



Trampoline and Tumbling Program

2004-2005 Handbook

Gymnastics Nova Scotia Trampoline and Tumbling Program

Technical Rules and Regulations

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Section 1 Trampoline and Tumbling Program

1.0 Goals and Objectives

- 1.1 Co-ordinating and supervising technical aspects of all GNS sanctioned competitions.
- 1.2 Establishing and elaborating technical regulations for Nova Scotia in accordance with technical rules as set by the National Program Assembly.
- 1.3 Planning and conducting competitions, clinics and courses related to programs of the GNS
- 1.4 Conducting and determining the scope of examinations for instructors, coaches, judges and other officials at the Regional and Provincial levels.
- 1.5 Selecting the Provincial Open Compulsory routine and their distribution.
- 1.6 Introducing and promoting articles of technical content and instructional material to be published under the authority of /or with the sanction of the National Program Committee.

2.0 Organisation and Structure

- 2.1 The TTPC (Trampoline & Tumbling Program Committee) consists of:
 - Chairperson
 - Past Chairperson
 - Secretary
 - Judging Chairperson
 - Coaching Chairperson
 - One club representative from each trampoline club as registered with GNS
- 2.2 All members of the TTPC committee have voting privileges
- 2.3 Ad hoc committees shall be formed when necessary, and upon the recommendations of the TTPC
 - 2.3.1 The TTPC shall name the Chairperson of each Ad hoc committee

3.0 Election of Officers

- 3.1 Executive members of the TTPC shall be elected at the TTPC Annual General Meeting, for a one-year term.

4.0 Duties of Members

- 4.1 Chairperson
 - Chairs TTPC meetings
 - Acts as liaison between TTPC and GNS Executive
 - Co-ordinate the TTPC budget proposals and monitors TTPC allotments from GNS
 - Act as liaison with National Technical Committee
 - Communicates technical information to all member clubs
 - Co-ordinates short and long term planning for Provincial Trampoline Programs
 - Ensures that all technical information is circulated to all Atlantic Technical Chairpersons
 - The TTPC Chairperson, for the competitive year prior to the GCG AGM shall be the voting delegate representing Nova Scotia at the National Stream Assembly. If the Chairperson is not available, the TTPC will designate a suitable replacement
- 4.2 Past Chairperson
 - Chairs TTPC meetings in the absence of the Chairperson
 - Updates the technical requirements as necessary
- 4.3 Secretary
 - Takes minutes at all TTPC meetings
 - Receives and co-ordinates minutes and reports of all sub committees and Ad hoc committees.
 - Receives and answers correspondence.

- Maintains an updated calendar of events and circulates it when necessary.
- Withdraws from minutes of meetings for the full year, all motions and categorizes the motions for publication prior to the AGM.
- Prepares and circulates agendas for all TTPC meetings in consultation with Chairpersons at least 14 days prior to meetings.

4.4 Judging Chairperson

- Establish and chair a working sub committee of at least three member Judges.
- Report to TTPC all activities and recommendations of the Judging Sub committee
- Maintains records of all active Judges in the Province
- Responsible for ensuring adequate Judges are present at competitions
- Administers the rating system for Judges and maintains an annual Judging directory
- Canvas the needs of the judging members of GNS and initiate clinics and workshops to meet these needs
- Update and prepare for circulation a Judges 'code of Ethics'

4.5 Coaching Chairperson

- Establish and chair a working Sub committee with representatives from at least three member clubs
- Establish and chair an Elite Planning Committee
- Reports to the TTPC the activities and recommendations of the Coaching Sub Committee and Elite Planning Committee
- Canvas the needs of the coaching members of GNS and initiate clinics and workshops to meet these needs
- Update and prepare for circulation a Coaches' 'Code of Ethics'

4.6 Club Representatives

- Act as a liaison between club and TTPC
- Present event sanctions to the Provincial office 30 days before the event
- Keep the Secretary informed of dates, times and locations of all GNS sanctioned events
- Communicate club needs and suggestions to the TTPC

5.0 Meetings

- 5.1 In order to provide efficiency, parliamentary procedure will be followed at all meetings. Members are responsible for knowing and using this procedure.

5.2 Annual General Meeting

- 5.2.1 To be held before the start of the competitive season, no later than October 31.

- 5.2.2 Each member is entitled to one vote.

- 5.2.3 There will be no voting by proxy.

- 5.2.4 The Agenda will include:

1. Call to Order
2. Adoption of the Agenda
3. Minutes of the previous AGM
4. Business arising from the minutes
5. Reports from Officers
6. Notice of Motions
7. New Business
8. Adjournment

- 5.2.2 The agenda will be mailed out to participating clubs at least fourteen (14) days prior to the meeting.

- 5.2.3 Whenever possible, notice of motions from Executive members or club representatives should be submitted to the Chairperson in time for inclusion on the agenda.

5.3 Technical Committee Meetings

- 5.3.2 Meetings shall take place every second month starting in September, with the exception of July, where no meeting will take place.
- 5.3.3 The agenda will be mailed out at least fourteen (14) days prior to the meeting.
- 5.3.4 Whenever possible, notices of motions from the Executive committee or club representatives should be submitted to the Chairperson in time for inclusion on the agenda.
- 5.3.5 The Order of Business shall be:
 - 1. Call to Order
 - 2. Adoption of the Agenda
 - 3. Approval of previous Minutes
 - 4. Business arising from the Minutes
 - 5. Reports
 - 6. New Business
 - 7. Adjournment

6.0 Voting

- 6.1 Executive Committee Meetings
- 6.2 Three (3) voting members shall constitute a quorum for the Executive of the Trampoline committee.
- 6.3 The Executive of the Trampoline committee shall decide by simple majority all motions that are placed before the Executive. In the event of an equality of votes, the Chairperson of the meeting shall be entitled an additional vote, which is the casting vote.
- 6.4 When urgent matters require an immediate decision, mail or telephone vote may be conducted. The Chairperson and the Secretary shall conduct such a vote jointly. The result shall be communicated in writing to all members of the Executive within seven (7) days.
- 6.5 The Annual General Meeting
- 6.6 Three (3) members of the Executive Committee and representatives from at least three (3) registered Trampoline clubs shall constitute a quorum. This quorum shall be considered a full Trampoline Committee, until such time that three (3) or more clubs are registered.
- 6.7 All motions placed before the Committee shall be decided by simple majority. In the event of an equality of votes, the Chairperson of the meeting shall be entitled an additional vote, which shall be the casting vote.

7.0 Trampoline (TRI / TRS), Double Mini Trampoline (DMT) and Tumbling (TU) Handbook

- 7.1 A copy of the TRI/TRS, DMT and TU Handbook will be sent to all registered clubs within (14) days of receipt of registration fees.
- 7.2 Registered coaches and judges may request extra copies from the Gymnastics Nova Scotia office.
- 7.3 The TRI/TRS, DMT and TU Handbook will be reviewed yearly and changes voted upon at the TTPC AGM.

8.0 Procedure for changing Technical Rules

- 8.1 Technical rules may be changed at the AGM by two-thirds majority vote of the full Technical Committee.
- 8.2 Requests for changes to the technical regulations after the AGM must be received in writing by all registered clubs thirty days prior to a vote and approved by a two-thirds majority vote of the full Technical Committee.

Section 2 Technical Regulations

1.0 General

- 1.1 Movement to a higher category within the competitive year is allowed, i.e.. - Provincial C to Provincial B. If the athlete achieves a qualifying score in a higher category, they must remain in this category.
- 1.2 In the event that an athlete has acquired a qualifying score for Provincials or Nationals, movement to a less difficult category within the competitive year must be petitioned to the Technical Committee. An athlete's category is determined by the level of competition from the previous Provincial Championships, or by the current registration.
- 1.3 All athletes, coaches and officials must be registered with the Gymnastics Nova Scotia in accordance with the registration policy as contained in the GNS Policy Manual.
- 1.4 Full certification at NCCP Level I Trampoline is required to be on the floor coaching at Provincial Championships. Full certification at NCCP Level II Trampoline is required to be on the floor coaching at National Championships.
- 1.5 Minimum age for athletes as an GNS sanctioned Trampoline & Tumbling competition is; seven years of age as of January 1st of the competitive year.
- 1.6 All sanctioned Trampoline, Double Mini Trampoline and Tumbling competitions must be videotaped. This is the responsibility of the host club.

2.0 Categories

- 2.1 The following Regional and Provincial categories compete in each discipline within the province:
 - 2.1.1 Regional Categories
 - TRI / TU: Regional I, Regional II
 - DMT: Regional
 - 2.1.2 Provincial Categories
 - Provincial C (12 years of age and younger)
 - Provincial Open (13 - 24 years of age)
 - Master (25 years of age and older, competing Provincial Open requirements)
 - Provincial B
 - Provincial A
- 2.2 Technical requirements for each category are set before the competitive season at the Annual General Meeting.

3.0 Qualifying Standards

- 3.1 Athletes must achieve the minimum level of qualification (Qualifying Score) within their category to be eligible to compete at Provincial, Eastern or National Championships. The scores are listed in Table 3.3 and Table 3.4. Qualifying scores are from the preliminary round of competition.
- 3.2 Competitions to be used as a basis for determining qualification to Provincial, Eastern or National Championships must be approved by the Technical Committee. Official results must be submitted to the Chair of the Technical Committee within 15 days of the event, otherwise the results will not be considered valid. Scores obtained from out of province competitions will be considered if:
 - (a) The competition where the scores were achieved was sanctioned in accordance to the regulations established by the governing body of the province or country where the competition was held.
 - (b) A petition is made to the Technical Committee, which includes the scores obtained, date and location of competition and level of expertise of the judging panel.

3.3 Provincial Level Requirements

Category	Provincial Championships			Eastern Canadian Championships		
	TRI	DMT	TU	TRI	DMT	TU
Provincial C	42.0	See below*		45.8	56.6	51.7
Provincial Open / Masters	42.0			45.8	56.6	51.7
Provincial B	44.1			46.8	57.2	50.9
Provincial A	45.1			47.8	58.4	50.4

* Tumbling athletes must complete both passes during at least one competition during the season. Athletes competing on Double-Mini must compete in at least one sanctioned event during the season.

3.4 National Level Requirements:

Category	National Championships				WAGS Eligibility		
	TRI	TRS	DMT	TU	TRI	DMT	TU
Novice 10 - 14	51.8	71.7	59.1	52.3			
Novice 15+	52.4		59.8	53.4			
Open	54.7	73.5 (W)	62.1	54.6			
Youth	54.7	74.1 (M)	62.1	54.6			
Senior Elite Women	58.3	77.2	64.5	56.4			
Men	61.1	79.8	65.4	58.2			
WAGS 11-12					29.6	60.4	54.1
WAGS 13-14					30.1	61.3	54.6
WAGS 15-16 Women					31.1	62.7	55.8
Men					31.6	63.2	56.4
WAGS 17+ Women					31.6	64.5	57.3
Men					32.6	67.6	58.7

- Scores are from the preliminary round of competition.
- National Team selection will be taken from the top five overall scores in each category, as determined at Provincial Championships. The fifth athlete will be the Team Alternate and will compete as a Provincial independent entry. There may be any number of independent entries.
- Competitions used for selection of Provincial Delegation to Eastern Canadian Championships will be designated by the Technical Committee at the Annual General Meeting. Team members will be selected from the top five overall scores (from the preliminary round) obtained during any of the selection meets, the fifth ranked athlete being the team alternate.
- National Level athletes/pairs do not require a qualifying score to attend Provincial Championships.

