<sup>nd</sup> Routine – Performance Standard</b>
<ol style="list-style-type: none"> <li>5. Voluntary Routine – no minimum DD</li> <li>6. Difficulty will be capped at 1.5 per element</li> </ol>

## DMT FIG Level Technical Requirements

<b>DMT YOUTH 9-12yrs</b>
<p>1 x Compulsory pass – barani mount (any shape), back s/s straight  1 x Voluntary pass – minimum DD of 1.2 per pass  No element may be repeated in the same phase of a pass across both passes otherwise the difficulty of the repeated element will not be awarded</p>

<b>DMT JUNIOR 13-16yrs</b>
<p>1 x Compulsory pass – barani straight mount, full twisting back s/s  1 x Voluntary pass – minimum DD of 1.6  No element may be repeated in the same phase of a pass across both passes otherwise the difficulty of the repeated element will not be awarded</p>

<b>DMT SENIOR 17yrs+</b>
<p>1 x Compulsory pass – barani straight mount, double back s/s tucked  1 x Voluntary pass – minimum DD of 2.7  No element may be repeated in the same phase of a pass across both passes otherwise the difficulty of the repeated element will not be awarded</p>

Failure by a gymnast to meet the minimum DD requirement means that their score for that pass cannot be counted towards the team score.

## TUM FIG Level Technical Requirements

All runs should be constructed in accordance with FIG WAGC rules.

### TUM YOUTH 9-12yrs

2 x passes using W.A.G. rules  
Minimum Difficulty for each run is 1.4  
Difficulty cap, Max skill DD 2.7 (Skills above this DD can be competed but DD will be capped)

### TUM JUNIOR 13-16yrs

2 x passes using W.A.G. rules  
Minimum difficulty for each run is 1.7  
Difficulty cap, Max skill DD 3.6 (Skills above this DD can be competed but DD will be capped)

### TUM SENIOR 17yrs+

2 x passes using W.A.G. rules  
Minimum difficulty for each run is 2.1  
Difficulty cap, Max skill DD 4.5 (Skills above this DD can be competed but DD will be capped)

**Failure by a gymnast to meet the minimum DD requirement means that their score for that pass cannot be counted towards the team score.**

A team consists of maximum of 4 and a minimum of 3 gymnasts with top 3 scores to count. Mixed teams = max 2 per gender.

#### Eligibility:

- FIG and/or NDP pathway gymnasts (competed 2018/19 & 20) are eligible for the team competition.
- Gymnasts can only enter in one team per discipline.

#### Competition Format:

- Top 5 teams qualify to the Team Final where all team members will compete 1 voluntary routine TRA, 1 x voluntary run TUM and 1 x voluntary pass DMT (as per discipline requirements stated above) – with top 3 scores to count.
- Gymnasts must be a member of the club for a minimum of Six (6) months in order to be eligible to compete as part of a team.
- For each discipline, clubs may enter a maximum of 2 male teams, 2 female teams and 2 mixed teams for each age group (Maximum 6 in total per discipline).
- Scores from this event will be used by each discipline to invite gymnasts to trial for Home Nations, Pathway or GBR program profiling.
- FIG rules will apply (incomplete routines/runs/passes will not be given a zero 'DNF' scores)
- 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