4.0 Team Coach Selection

- 4.1 Team Coaches selected for the Eastern Canadian or National Championships must be fully certified at Level II Trampoline or the Gymnastic equivalent.
- 4.2 The basis for selection of the Team Coach will be on the point format based on the results of the selection meets held throughout the year. The final ranking will be announced at Provincial Championships.

<u>Placing per Category</u>	<u>Points</u>
1st	6
2nd	5
3rd	4
4th	3
5th	2
6th	1

- 4.3 Two (2) Coaches will be selected per category: Men's and Women's Trampoline, Men's and Women's Tumbling, Men's and Women's Double-Mini Trampoline. In the event of a tie, the coach of the athlete in the highest category will be selected.

4.4 *Funding for coaches is to be determined...*

5.0 Awards

- 5.1 One or more athletes in an event constitute an individual competition.
- 5.2 Two or more teams in an event constitute a team competition. A team consists of a minimum of three and a maximum of four athletes.
- 5.3 Ranking is determined by adding the final scores achieved from all passes / routines as set out in the competition rules for the particular apparatus.
- 5.4 The top three ranked individual athletes in each event receive medals. Ribbons will be awarded for fourth to sixth places.
- 5.5 Medals will be awarded to the top three ranked teams in each event, one medal for each member of the team.
- 5.6 In the event that there is a tie, the final ranking will be determined by the following sequence (as per FIG/GCG regulations):
- The athlete with the highest total score in the second routine (TRA) or second pass (TU or DMT).
 - The athlete with the highest execution score in the second routine or second pass
 - The total of all the execution judges scores (5) without eliminating the high and low values in the second routine or pass.
 - The total of the four highest execution judges' scores in the second routine or pass.
 - The total of the three highest execution judges' scores in the second routine or pass and so on until the tie is broken.
- 5.7 Ties occurring in a Finals Round will be broken using the same procedure.

Section 3 Competition Rules

Competition rules for the Province of Nova Scotia are the same as the current revision of the Canadian Competition Rules, adopted by Gymnastics Canada, with some modifications. In case of dispute or absence of guidelines in the GCG handbook, the current FIG Handbook will be used as the reference.

The following documents should be read in conjunction with these rules:

- *Gymnastics Canada Trampoline & Tumbling Program Guide (rev. December 2001)*
- *FIG Code of Points (Edition 2005)*
- *Dimensions and Tolerances for International Competition Equipment*
- *Judges Guide and Interpretations to current rules*

General Rules

This section outlines rules that are common to all events.

1.0 Team Competitions

- 1.1 A team is comprised of a minimum of three (3) and a maximum of four (4) athletes.
 - 1.1.1 Scores from men's and women's categories may be combined to form a team score if there are not enough athletes in either of the categories.
- 1.2 For all sanctioned competitions, team scores will be determined from the results of the Preliminary round.

2.0 Winners

- 2.1 The winner is the athlete, team or pair with the highest overall number of points at the end of the competition.
- 2.2 Medals and awards will be given according to Reg. 5 of the Technical Regulations.

3.0 Dress for Competitors and Spotters

3.1 Men:

- All Provincial categories: solid coloured (including white) gymnastic pants or athletic shorts; singlet or tank top. Note that out of Province competitions may require a singlet.
- All National categories: must wear gymnastic pants and singlet.
- Trampoline shoes and/or foot covering of the same colour as the gym trousers or white must be worn.

3.2 Women:

- All categories - a long sleeved body suit must be worn, covering at 2/3 of the arm.
- Provincial athletes may wear tights of a solid colour, to be worn outside of the body suit. Tights must be between mid thigh and knee length.
- Footwear may not be longer than ankle length and must be white in colour.

3.3 The wearing of jewellery and watches is not permitted during the competition by athletes, spotters or coaches acting as spotters.

3.3.1 Medic alert bracelets are permitted but must be taped.

3.4 Any violation of § 3.1, 3.2 or 3.3 can result in disqualification from the round. The decision is made by the Chair of the Judges Panel.

3.5 Teams

3.5.1 Members of a team or a synchronised pairing must wear uniform dress or the athletes will be disqualified from the team or synchronised event.

3.6 Spotters

3.6.1 Spotters must wear tracksuits and gym shoes.

4.0 Recorders & Secretariat

- 4.1 All sanctioned competitions shall use either the official GNS score sheets or an approved computer program. Results will be posted in a designated area and distributed to all participating clubs.
- 4.2 Copies of the results must be forwarded to the Chairperson of the TTPC and the GNS office by the Meet Director.

5.0 Warming up

- 5.1 A 15-minute general warm-up will be made available to the athletes. The athletes are not permitted on the equipment during this warm up.
- 5.2 A timed warm up on the competition equipment, allowing approximately two minutes per athlete (three minutes for National levels) will be given following the general warm-up. If only one set of equipment is available, and/or if numbers warrant, timed warm up may be increased.
- 5.3 Athletes within a flight or those in Finals will be given a specific warm-up of approximately 30 seconds before competing their routines or passes.
 - 5.3.1 Clubs hosting competitions are free to change this format, but must include a description in the meet registration package.

6.0 Formulation of Scores

The following sections apply to the overall calculations of scores for all events, and only valid for competitions within Nova Scotia. Detailed calculation of scores for a specific event may be found in their respective sections.

- 6.1 The total score for a pass or routine is calculated to two (2) decimal places.
 - 6.2 Evaluation of the score for Execution
 - 6.2.1 The number of judges present on the panel determines the method used to calculate the score for execution:
 - Two (2): the two marks are averaged to create a third and all are totalled together.
 - Three (3): the three marks are totalled together.
 - Four (4): the high and low marks are discarded; the two remaining marks are averaged to create a third and all are totalled together.
 - Five (5): as per FIG: the high and low marks are discarded and the remaining three marks are totalled together.
- It is recommended that the minimum number of judges for any panel is three.*
- 6.3 If an insufficient number of certified judges are present for the level of competition, then:
 - 6.3.1 Composition of the Judges Panel will be as described in § 5.
 - 6.3.2 The score for Execution will be calculated such that the marks given by the judges certified for the level of competition will always be used in the calculation (theirs will not be one of the marks discarded).

7.0 Competition Panel

- 7.1 If an insufficient number of judges are present to form a complete panel, then priority will be given to assigning the Judges for Execution, followed by the Judges for Difficulty.
- 7.2 If necessary, evaluation of the routine for Difficulty shall be by video review. It is the responsibility of the Chair of the Judges Panel and the Meet Manager to ensure the quality of the video recording is sufficient for this purpose.

8.0 Duties of the Chair of the Judges Panel

- 8.1 Written protests are not allowed. An official representative of the team or club is to approach the Chair of the Judges Panel in a controlled and friendly manner to notify of a possible error. It is the responsibility of the Chair to discuss the issue with the Difficulty Judges and determine if a video review is necessary.

Trampoline

A. General Rules

1.0 Individual Competition

1.1 Preliminary Round

- 1.1.1 The preliminary round of competition consists of two (2) routines. Depending on the category, the first routine includes special requirements, the second is a voluntary routine described in Appendix B.
- 1.1.2 The starting order for the preliminary round is determined by a draw supervised by the Chair of the Judges Panel and/or the Meet Director. The athletes will be divided into flights (groups) of approximately ten per flight, up to a maximum of 16.
 - 1.1.2.1 If required, two or more levels may be combined into one flight to achieve a suitable size.
- 1.1.3 Each flight completes their preliminary round (competes both routines) before the next flight begins.

1.2 Finals

*This applies to **Provincial Championships only**. Clubs hosting Qualifying meets throughout the year are free to choose if they wish to include a Final.*

- 1.2.1 There is one voluntary routine in Finals.
- 1.2.2 The top ten (10) athletes from the Preliminary Round move to the Final. Ties will be broken according to FIG/GCG, as described in Reg. 5.6 of the FIG Technical Regulations.
 - 1.2.2.1 If there are less than 10 athletes in a category, there will be no finals round for that category.
- 1.2.3 Starting order for Finals will be in the order of merit, the athlete with the lowest score competing first.

2.0 Synchronised Competition

- 2.1 A synchronised pair consists of two (2) women or two (2) men.
- 2.2 An athlete may only compete in one synchronised pairing.
 - 2.2.1 The level of competition for a Synchronised pairing must be the same in which the athletes compete individually.
- 2.3 The format for Synchronised competition is the same as for Individual Competition (§ 1).

3.0 Routines

- 3.1 Each routine consists of ten (10) elements.
 - 3.1.1 Depending on the level of competition, the first routine of the preliminary round consists of a compulsory routine (Provincial Levels) or free elements and special requirements (National Levels). The score for the first routine is based on execution only.
 - 3.1.2 The second routine and Final are voluntary routines where the difficulty score and execution scores are added together to give the total score for the routine.
- 3.2 Second attempts are not allowed unless the athlete is obviously disturbed due to faulty equipment or other substantial cause.
 - 3.2.1 Spectator noise, applause or public address announcements do not normally constitute a disturbance.

4.0 Competition Cards (DD Sheets)

- 4.1 The elements of the first routine must be written down on the competition card with the required elements marked with an asterisk (*). (*Note: Applies to National Levels only*)
 - 4.1.1 Only recognised English terminology or the FIG numeric system is to be used to list the routine on the competition card otherwise, the card will not be accepted.

- 4.2 The competition card must be handed in at the time and place specified by the organising committee otherwise, the athlete may not be allowed to start.
- 4.3 If the routine is a compulsory routine (Provincial Level), a change is considered an interruption and the athlete is scored on the number of completed skills prior to the interruption. For National level athletes, the athlete must complete the skills in the order in which they are written on the card otherwise, there will be a deduction of 0.2 from each execution judge. Any missing required elements will result in a 1.0 deduction, for each element, from each of the execution judges.
- 4.4 For the second routine of the preliminary round and Finals, changes to the routine as written on the competition card, are permitted without penalty.

5.0 Trampolines

- 5.1 Specifications for equipment may be found in Appendix 1.
 - 5.1.1 Any competitions that do not include athletes higher than Provincial C may use a 6x12 bed.

6.0 Safety

- 6.1 Four spotters must be positioned around the trampoline while it is in use. It is the responsibility of each competing club to provide the necessary spotters. If there is insufficient numbers, then spotters may be selected by a representative of the host club.
 - 6.1.1 A spotter mat may be used only by the athlete's own spotter.

B. Competition Procedure

7.0 Start of a Routine

- 7.1 The athlete will start their routine on a signal given by the Chair of the Judges Panel.
- 7.2 Once given, the athlete has one minute to initiate the first skill otherwise there is a deduction given by each Execution Judge as follows:
 - 61-90 seconds: 0.1 deduction
 - 91-120 seconds: 0.2 deduction
 - > 121 seconds: 0.3 deductionIf the time limit is exceeded due to faulty equipment or other substantial cause, there will be no deduction. This decision is made by the Chair of the Judges Panel.
- 7.3 If there is a faulty start, the Chair of the Judges Panel may allow a second attempt.

8.0 Repetition of Skills

- 8.1 No skill may be repeated during a routine otherwise the difficulty of the skill will not count. The repetition of a skill during the first routine for National Levels will result in a deduction of 1.0 from each execution judge, for each repetition.
 - 8.1.1 The repetition of a skill in the first routine for Provincial Levels is a change to the order of execution and will be considered an interruption.
 - 8.1.2 Repetition of a skill having no difficulty value will result in a deduction of 0.2 from each execution judge.
- 8.2 Elements having the same amount of rotation but performed with a different body position (tucked, piked or straight) are considered different skills.
- 8.3 Multiple somersaults having the same number of twists and somersaults are considered different skills if the twist occurs in different phases of the somersault (see the Guide to Judging).
 - 8.3.1 To be considered a multiple somersault, the minimum amount of rotation required is 630° ($\frac{7}{8}$).

9.0 Interruptions of a Routine

- 9.1 A routine is considered interrupted if an athlete:

- 9.1.1 Does not perform a compulsory routine using the required skills and/or in the sequence written on the competition card.
- 9.1.2 Obviously does not land simultaneously with both feet on the trampoline bed.
- 9.1.3 Does not use the elasticity of the bed after landing for the immediate continuation of the next skill.
- 9.1.4 Touches anything other than the trampoline bed with any part of the body.
- 9.1.5 Is touched by a spotter or spotter mat
- 9.1.6 Leaves the trampoline due to insecurity.
- 9.1.7 Performs a different skill than that of his/her partner in a synchronised competition.
 - 9.1.7.1 If one of the pair is more than ½ a skill ahead of their partner, they will be considered to have performed different skills.
- 9.2 No credit is given for the skill in which the interruption occurs.
- 9.3 The athlete receives credit only for the number of elements completed on the trampoline bed.
- 9.4 The Chair of the Judges Panels decides the maximum mark for the routine.

10.0 Termination of the Routine

- 10.1 The athlete must end their routine, under control in the upright position with both feet on the trampoline bed. The athlete must hold this position for at least three (3) seconds or else there will be a deduction for lack of stability.
- 10.2 The routine is considered complete only after the three seconds have elapsed.
- 10.3 In individual competition, the athlete is allowed to execute one additional jump after the last skill (out-bounce), in the stretched position using the elasticity of the bed.
- 10.4 In synchronised competition, both athletes must finish the same way; both must perform an out-bounce or both must stand still otherwise a deduction of 0.2 will be taken by each of the judges for synchronisation.
- 10.5 If an athlete does more than ten (10) skills, a single deduction of 1.0 is taken by each of the execution judges, regardless of the number of extra skills performed. Intermediate straight jumps will be counted as skills.
- 10.6 In the case of an interrupted routine, if the last skill is a straight jump, it will be considered an out-bounce, not an intermediate jump.

11.0 Formulation of Scores

- 11.1 Degree of difficulty
 - 11.1.1 The difficulty of a skill is determined by the amount of twist and somersault rotation.
 - 11.1.1.1 For each ¼ somersault (90°) 0.1
 - 11.1.1.2 Bonus for **completed** somersault 0.1
 - 11.1.1.3 For each ½ twist (180°) 0.1
 - 11.1.2 Skills that combine twist and somersault, the difficulty values for each component (somersault or twist) are added together. Side somersaults and skills without twist or somersault rotation have no difficulty value.
 - 11.1.3 Single somersaults (up to 1¾) **without twists**, executed in the pike or straight position are awarded an extra 0.1 bonus.
 - 11.1.4 Multiple somersaults of 720° or more, with or without twists and executed in the pike or straight position will be awarded an extra 0.2 bonus.
- 11.2 Method of Scoring
 - 11.2.1 The marks for execution, difficulty and synchronisation are given in 10ths of a point (one decimal).
- 11.3 Evaluation of the score for Synchronisation
 - 11.3.1 The number of judges present determines the method used to calculate the score for synchronisation.
 - One (1): the mark is doubled

- Two (2): the two marks are averaged which is then doubled
- Three (3): as per FIG: the middle mark is doubled

Tumbling

A. General Rules

1.0 Individual Competition

1.1 Preliminary Round

Due to the lack of regulation equipment, athletes at Provincial B level and higher competing in the province are only required to complete six skills. Athletes are however, encouraged to attempt the required number if they are planning to attend out of province competitions. Athletes attempting to qualify for National Championships will be required to notify the Judging Chair before the competition to make special arrangements.

1.1.1 Preliminaries will consist of the following passes (refer to Appendix B for details) :

Senior:	as per FIG requirements: first pass is salto pass, second pass is twisting pass.
Open & Youth:	as per GCG requirements: first pass is modified salto pass; second pass is modified twisting pass.
Novice:	two voluntary passes of eight skills: with special requirements.
Provincial A:	two passes of seven skills: first pass is compulsory; second is optional.
Provincial B:	two passes of six skills: first pass is compulsory; second is optional.
Provincial C:	two passes of five skills: first pass is compulsory; second is optional.

1.1.2 The starting order for the preliminary round is decided as described in § 1.1.2 of the Trampoline Competition Rules.

1.1.3 If required, two or more levels may be combined into one flight to achieve a suitable size.

1.1.4 Each flight completes their preliminary round (compete both passes) before the next flight begins.

1.2 Finals

*This applies to **Provincial Championships only**. Clubs hosting Qualifying meets throughout the year are free to choose if they wish to include a Final.*

1.2.1 There is one (1) pass in Finals, with the same skill requirements, with the exception of Senior, which compete two (2) passes as per FIG/GCG.

1.2.2 The top ten (10) athletes from the Preliminary Round move to the Final. Ties will be broken according to FIG/GCG, as described in Reg. 5.6 of the Technical Regulations.

1.2.2.1 If there are less than 10 athletes in a category, there will be no finals round for that category.

1.2.3 Starting order for Finals will be in the order of merit, the athlete with the lowest score competing first.

2.0 Passes

2.1 FIG special requirements apply to senior level only.

2.2 The passes of the preliminary round must be performed without repetition of a skill.

2.3 In the Final, an athlete may repeat a skill or a pass performed in the preliminary round.

2.4 Passes consisting of three elements or less will score zero.

2.5 A tumbling pass must move in one direction only; however, a single element in the reverse direction is allowed at the end of the pass.

2.6 All passes, with the exception of Provincial C must end in a somersault.

2.6.1 If a Provincial C pass does not end with a somersault, the athlete is required to perform a single straight jump (out-bounce).

2.7 For Provincial A level and higher, if the last element is not in the reverse direction, then it must take off from the tumbling track and land in the landing area, otherwise a deduction of 0.2 is taken by each Execution Judge.

- 2.8 Second attempts are not allowed unless the athlete is obviously disturbed due to faulty equipment or other substantial cause.
 - 2.8.1 Spectator noise, applause or public address announcements do not normally constitute a disturbance.

3.0 Competition Cards (DD Sheets)

- 3.1 Only recognised English terminology or the FIG numeric system is to be used to list the routine on the competition card otherwise, the card will not be accepted.
- 3.2 The competition card must be handed in at the time and place specified by the organising committee otherwise, the athlete may not be allowed to start.
- 3.3 Changes to the skills or the order in which they are written are not allowed during a pass, with the exception of the last skill. If any changes occur, the Difficulty judges will deduct 0.2 from the difficulty mark. If the routine is a compulsory routine (Provincial Level), a change is considered an interruption and the athlete is scored on the number of completed skills prior to the interruption (see section 7.0, Repetition of Skills).

4.0 Equipment

- 4.1 Specifications for equipment may be found in Appendix 1.

5.0 Safety

- 5.1 An athlete may have one (1) spotter (coach).

B. Competition Procedure

6.0 Start of a Pass

- 6.1 The athlete will start their routine on a signal given by the Chair of the Judges Panel.
- 6.2 Once given, the athlete has 20 seconds to initiate the first skill otherwise there a deduction of 0.1 is taken given by each Execution Judge. If the time limit is exceeded due to faulty equipment or other substantial cause, there will be no deduction. This decision is made by the Chair of the Judges Panel.
- 6.3 A springboard may be used to initiate the first skill. It may be placed anywhere on the tumbling track or the run-up.
- 6.4 Whether a springboard is used or not, the first skill must land on the tumbling track, though it may have been initiated on the run-up.

7.0 Repetition of Skills

- 7.1 With the exception of flic-flacs, whip backs and round-offs, no skill may be repeated during the two passes of the preliminary round otherwise the difficulty of the skill does not count.
 - 7.1.1 Provincial C athletes may not repeat a non-DD skill at the end of a completed pass or else a deduction of 0.2 will be taken by the Execution Judges.
- 7.2 Elements having the same amount of rotation but performed with a different body position (tucked, piked or straight) are considered different skills.
- 7.3 Multiple somersaults (720° or more) having the same number of twists and somersaults are considered different skills if the twist occurs in different phases of the somersault (see the Guide to Judging).

8.0 Interruptions of a Routine

- 8.1 A routine is considered interrupted if an athlete:
 - 8.1.1 Does not perform a compulsory routine using the required skills and/or in the sequence written on the competition card.
 - 8.1.2 Is touched by a spotter
 - 8.1.3 Takes intermediate steps or stops
 - 8.1.4 Falls to the track/zone/area during a pass

- 8.1.5 Touches any part outside the outer lines with any part of the body
- 8.1.6 Touches the tumbling track with any part of the body other than the hands or feet
- 8.1.7 Performs movement without rotation around the lateral and dorso-ventral axis of the body.
- 8.2 No credit is given for the skill in which the interruption occurs.
- 8.3 The athlete receives credit only for the number of elements completed on the feet on the tumbling track or landing area.
- 8.4 The Chair of the Judges Panels decides the maximum mark for the routine.

9.0 Termination of the Pass

- 9.1 The pass must end on both feet on the track or landing area otherwise the last skill is not counted.
- 9.2 The athlete must hold this position for at least three (3) seconds or else there will be a deduction for lack of stability. The routine is considered complete only after the three seconds have elapsed.
- 9.3 For Provincial A level and higher, the last skill must take off from the tumbling track and land in the landing area unless the last skill is performed in the reverse direction, otherwise a deduction of 0.2 will be taken by each execution judge.
- 9.4 All completed passes must end with a somersault, except for Provincial C, otherwise a deduction of 0.5 is taken by each Execution Judge.
- 9.5 Additional skills result in a deduction of 1.0, regardless of the number of extra skills, by each Execution Judge.

10.0 Formulation of Scores

10.1 Degree of difficulty

- 10.1.1 Only skills terminating on the feet will be evaluated.
- 10.1.2 The difficulty of a skill is calculated based on the amount of twist and somersault rotation.
 - 10.1.2.1 In elements combining somersault and twist, the difficulty values for each component are added together.
- 10.1.3 Cartwheels have no difficulty value.
- 10.1.4 For each ½ twist (180°) 0.2
 - 10.1.4.1 CDN Rule: For each ½ twist in a non-inverted skill 0.1
- 10.1.5 For each somersault (360°) 0.5
- 10.1.6 Each 360° of front or side somersault rotation will receive a bonus of 0.1.
- 10.1.7 Single somersaults or less
 - 10.1.7.1 Aerials, flic-flacs, round-offs and front hand-springs 0.2
 - 10.1.7.2 Whip backs (tempo salto) 0.3
 - 10.1.7.3 Single somersaults, **without twists**, executed in the pike or straight position are awarded an extra 0.1 bonus.
 - 10.1.7.4 Single somersaults with more than one complete twist; the difficulty for each ½ twist will be:
 - Each ½ twist more than one twist (360°) 0.3
 - Each ½ twist more than two twists (720°) 0.4
 - Each ½ twist more than three twists (1080°) 0.5
 - Each ½ twist more than four twists (1440°) 0.6
- 10.1.8 Multiple somersaults - with or without twist:
 - 10.1.8.1 Double somersaults performed in the **pike** position will receive a bonus of 0.4; triple somersaults will receive a bonus of 0.8.
 - 10.1.8.2 Double somersaults performed in the **straight** position will receive a bonus of 0.8; triple somersaults will receive a bonus of 1.6.

10.1.8.3 Multiple somersaults, without twist and having a change in body position will receive the following bonus:

- Straight - pike 0.6
- Straight - tuck - tuck 0.2
- Straight - straight - tuck 0.6
- Straight - pike - pike 1.0
- Straight - pike - pike 1.4

10.1.8.4 For double somersaults, the value of the skill, including twist is doubled. Any bonus for position is then added to give the total value for the skill

10.1.8.5 For triple somersaults, the value of the skill, including twist is tripled. Any bonus for position is then added to give the total value.

10.2 Method of Scoring

10.2.1 The marks for execution and difficulty are given in 10ths of a point (one decimal).

10.2.2 All passes are scored out of 10, obtained by subtracting the deductions for poor execution from 10.

Double Mini Trampoline

A. General Rules

1.0 Individual Competition

1.1 Preliminary Round

- 1.1.1 There are two passes in the preliminary round. Passes for National Level athletes have special requirements. Refer to Appendix B for details.
- 1.1.2 The starting order for the preliminary round is decided as described in § 1.1.2 of the Trampoline Competition Rules.
 - 1.1.2.1 If required, two or more levels may be combined into one flight to achieve a suitable size.
- 1.1.3 Each flight completes their preliminary round (compete both passes) before the next flight begins.

1.2 Finals

*This applies to **Provincial Championships only**. Clubs hosting Qualifying meets throughout the year are free to choose if they wish to include a Final.*

- 1.2.1 There are two (s) passes in Finals.
- 1.2.2 The top ten (10) athletes from the Preliminary Round move to the Final. Ties will be broken according to FIG/GCG, as described in Reg. 5.6 of the Technical Regulations.
 - 1.2.2.1 If there are less than 10 athletes in a category, there will be no finals round for that category.
- 1.2.3 Starting order for Finals will be in the order of merit, the athlete with the lowest score competing first.

2.0 Passes

- 2.1 Each pass consists of two skills; one mounting skill or spotter skill and one dismount skill.
 - 2.1.1 A straight mounting jump, without twists is not considered a skill. A straight jump used as a spotter skill or a dismount skill is considered an interruption.
- 2.2 A mounting skill or a straight mounting jump must take off in the mounting zone and land in the spotter/dismount zone.
 - A spotter skill must take off and land in the spotter/dismount zone.
 - A dismount must take off from the spotter/dismount zone and land in the landing zone.Any violation is considered an interruption of the pass (see section 8.0, Interruptions of a Routine).
- 2.3 Skills may be repeated only if they are performed in different parts of a pass (mount, spotter or dismount).
- 2.4 Second attempts are not allowed unless the athlete is obviously disturbed due to faulty equipment or other substantial cause.
 - 2.4.1 Spectator noise, applause or public address announcements do not normally constitute a disturbance.

3.0 Competition Cards (DD Sheets)

- 3.1 Each pass, with the difficulty value of each skill, must be written on the competition card.
- 3.2 Only recognised English terminology or the FIG numeric system is to be used to list the routine on the competition card otherwise, the card will not be accepted.
- 3.3 The competition card must be handed in at the time and place specified by the organising committee otherwise, the athlete may not be allowed to start.
- 3.4 Changes to the skills or the order in which they are written are allowed during a pass, without penalty but the changes must be recorded on the competition card by the Difficulty Judges.

4.0 Equipment

- 4.1 Specifications for equipment may be found in Appendix 1.

5.0 Safety

- 5.1 An athlete may have one (1) spotter (coach).
- 5.2 A spotter mat may be used only by the athletes own spotter.

B. Competition Procedure

6.0 Start of a Pass

- 6.1 The athlete will start their routine on a signal given by the Chair of the Judges Panel.
- 6.2 Once given, the athlete has 20 seconds to initiate the first skill otherwise there a deduction of 0.1 is taken given by each Execution Judge. If the time limit is exceeded due to faulty equipment or other substantial cause, there will be no deduction. This decision is made by the Chair of the Judges Panel.
- 6.3 If there is a faulty start and the athlete has not touched the Double Mini-Trampoline, then the athlete may re-start without penalty on a signal from the Chair of the Judges Panel. However, a penalty for exceeding the time limit may still be applied.
- 6.4 A springboard may be used in Regional and Provincial C levels as a ramp to assist smaller athletes to reach the mounting zone of the trampoline. The springboard must be blocked so that it cannot be used to vault the athlete onto the trampoline (Nova Scotia only).

7.0 Repetition of Skills

- 7.1 A skill is considered repeated if used more than once as a mount, spotter or dismount in any of the four passes (two preliminary and two final passes).
- 7.2 Provincial athletes may not repeat a non-DD skill or a deduction of 0.2 will be taken by the Execution Judges.
- 7.3 Elements having the same amount of rotation but performed with a different body position (tucked, piked or straight) are considered different skills.
- 7.4 Multiple somersaults (720° or more) having the same number of twists and somersaults are considered different skills if the twist occurs in different phases of the somersault (see the Guide to Judging).

8.0 Interruptions of a Routine

- 8.1 A routine is considered interrupted if an athlete:
 - 8.1.1 Obviously does not land simultaneously on both feet on the bed.
 - 8.1.2 Does not use the elasticity of the bed after landing for the continuation of the next skill.
 - 8.1.3 Is touched by a spotter or a spotter mat.
 - 8.1.4 Leaves the Double Mini-Trampoline during a pass due to insecurity.
 - 8.1.5 Lands on the trampoline bed with any part of their body, other than their feet.
 - 8.1.6 Lands on any part of the trampoline other than the bed during a pass.
 - 8.1.7 Lands completely in the penalty zone without touching any part of the bed outside the penalty zone.
 - 8.1.8 Does not perform a mounting skill, spotter skill or dismount skill from or to the correct area (as per § 2.2).
 - 8.1.9 Performs a straight jump as a spotter or dismount (as per § 2.1.1).
- 8.2 No credit is given for the skill in which the interruption occurs.
- 8.3 The athlete receives credit only for the number of elements completed on both feet.
- 8.4 The Chair of the Judges Panels decides the maximum mark for the routine.

9.0 Termination of the Pass

- 9.1 After the dismount, the pass must end under control in the upright position, with both feet in the landing area otherwise the dismount skill will not be counted.
- 9.2 The athlete must hold this position for at least three (3) seconds or else there will be a deduction for lack of stability. The routine is considered complete only after the three seconds have elapsed.
- 9.3 The last skill must be take off from the track and land in the landing area, except for a skill performed in the reverse direction.
- 9.4 All completed passes must end with a somersault, except for Provincial C, otherwise a deduction of 0.5 pts is taken by each Execution Judge.
- 9.5 Additional skills result in a deduction of 1.0 pts, regardless of the number of extra skills, from each Execution Judge.

10.0 Formulation of Scores

10.1 Degree of difficulty

10.1.1 Only skills terminating on the feet will be evaluated.

10.1.2 The difficulty of a skill is calculated based on the amount of twist and somersault rotation.

10.1.2.1 In elements combining somersault and twist, the difficulty values for each component are added together.

10.1.3 Side somersaults and skills without twist or somersault rotation have no difficulty value.

10.1.4 For each somersault (360°) 0.5 pts

10.1.5 For each ½ twist (180°) 0.2 pts

10.1.6 Single somersaults, **without twists**, executed in the pike or straight position are awarded an extra 0.1 bonus.

10.1.7 Single somersaults with more than one complete twist; the difficulty for each ½ twist will be:

- Each ½ twist more than one twist (360°) 0.3
- Each ½ twist more than two twists (720°) 0.4
- Each ½ twist more than three twists (1080°) 0.5
- Each ½ twist more than four twists (1440°) 0.6

10.1.8 Multiple somersaults - with or without twist:

10.1.8.1 Double somersaults performed in the **pike** position will receive a bonus of 0.4; triple somersaults will receive a bonus of 0.8.

10.1.8.2 Double somersaults performed in the **straight** position will receive a bonus of 0.8; triple somersaults will receive a bonus of 1.6.

10.1.8.3 For double somersaults, the value of the skill, including twist is doubled. Any bonus for position is then added to give the total value for the skill

10.1.8.4 For triple somersaults, the value of the skill, including twist is tripled. Any bonus for position is then added to give the total value.

10.2 Method of Scoring

10.2.1 The marks for execution and difficulty are given in 10ths of a point (one decimal).

10.2.2 For all completed passes, the Execution Judges will add 8.0 to their scores to give a mark out of 10. For passes with only one skill, the judges will add 6.0.

Section 4 Judging Regulations

The following documents should be read in conjunction with these rules:

- *Nova Scotia Provincial Judging Guide and Interpretations to current rules*

1.0 Objectives

- 1.1 The Provincial Judging Certification Program is established to
 - 1.1.1 To provide a standardised process of training for Trampoline Officials within the province.
 - 1.1.2 To establish an understanding of the technical requirements as determined by the Trampoline and Tumbling Program Committee at both the National and Provincial levels.
 - 1.1.3 To ensure that provincially recommended judges have a solid basis when seeking National certification.
- 1.2 The Judging Chairperson will be responsible for organising various levels of clinics throughout the province. One Provincial Level clinic will be held each year in the fall. Clubs may request another clinic to be held.

2.0 Certification

- 2.1 There are currently two levels of judging certification, Provincial and National.
- 2.2 Requirements for Provincial certification:
 - Minimum 15 years of age
 - Must be a member in good standing of Gymnastics Nova Scotia
 - Must attend a Provincial clinic to qualify. At the end of the clinic, a written test is to be completed with a minimum passing mark of 70%.
 - A previously qualified official is required to pass a written maintenance exam with a passing mark of 70%.
 - Spend a minimum 8 hours in the gym observing and evaluating routines
 - Judge at least 2 competitions annually including Provincial Championships
 - Keep records of competitions and evaluations that are to be submitted to TTPC Judging Chair at the completion of the competitive season.
 - All Nationally certified judges are exempt from these requirements.
- 2.3 Requirements for National certification:
 - Minimum 16 year of age
 - Minimum 2 years at Provincial level or permission of TTPC
 - Act as Chair of Judges Panel (Superior Judge) at a minimum of two (2) sanctioned competitions.

The Gymnastics Canada Judging Policy will govern all National or International level judges. These judges shall adhere to Gymnastics Canada technical rules and regulations regarding maintenance of certification.

3.0 Attire

- 3.1 Female judges will have the following attire: navy blue blazer, white blouse, navy slacks or skirt and appropriate footwear.
- 3.2 Male judges will have the following attire: navy blue blazer, white shirt with tie, navy slacks, and appropriate footwear.
- 3.3 Given that some competitive venues have a hearty atmosphere, and the cold and wet winters so endemic to the Province, a navy blue sweater may be considered optional.

4.0 Responsibilities

- 4.1 All judges are expected to abide by the Code of Conduct and the Code of Ethics as prescribed by Gymnastics Nova Scotia and Gymnastics Canada.
- 4.2 Judges are held responsible in matters concerning professionalism, fair play, attendance, promptness and proper dress.
- 4.3 Thirty minutes prior to the commencement of the competition, any judge who has not arrived at the meeting will be replaced if a suitable replacement is readily available. A judge will be considered suitable if he/she is listed as the alternate on the assignment sheet.
- 4.4 If a panel does not have enough judges 15 minutes before the commencement of competition, a judge scheduled to side judge the event will be asked to be an Execution Judge.
- 4.5 If an event DD Judge has not arrived at the commencement of the judges meeting, then another judge will assume the DD Judging duties and the named DD Judge will become an Execution Judge on the same event.

5.0 Judging Expenses

5.1 Travel to Competitions

As per GNS Policy, Judges travelling to competition will receive mileage at \$0.30 per km based on 4-person occupancy in the vehicle. Mileage is the responsibility of the host club. If the Judge is participating in some other capacity (as a coach or as an athlete) at another competition held on the same day, expenses would be the individuals' responsibility.

5.2 Meals

The host club is responsible to provide meals or a meal allowance to each Judge. A full day (more than 8 hours, to a maximum of 14 hours) requires three meals or \$25.00, a half-day (4-7 hours) requires two meals or \$12.00, and a quarter day (3 hours or less) requires one meal or \$5.00. This time does include travel time.

5.3 Accommodation

The host club is responsible for providing accommodation for competitions taking place on more than one day. Whenever possible, there should be four Judges to a room. If the Judge is participating in some other capacity (as a coach or as an athlete) for a competition held on the following day, the expense of that night is their responsibility.

5.4 Honorariums

In terms of paying honorariums, one competition is defined as a three-hour period that may include the judging of both disciplines. If the three-hour period is exceeded, then each Judge shall be paid a second honorarium.

Superior Judge	\$30.00	Assistant Superior	\$10.00
Execution Judge	\$20.00	Assistant Difficulty	\$10.00
Difficulty Judge	\$20.00	Synchronisation	\$10.00

5.5 Clinics

Honorariums are \$20.00 per hour for Judging Clinicians. Assistants are not required. Transportation and Meals will be paid for as per GNS policy.

Section 5 Regional Program

The Regional program for the Province of Nova Scotia includes the following modifications to the Provincial Program. Except where indicated, the regulations apply for all three disciplines: trampoline, tumbling and double mini-trampoline.

1.0 Individual Competition

- 1.1 Regional competitions do not include Finals as a format.
- 1.2 Regional 1 is participation only; athletes are not ranked.

2.0 Routines

2.1 Trampoline

- 2.1.1 Routines for Regional 1 consist of five skills. Regional II routines consist of 10 skills. Inversions are only permitted at the Regional II level.

NOTE: Coaches **must have** a minimum NCCP Level 2 certification to teach inverted skills.

2.2 Tumbling

- 2.2.1 Each Tumbling pass consists of five skills. Regional level athletes are prohibited from multiple somersaults.
- 2.2.2 During the voluntary pass, Regional athletes may repeat skills 1-4 from the compulsory pass, however skill 5 must be different.
- 2.2.3 Regional 1 athletes do not end their passes with a somersault.

3.0 Dress for Competitors and Spotters

- 3.1 Men - a singlet or tee shirt/ tank top and white or solid coloured gymnastic pants or athletic shorts must be worn.
- 3.2 Women - a long sleeved bodysuit must be worn. Footwear may not be longer than ankle length and must be white in colour. Tee shirt and tights/shorts may be worn over the bodysuit. Tights must be between mid thigh and knee length and of a solid colour.
- 3.3 Regional athletes are not required to wear Team bodysuits or tracksuits at competitions.

4.0 Competition Cards

- 4.1 The DD Cards for all Regional Categories are only used to aid in judging the optional routines, difficulty is not counted as part of the score.

5.0 Awards

5.1 Individual Awards

- 5.1.1 Each athlete is awarded a ribbon for each pass or routine based on the following *recommended range of score values*. The host club may adjust these scores to achieve a more even distribution of awards.

RANK	TRI / TRS	TU	DMT
1 st	> 26.10	> 27.00	> 28.80
2 nd	24.00 - 26.10	24.90 - 27.00	27.90 - 28.80
3 rd	< 24.00	< 24.90	< 27.90

- 5.1.2 The top three ranked athletes overall in each category will be awarded medals. Ribbons awarded from fourth to sixth places.

Score values based on the following single execution scores (out of 10):

TRI: 1st > 8.7, 2nd = 8.0 – 8.7, 3rd < 8.0

TU: 1st > 9.0, 2nd = 8.3 – 9.0, 3rd < 8.3

DMT: 1st = > 9.6, 2nd = 9.3 - 9.6, 3rd = < 9.3

Note: these scores have been used as guidelines only. In the interest of the maintaining the spirit in which the program was designed, it is recommended that the scores from the competition be examined and these splits adjusted such that the distribution is more uniform amongst the three placings. Historically, it has been possible to have the top two or three athletes in the Regional I category receive two 1st place awards, the bottom two or three receive two 3rd place awards with the remainder being a combination of 1st and 2nd or 2nd and 3rd.

5.2 Team Awards

- 5.2.1 At Provincial Championships, team awards will only be given if there is a minimum of three teams from at least two different clubs within the category. Any club may submit more than one team.
- 5.2.2 Team awards are determined by using the top three total scores of the designated team members. A team of four athletes will be able to drop each of their lowest compulsory and voluntary scores.
- 5.2.3 Team awards in the form of medals will be given to the top team, one medal for each team member.

5.3 Ties

- 5.3.1 In the event that there is a tie in the total scores, the athlete (or pairing if TRS) with the higher execution score from the voluntary routine will receive the placing.
- 5.3.2 If there is still a tie, both athletes (or pairings if TRS) will receive the placing.

5.4 Synchronised Awards

- 5.4.1 A synchronised pair may consist of two female or two male athletes or one female and one male athlete. An athlete may compete in only one synch pairing.
- 5.4.2 Awards are determined the same as for individual competition, each athlete of the pairing will receive an award.

2004-2005 Requirements for Regional Competition

Regional I - Compulsory Routines		
<u>Trampoline</u> Straddle Jump Seat Drop ½ Twist to Feet Tuck Jump Jump 1/1		<u>Tumbling</u> Forward Roll (step out) Cartwheel Handstand Forward Roll Tuck Jump
Regional I - Optional Routines		
<ul style="list-style-type: none"> • 5 Skills • Optional routine must contain a tuck jump • No Inversions • Score based on execution only 		<ul style="list-style-type: none"> • 5 skills • No Inversions • Score based on execution only
Regional II - Compulsory Routines		
<u>Trampoline</u> Straddle Jump Front Drop To Feet Tuck Jump Seat Drop Swivel Hips To Feet Pike Jump Back Drop ½ Twist to Feet	<u>Double Mini</u> Pike Jump Spotter Pike Jump Dismount	<u>Tumbling</u> Round Off Back Handspring Jump ½ Turn (Step Out) Cartwheel Round Off
Regional II - Optional Routines		
<ul style="list-style-type: none"> • 10 Skills • 1 Inversion allowed • Score based on execution only 	<ul style="list-style-type: none"> • 2 skills • 1 Inversion allowed • Score based on execution only 	<ul style="list-style-type: none"> • 5 skills • 1 Inversion allowed • Score based on execution only

- Regional athletes do not compete in finals.
- Although inversions are permitted in Regional II, **THEY ARE NOT TO BE TAUGHT BY A LEVEL 1 COACH.**
- Only one category exists for Regional Double-Mini.

Regional TRS

- Must compete the required compulsory and meet the voluntary requirements.
- Execution + synch determines the score.
- Do not compete in Finals format

APPENDIX A Equipment Specifications

Trampoline Equipment

1. The host club is responsible to notify all participating clubs of the type of equipment to be used, and at least two weeks prior to competition. All beds must be spring-loaded. The host club is also to ensure that the competitive venue is available to the athletes for warm-up at least 1 hour prior to the start of Preliminary round of competition.
2. Provincial C - may compete on round Recreational beds. They may also compete on a 6' x 12' or a 7' x 14' bed.
3. Provincial C athletes are permitted to compete on "hot beds". Ceiling height of the competition venue must be a minimum of five metres.
4. Provincial Open, Provincial B and Provincial A athletes require a 7' x 14' bed. Bed type must be specified. Solid, 6' x 12' and/ or round Recreational beds are not acceptable. Ceiling height must be a minimum of six metres.
5. National athletes require a 7' x 14' trampoline. Ceiling height must be a minimum of eight metres.
6. Web beds:

Width of web under tension:	5.5 mm +/- 1.5 mm
Distance between any two webs	16 mm (maximum)
7. String beds:

Width of strings under tension:	3 mm +/- 1 mm
Distance between any two strings:	10 mm (maximum)
8. The landing zone in the centre of the bed must be clearly outlined in red. Another contrasting colour is suitable on black polypropylene beds. Dimensions of the zone are:

Length	2150 mm +/- 40 mm
Width	1080 mm +/- 40 mm
9. The centre of the bed must be indicated by a red cross with dimensions of 700 mm +/- 30 mm.
10. Trampolines at competitions must have adequate frame protection and the springs must be fully covered. This padding must be shock absorbent and with a maximum thickness of 55 mm, and should be firmly attached to the frame so as not to disturb the normal action of the bed or springs, or cause a disturbance through 'flapping'. In addition, mats of a suitable type (gymnastic or crash mats) must surround the trampoline(s).
11. End decks must be placed at both ends of the trampoline(s) and be firmly attached to the trampoline (s) frame. End deck mats should be constructed of medium density foam and be firmly attached to the deck. Dimensions of the end deck mats are:

Length	3025 mm +/- 25 mm
Width	2025 mm +/- 25 mm
Thickness at the bed	75 mm +/- 5 mm
Thickness at the end	210 mm +/- 10 mm
12. If end deck mats are not available, crash mats of medium density foam must be placed at each end of the trampoline(s) and have minimum dimensions as 2.5, however the thickness must be uniform and a minimum of 210 mm. This alternative measure is not acceptable for National level athletes.
13. Trampolines at Synchronized competitions (TRS) must be similar. The trampolines must be placed parallel to each other and not staggered. The distance between them, measuring between the outside of each frame must be two metres.

14. The host club is to ensure that competent spotters are available.

Double Mini Trampoline Equipment

1. The host club is responsible to notify all participating clubs of the type of equipment to be used, and at least 2 weeks prior to competition. All beds must be spring-loaded. The host club is also to ensure that the competitive venue is available to the athletes for warm-up at least 1 hour prior to the start of Preliminary round of competition.
2. Specifications for the Double Mini Trampoline used at any level of competition are:
 - 2.1. Dimensions of the bed under tension

Length	2850 mm +/- 50 mm
Width	920 mm +/- 10 mm
 - 2.2. Height of the bed, from the floor, under tension

Mounting end	450 mm +/- 100 mm
Dismount end	700 mm +/- 100 mm
3. Width of the web under tension: 4 mm minimum, 13 mm maximum. The distance between any two strands must not be greater than 16 mm. Strands of webbing must be sewn together.
4. Ceiling height must be a minimum of six metres.
5. The Penalty zones must be clearly marked in red. Dimensions of the zones are:

End markers	130 mm +/- 20 mm
Centre zone	390 mm +/- 10 mm
Distance of the Centre zone from the Mounting end	900 mm +/- 20 mm
6. DMT at competitions must have adequate frame protection and the springs must be fully covered. This padding must be shock absorbent and with a maximum thickness of 55 mm, and should be firmly attached to the frame so as not to disturb the normal action of the bed or springs, or cause a disturbance through 'flapping.' For safety reasons, no metal bars or fixings are allowed across the ends of the DMT other than at floor level. The profile of the frame must have rounded edges. The bars beneath the bed must be padded. Gym mats must be placed on both sides of the DMT.
7. A shock absorbent mat will be placed in the landing area and it must allow a stable landing. If two or more mats are joined together to serve as the landing area, they must be of uniform height and density, be firmly held together and the whole landing area must be covered with a single covering. Dimensions are;

Length	6000 mm (minimum)
Width	3000 mm
Thickness	300 mm +/- 20 mm
8. A landing zone must be clearly outlined in the landing area, and either the whole zone will be in a contrasting colour, or the boundary of the landing zone will be indicated with 15 mm wide lines of a contrasting colour. Dimensions of the landing zone are;

Length	4000 mm +/- 5 mm
Width	2000 mm +/- 5 mm
9. There must be a run up area with minimum of 11 m for provincial competitions and 20 m for National competitions.
10. A springboard may be placed in front of the double-mini trampoline to assist athletes in the Regional and Provincial C categories. The springboard must be blocked so that it can only be used as a ramp and not as a springboard.

Tumbling Equipment

1. The host club is responsible to notify all participating clubs of the type of equipment to be used, and at least two weeks prior to competition. The host club is also to ensure that the competitive venue is available to the athletes for warm-up at least 1 hour prior to the start of Preliminary round of competition.
2. Specifications for the tumbling track used at any level of competition are:

Length	26 m	- 1.0 m
Width	1.7 m	+ 0.3 m
3. The tumbling track must be composed of a sprung surface, which must be padded. If constructed of several units, they must be firmly held together so as not to separate in use, and showing no space between them.
4. Ceiling height must be a minimum of six metres.
5. Two lines, 50 mm wide in a contrasting colour must mark the outer boundary of the tumbling track.

Width	1.5 m +/- 10 mm
-------	-----------------
6. The centre line of the tumbling track must be clearly marked in a contrasting colour, 50 mm wide.
7. A shock absorbent mat will be placed in the landing area and it must allow a stable landing. If two or more mats are joined together to serve as the landing area, they must be of uniform height and density, be firmly held together and the whole landing area must be covered with a single covering. Dimensions are:

Length	6000 mm (minimum)
Width	3000 mm
8. The thickness and density of the foam must be sufficient to absorb shock. The upper surface of the landing mat should be level with the upper surface of the tumbling track.
9. A landing zone must be clearly outlined in the landing area, and either the whole zone will be in a contrasting colour, or the boundary of the landing zone will be indicated with 15 mm wide lines of a contrasting colour. Dimensions of the landing zone are:

Length	4000 mm +/- 5 mm
Width	2000 mm +/- 5 mm
10. A run up area the same height as the track must be provided to the athletes, and this run up will be a minimum of 11 m in length.

Note: Dimensions are to the outer edge of the marking tape.

APPENDIX B 2004-2005 Technical Requirements

2004 / 2005 COMPULSORIES & ROUTINE REQUIREMENTS

PROVINCIAL LEVELS

TRAMPOLINE - INDIVIDUAL & SYNCHRONIZED

DRAFT 3

LEVEL C WOMEN & MEN

QUALIFYING ROUND

1st ROUTINE: COMPULSORY

- * Pike Jump
- * Seat Drop
- * ½ Twist To Seat
- * ½ Twist To Feet
- * Tuck Jump
- * Back Drop
- * ½ Twist To Feet
- * Straddle Jump
- * Front Drop
- * To Feet

2nd: ROUTINE VOLUNTARY

- * 1 Voluntary routine of 10 Skills
- * FIG repetition rules

- * Minimum DD **0.7**
- * Maximum DD **3.0**

FINAL ROUTINE

- * 1 Voluntary routine of 10 Skills
- * FIG repetition rules

- * Minimum DD **0.7**
- * Maximum DD **3.0**

LEVEL B WOMEN & MEN

QUALIFYING ROUND

1st ROUTINE: COMPULSORY

- * Back Straight
- * Tuck Jump
- * Back Tuck
- * Tuck Barani
- * Pike Jump
- * ½ Twist To Front Drop
- * To Feet
- * Straddle Jump
- * Front ¾ (Straight)
- * ½ Twist To Feet

2nd: ROUTINE VOLUNTARY

- * 1 Voluntary routine of 10 Skills
- * FIG repetition rules

- * Minimum DD **3.0**
- * Maximum DD **4.6**

FINAL ROUTINE

- * 1 Voluntary routine of 10 Skills
- * FIG repetition rules

- * Minimum DD **3.0**
- * Maximum DD **4.6**

LEVEL A WOMEN & MEN

QUALIFYING ROUND

1st ROUTINE: COMPULSORY

- * Straight Barani
- * Back Tuck
- * Back Straight
- * Tuck Barani
- * Pike Jump
- * Back Pike
- * Pike Barani
- * Tuck Jump
- * Front ¾ (Straight)
- * Barani Ball Out (Free)
- Or**
- * Back ¾ (Free)
- * Cody Tuck

2nd: ROUTINE VOLUNTARY

- * 1 Voluntary routine of 10 Skills
- * FIG repetition rules

- * Minimum DD **4.6**
- * Maximum DD **6.5**

FINAL ROUTINE

- * 1 Voluntary routine of 10 Skills
- * FIG repetition rules

- * Minimum DD **4.6**
- * Maximum DD **6.5**

*The Deduction for not performing the minimum difficulty will be 0.1 for each 0.1 below minimum DD to a maximum of 1.0.
This deduction will be taken by each Execution Judge.*

The compulsory routine will be considered interrupted if it is not performed using the required elements and/or in the required sequence as written above.

The deduction for performing below minimum DD will NOT be applied to incomplete routines.

This is only a summary of the regulations.

For complete rules refer to the FIG Code of Points and section 5 of the Trampoline & Tumbling Program Regulations.

2004 / 2005 COMPULSORIES & ROUTINE REQUIREMENTS**NATIONAL LEVELS TRAMPOLINE (TR-I)****DRAFT 4**

NOVICE 10-14 WOMEN & MEN	NOVICE 15+ WOMEN & MEN	OPEN WOMEN & MEN	YOUTH WOMEN & MEN	SENIOR WOMEN	SENIOR MEN
Minimum Age: 10 Maximum Age: 14	Minimum Age: 15 Maximum Age: none	Minimum Age: 15 Maximum Age: none	Minimum Age: 13 Maximum Age: 17	Minimum Age: 16 Maximum Age: none	Minimum Age: 16 Maximum Age: none

QUALIFYING ROUND***1st VOLUNTARY ROUTINE
COMPULSORY REQUIREMENTS*****GCG NOVICE REQUIREMENTS**

- * 10 Different skills, 9 of which must contain at least 270° of somersault
- * The requirements CANNOT be fulfilled by combining them into one element, but must be performed as separate elements
- * **WHICH MUST INCLUDE:**
 - (1) Back Full
 - (2) Front Rudy
 - (3) Barani (pike)
 - (4) 1 Skill landing on the Front or the Back
 - (5) 1 Skill taking off from the Front or the Back (in combination with requirement #4)

* FIG repetition rules

* FIG repetition rules

QUALIFYING ROUND***1st VOLUNTARY ROUTINE
COMPULSORY REQUIREMENTS*****FIG YOUTH REQUIREMENTS**

- * 10 Different skills, 9 of which must contain at least 270° of somersault
- * The requirements CANNOT be fulfilled by combining them into one element, but must be performed as separate elements
- * **WHICH MUST INCLUDE:**
 - (1) 1 Skill landing on the Front or the Back
 - (2) 1 Skill taking off from the Front or the Back (in combination with requirement #1)
 - (3) 1 Forward or Backward double somersault (720°) with or without twist
 - (4) 1 Skill with at least 540° twist

* FIG repetition rules

* FIG repetition rules

QUALIFYING ROUND***1st VOLUNTARY ROUTINE
COMPULSORY REQUIREMENTS*****FIG SENIOR REQUIREMENTS**

- * 10 Different skills which must contain at least 270° of somersault
- * Two (2) skills will have the difficulty value added to the total execution score. These must be marked with an asterisk on the competition card and cannot be repeated in the 2nd voluntary routine.

* FIG repetition rules

* FIG repetition rules

2004 / 2005 COMPULSORIES & ROUTINE REQUIREMENTS**NATIONAL LEVELS TRAMPOLINE (TR-I) cont'd****DRAFT 4**

NOVICE 10-14 WOMEN & MEN	NOVICE 15+ WOMEN & MEN	OPEN WOMEN & MEN	YOUTH WOMEN & MEN	SENIOR WOMEN	SENIOR MEN
2ND VOLUNTARY ROUTINE	2ND VOLUNTARY ROUTINE	2ND VOLUNTARY ROUTINE	2ND VOLUNTARY ROUTINE	2ND VOLUNTARY ROUTINE	2ND VOLUNTARY ROUTINE
* 1 voluntary routine * FIG repetition rules	* 1 voluntary routine * FIG repetition rules	* 1 voluntary routine * FIG repetition rules	* 1 voluntary routine * FIG repetition rules	* 1 voluntary routine * FIG repetition rules * The two (2) skills that had the difficulty value added to the execution score in the 1 st voluntary routine cannot be repeated. If either skill is repeated in the 2 nd voluntary routine then the DD value will not be counted.	* 1 voluntary routine * FIG repetition rules
Minimum DD: 5.9 Maximum DD: 8.8	Minimum DD: 6.5 Maximum DD: 8.8	Minimum DD: 8.8 Women Max DD: 10.9 Men Max DD: 13.1	Minimum DD: 8.8 Maximum DD: none	Minimum DD: 10.9 Maximum DD: none	Minimum DD: 13.1 Maximum DD: none
<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>
* 1 voluntary routine * FIG repetition rules	* 1 voluntary routine * FIG repetition rules	* 1 voluntary routine * FIG repetition rules	* 1 voluntary routine * FIG repetition rules	* 1 voluntary routine * FIG repetition rules	* 1 voluntary routine * FIG repetition rules
Minimum DD: 5.9 Maximum DD: 8.8	Minimum DD: 6.5 Maximum DD: 8.8	Minimum DD: 8.8 Women Max DD: 10.9 Men Max DD: 13.1	Minimum DD: 8.8 Maximum DD: none	Minimum DD: 10.9 Maximum DD: none	Minimum DD: 13.1 Maximum DD: none

Age is determined by the participant's age as of December 31 of the competition year.

The Deduction for not performing the minimum difficulty will be 0.1 for each 0.1 below minimum DD to a maximum of 1.0.

This deduction will be taken by each Execution Judge.

In all levels the deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

If neither the required element/s nor the minimum difficulty are met, then both appropriate deductions will be applied. .

The deduction for missing elements and/or performing below minimum DD will NOT be applied to incomplete routines.

2004 / 2005 COMPULSORIES & ROUTINE REQUIREMENTS**NATIONAL LEVELS TRAMPOLINE (TR-S)****DRAFT 4****NOVICE
WOMEN & MEN**

Minimum Age: 10
Maximum Age: none

QUALIFYING ROUND***1st VOLUNTARY ROUTINE
COMPULSORY REQUIREMENTS******GCG NOVICE REQUIREMENTS***

- * 10 Different skills, 9 of which must contain at least 270° of somersault
- * The requirements CANNOT be fulfilled by combining them into one element, but must be performed as separate elements
- * **WHICH MUST INCLUDE:**
 - (1) Back Full
 - (2) Front Rudy
 - (3) Barani (pike)
 - (4) 1 Skill landing on the Front or the Back
 - (5) 1 Skill taking off from the Front or the Back (in combination with requirement #4)
- * FIG repetition rules

**YOUTH
WOMEN & MEN**

Minimum Age: 13
Maximum Age: none

QUALIFYING ROUND***1st VOLUNTARY ROUTINE
COMPULSORY REQUIREMENTS******FIG YOUTH REQUIREMENTS***

- * 10 Different skills, 9 of which must contain at least 270° of somersault
- * The requirements CANNOT be fulfilled by combining them into one element, but must be performed as separate elements
- * **WHICH MUST INCLUDE:**
 - (1) 1 Skill landing on the Front or the Back
 - (2) 1 Skill taking off from the Front or the Back (in combination with requirement #1)
 - (3) 1 Forward or Backward double somersault (720°) with or without twist
 - (4) 1 Skill with at least 540° twist
- * FIG repetition rules

**SENIOR
WOMEN & MEN**

Minimum Age: 16
Maximum Age: none

QUALIFYING ROUND***1st VOLUNTARY ROUTINE
COMPULSORY REQUIREMENTS******FIG SENIOR REQUIREMENTS***

- * 10 Different skills which must contain at least 270° of somersault
- * Two (2) skills will have the difficulty value added to the execution score. These must be marked with an asterisk on the competition card and cannot be repeated in the 2nd voluntary routine.
- * FIG repetition rules

NATIONAL LEVELS TRAMPOLINE (TR-S) cont'd

DRAFT 4

NOVICE
WOMEN & MEN**2ND VOLUNTARY ROUTINE**

- * 1 voluntary routine
- * FIG repetition rules

Minimum DD: **5.9**
Maximum DD: **8.8**

FINAL ROUND

- * 1 voluntary routine
- * FIG repetition rules

Minimum DD: **5.9**
Maximum DD: **8.8**

YOUTH
WOMEN & MEN**2ND VOLUNTARY ROUTINE**

- * 1 voluntary routine
- * FIG repetition rules

Women Minimum DD: **7.7**
Men Minimum DD: **8.3**
Maximum DD: **none**

FINAL ROUND

- * 1 voluntary routine
- * FIG repetition rules

Women Minimum DD: **7.7**
Men Minimum DD: **8.3**
Maximum DD: **none**

SENIOR
WOMEN & MEN**2ND VOLUNTARY ROUTINE**

- * 1 voluntary routine
- * FIG repetition rules
- * The two (2) skills that had the difficulty value added to the execution score in the 1st voluntary routine cannot be repeated. If either skill is repeated in the 2nd voluntary routine then the DD value will not be counted.

Women Minimum DD: **9.7**
Men Minimum DD: **11.7**
Maximum DD: **none**

FINAL ROUND

- * 1 voluntary routine
- * FIG repetition rules

Women Minimum DD: **9.7**
Men Minimum DD: **11.7**
Maximum DD: **none**

Age is determined by the participant's age as of December 31 of the competition year.

The Deduction for not performing the minimum difficulty will be 0.1 for each 0.1 below minimum DD to a maximum of 1.0.

This deduction will be taken by each Execution Judge.

In all levels the deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

If neither the required element/s nor the minimum difficulty are met, then both appropriate deductions will be applied. .

The deduction for missing elements and/or performing below minimum DD will NOT be applied to incomplete routines.

2004 / 2005 COMPULSORIES & ROUTINE REQUIREMENTS

PROVINCIAL LEVELS DOUBLE MINI TRAMPOLINE

DRAFT 3

LEVEL C WOMEN & MEN

QUALIFYING ROUND

- * 2 Voluntary Passes
- * FIG Repetition Rules

* Minimum DD **0.4**
 * Maximum DD **0.7**

FINAL ROUND

- * 2 Voluntary Passes
- * FIG Repetition Rules

* Minimum DD **0.4**
 * Maximum DD **0.7**

LEVEL B WOMEN & MEN

QUALIFYING ROUND

- * 2 Voluntary Passes
- * FIG Repetition Rules

* Minimum DD **0.7**
 * Maximum DD **1.3**

FINAL ROUND

- * 2 Voluntary Passes
- * FIG Repetition Rules

* Minimum DD **0.7**
 * Maximum DD **1.3**

LEVEL A WOMEN & MEN

QUALIFYING ROUND

- * 2 Voluntary Passes
- * FIG Repetition Rules

* Minimum DD **1.3**
 * Maximum DD **2.5**

FINAL ROUND

- * 2 Voluntary Passes
- * FIG Repetition Rules

* Minimum DD **1.3**
 * Maximum DD **2.5**

The Deduction for not performing the minimum difficulty will be 0.1 for each 0.1 below minimum DD to a maximum of 1.0.

This deduction will be taken by each Execution Judge.

The deduction for performing below minimum DD will NOT be applied to incomplete passes.

This is only a summary of the regulations.

For complete rules refer to the FIG Code of Points and section 5 of the Trampoline & Tumbling Program Regulations.

2004 / 2005 COMPULSORIES & ROUTINE REQUIREMENTS

NATIONAL LEVELS DOUBLE MINI TRAMPOLINE

DRAFT 2

NOVICE 10-14 WOMEN & MEN	NOVICE 15+ WOMEN & MEN	OPEN WOMEN & MEN	YOUTH WOMEN & MEN	SENIOR WOMEN	SENIOR MEN
Minimum Age: 10 Maximum Age: 14	Minimum Age: 15 Maximum Age: none	Minimum Age: 15 Maximum Age: none	Minimum Age: 13 Maximum Age: 17	Minimum Age: 16 Maximum Age: none	Minimum Age: 16 Maximum Age: none
<u>QUALIFYING ROUND</u>	<u>QUALIFYING ROUND</u>	<u>QUALIFYING ROUND</u>	<u>QUALIFYING ROUND</u>	<u>QUALIFYING ROUND</u>	<u>QUALIFYING ROUND</u>
* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules
SKILL REQMT: 1 prelim pass must have at least 1 skill with minimum DD of 1.2	SKILL REQMT: 1 prelim pass must have at least 1 skill with minimum DD of 1.5	SKILL REQMT: 1 double salto in each prelim pass	SKILL REQMT: 1 double salto in each prelim pass	SKILL REQMT: Double salto to double salto (or better) in at least 1 prelim pass	SKILL REQMT: Double salto to double salto (or better) in both prelim passes
Minimum DD: 1.6 Maximum DD: 3.3	Minimum DD: 1.8 Maximum DD: 3.3	Minimum DD: 3.1 Women Max DD: 5.1 Men Max DD: 6.0	Minimum DD: 3.1 Maximum DD: none	Minimum DD: 4.3 Maximum DD: none	Minimum DD: 4.8 Maximum DD: none
<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>
* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules
Minimum DD: 1.6 Maximum DD: 3.3	Minimum DD: 1.8 Maximum DD: 3.3	Minimum DD: 3.1 Women Max DD: 5.1 Men Max DD: 6.0	Minimum DD: 3.1 Maximum DD: none	Minimum DD: 4.3 Maximum DD: none	Minimum DD: 4.8 Maximum DD: none

Age is determined by the participant's age as of December 31 of the competition year.

The Deduction for not performing the minimum difficulty will be 0.1 for each 0.1 below minimum DD to a maximum of 1.0.

This deduction will be taken by each Execution Judge.

In all levels the deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

If neither the required element nor the minimum difficulty are met, then both appropriate deductions will be applied. .

The deduction for missing elements and/or performing below minimum DD will NOT be applied to incomplete passes.

2004 / 2005 COMPULSORIES & ROUTINE REQUIREMENTS

PROVINCIAL LEVELS TUMBLING

DRAFT 4

LEVEL C WOMEN & MEN

QUALIFYING ROUND**1st ROUTINE: COMPULSORY**

- * Round Off
- * Backspring
- * Backspring
- * Backspring
- * Straight Jump

2nd ROUTINE: VOLUNTARY

- * 1 Pass of 5 Skills

SKILL REQUIREMENTS:

- * Maximum of 1 salto
- * If the last skill is not a salto, then the final skill must be followed by a straight jump

Minimum DD: **1.0**
Maximum DD: **1.4**

FINAL ROUND

- * 1 Pass of 5 Skills

SKILL REQUIREMENTS:

- * Maximum of 1 salto
- * If the last skill is not a salto, then the final skill must be followed by a straight jump
- * FIG repetition rules

Minimum DD: **1.0**
Maximum DD: **1.4**

LEVEL B WOMEN & MEN

QUALIFYING ROUND**1st ROUTINE: VOLUNTARY**

- * 1 Pass of 6 Skills
- SKILL REQUIREMENTS**
- * The pass must begin with a round off and end with a back tuck
 - * The middle 4 skills must include 1 whip and 3 backsprings
 - * The whip and 3 backsprings may be performed in any sequence

2nd ROUTINE: VOLUNTARY

- * 1 Pass of 6 Skills

SKILL REQUIREMENTS:

- * Minimum of 2 saltos
- * Maximum of **4** saltos
- * One of which must be a whip
- * The last skill must be a salto
- * Cannot perform any skills with a DD value of **1.2** or higher
- * FIG repetition rules

Minimum DD: **1.7**
Maximum DD: **2.2**

FINAL ROUND

- * 1 Pass of 6 Skills

SKILL REQUIREMENTS:

- * Minimum of 2 saltos
- * Maximum of **4** saltos
- * One of which must be a whip
- * The last skill must be a salto
- * Cannot perform any skills with a DD value of **1.2** or higher
- * FIG repetition rules

Minimum DD: **1.7**
Maximum DD: **2.2**

LEVEL A WOMEN & MEN

QUALIFYING ROUND**1st ROUTINE: VOLUNTARY**

- * 1 Pass of 7 Skills
- SKILL REQUIREMENTS**
- * The pass must begin with a round off and end with a back full
 - * The middle 5 skills must include 2 bounding whips and 3 backsprings
 - * The 2 bounding whips and 3 backsprings may be performed in any sequence

2nd ROUTINE: VOLUNTARY

- * 1 Pass of 7 Skills

SKILL REQUIREMENTS:

- * Minimum of 3 saltos
- * Maximum of **6** saltos
- * Two of which must be bounding whips
- * The last skill must be a salto
- * Cannot perform any skills with a DD value of **1.9** or higher
- * FIG repetition rules

Minimum DD: **2.1**
Maximum DD: **3.2**

FINAL ROUND

- * 1 Pass of 7 Skills

SKILL REQUIREMENTS:

- * Minimum of 3 saltos
- * Maximum of **6** saltos
- * Two of which must be bounding whips
- * The last skill must be a salto
- * Cannot perform any skills with a DD value of **1.9** or higher
- * FIG repetition rules

Minimum DD: **2.1**
Maximum DD: **3.2**

ALL LEVEL A passes must take off from the track and land in the landing area. The deduction will be as per FIG rules.

The Deduction for not performing the minimum difficulty will be 0.1 for each 0.1 below minimum DD to a maximum of 1.0. This deduction will be taken by each Execution Judge.

In all levels the deduction for not completing any skill requirement/s is 1.0 per requirement per Execution Judge.

If neither the skill requirements nor the minimum difficulty are met, then both appropriate deductions will be applied. There will be a 1.0 deduction for performing a restricted move; however, the athlete will still get the DD for the skill up to the maximum for the level.

The deduction for missing elements and/or performing below minimum DD will NOT be applied to incomplete passes.

2004 / 2005 COMPULSORIES & ROUTINE REQUIREMENTS

NATIONAL LEVELS TUMBLING

DRAFT 4

NOVICE 10-14 WOMEN & MEN	NOVICE 15+ WOMEN & MEN	OPEN WOMEN & MEN	YOUTH WOMEN & MEN	SENIOR WOMEN	SENIOR MEN
Minimum Age: 10 Maximum Age: 14	Minimum Age: 15 Maximum Age: none	Minimum Age: 15 Maximum Age: none	Minimum Age: 13 Maximum Age: 17	Minimum Age: 16 Maximum Age: none	Minimum Age: 16 Maximum Age: none
<u>QUALIFYING ROUND</u>		<u>QUALIFYING ROUND</u>		<u>QUALIFYING ROUND</u>	
SKILL REQMT: At least 1 prelim pass must include a back full	SKILL REQMT: At least 1 prelim pass must have a minimum of 1 skill with DD of 1.5 or higher	SKILL REQMT: At least 1 prelim pass must include a double salto (720° somersault rotation)	SKILL REQMT: At least 1 prelim pass must include a double salto (720° somersault rotation)	SKILL REQMT: Second prelim pass must include a double salto with full twist (720° somersault with 360° twist)	SKILL REQMT: At least 1 prelim pass must include two (2) double saltos, with or without twist (2 skills with 720° somersault)
<u>1st PRELIMINARY PASS</u>		<u>PRELIMINARY SALTO PASS</u>		<u>PRELIMINARY SALTO PASS</u>	
* 1 Voluntary pass of 8 skills * FIG Repetition rules		* First 8 skill pass must end in a Salto <u>WITHOUT TWIST</u> * FIG Repetition rules		* FIG Senior Requirements: * Minimum of 3 saltos with no more than 180° twist, 1 of which must be the 8 th element * FIG Repetition rules	
Minimum DD: 2.7 Maximum DD: 4.0	Minimum DD: 3.3 Maximum DD: 4.0	Minimum DD: 3.9 Women Max DD: 6.4 Men Max DD: 7.5	Minimum DD: 3.9 Maximum DD: none	Minimum DD: 4.6 Maximum DD: none	Minimum DD: 5.6 Maximum DD: none
<u>2nd PRELIMINARY PASS</u>		<u>PRELIMINARY TWIST PASS</u>		<u>PRELIMINARY TWIST PASS</u>	
* 1 Voluntary pass of 8 skills * Skill requirement listed above if not performed in the first pass * FIG Repetition rules		* Second 8 skill pass must end in a <u>Salto WITH AT LEAST 360° TWIST</u> * Skill requirement listed above if not performed in the first pass * FIG Repetition rules		* FIG Senior Requirements: * Minimum of 2 saltos with at least 360° twist, 1 of which must be the 8 th element * One additional salto with or without twist * FIG Repetition rules	
Minimum DD: 2.7 Maximum DD: 4.0	Minimum DD: 3.3 Maximum DD: 4.0	Minimum DD: 3.9 Women Max DD: 6.4 Men Max DD: 7.5	Minimum DD: 3.9 Maximum DD: none	Minimum DD: 4.6 Maximum DD: none	Minimum DD: 5.6 Maximum DD: none

NATIONAL LEVELS TUMBLING cont'd

DRAFT 4

NOVICE 10-14 WOMEN & MEN	NOVICE 15+ WOMEN & MEN	OPEN WOMEN & MEN	YOUTH WOMEN & MEN	SENIOR WOMEN	SENIOR MEN
<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>
* 1 Voluntary pass of 8 skills * FIG Repetition rules		* 1 Voluntary pass of 8 skills * FIG Repetition rules		* 2 Voluntary passes of 8 skills each * FIG Senior requirements * Minimum of 3 saltos, with or without twist, one of which must be the 8 th element * FIG Repetition rules	
Minimum DD: 2.7 Maximum DD: 4.0	Minimum DD: 3.3 Maximum DD: 4.0	Minimum DD: 3.9 Women Max DD: 6.4 Men Max DD: 7.5	Minimum DD: 3.9 Maximum DD: none	Minimum DD: 4.6 Maximum DD: none	Minimum DD: 5.6 Maximum DD: none

Age is determined by the participant's age as of December 31 of the competition year.

The Deduction for not performing the minimum difficulty will be 0.1 for each 0.1 below minimum DD to a maximum of 1.0.

This deduction will be taken by each Execution Judge.

In all levels the deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

If neither the required element nor the minimum difficulty are met, then both appropriate deductions will be applied. .

The deduction for missing elements and/or performing below minimum DD will NOT be applied to incomplete passes.

APPENDIX C DD Cards and Score Sheets



TRI TRS TU DMT

Score Card

Club: _____

Date: _____

Category

Regional: I II

Provincial: C O B A

National: N Y O Sr.

Athlete Name	Pass	Ex. #1	Ex. #2	Ex. #3	Ex. #4	Ex. #5	D.D.	Score	Total
	Comp								
	Opt								
	Comp								
	Opt								
	Comp								
	Opt								
	Comp								
	Opt								
	Comp								
	Opt								
	Comp								
	Opt								
	Comp								
	Opt								
	Comp								
	Opt								
	Comp								
	Opt								
	Comp								
	Opt								
	Comp								
	Opt								
	Comp								
	Opt								
	Comp								
	Opt								

Superior Judge Signature: _____

Scorer Signature: _____



Trampoline - Individual / Synchro

Name: _____

Club: _____

Category: _____

Compulsory

Skill (FIG Terminology)		D.D.	Judge
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
<i>Total DD</i>			

Optional

Skill (FIG Terminology)		D.D.	Judge
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
<i>Total DD</i>			

Finals

Skill (FIG Terminology)		D.D.	Judge
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
<i>Total DD</i>			



Tumbling

Name: _____

Club: _____

Category: _____

Skill (FIG Terminology)		D.D.	Judge
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
<i>Total DD</i>			

Skill (FIG Terminology)		D.D.	Judge
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
<i>Total DD</i>			

Skill (FIG Terminology)		D.D.	Judge
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
<i>Total DD</i>			



Double Mini-Trampoline

Name: _____

Club: _____

Category: _____

Skill (FIG Terminology)		D.D.	Judge
Mount			
Spotter			
Dismount			
<i>Total DD</i>			

Skill (FIG Terminology)		D.D.	Judge
Mount			
Spotter			
Dismount			
<i>Total DD</i>			

Skill (FIG Terminology)		D.D.	Judge
Mount			
Spotter			
Dismount			
<i>Total DD</i>			

Skill (FIG Terminology)		D.D.	Judge
Mount			
Spotter			
Dismount			
<i>Total DD</i>			