



Competition Rules

Age Group Competitions will be staged in conjunction with the senior competition.

1. Age groups

Age Group Competition:

1. 11 - 12 years old in the year of competition (2006-2007)
2. 13 - 14 years old in the year of competition (2004-2005)
3. 15 - 16 years old in the year of competition (2002-2003)
4. 17 - 21 years old in the year of competition (1997-2001)

Senior competition:

5. Seniors: 17+ (2001 and before)

2. Parts of the competition

Competition parts in TRA: Individual

- C01 11-12 year old boys
- C02 11-12 year old girls
- C03 13-14 year old boys
- C04 13-14 year old girls
- C05 15-16 year old boys
- C06 15-16 year old girls
- C07 17-21 year old boys
- C08 17-21 year old girls
- C09 Seniors 17+ 2001 and before; Men**
- C10 Seniors 17+ 2001 and before; Women**

Competition parts in TRA: synchronized

- C11 11-12 year old boys
- C12 11-12 year old girls
- C13 13-14 year old boys
- C14 13-14 year old girls
- C15 15-16 year old boys
- C16 15-16 year old girls
- C17 17-21 year old boys
- C18 17-21 year old girls
- C19 Seniors 17+ 2001 and before; Men
- C20 Seniors 17+ 2001 and before; Women

Competition parts in TRA: teamcompetition (mixed)

- C30 11-16 year old Age Group TEAM
- C31 all ages Senior TEAM

3. Competition Rules

The FIG Code of Points for Trampoline Gymnastics will be followed;

6.1 The starting order for the Qualifying Round will be decided by a draw.

6.2 In Trampoline Individual, the Qualifying Round will consist of 1 (one) voluntary routine with free elements and special requirements and 1 (one) voluntary routine (including difficulty).

For difficulty in all disciplines §18.1 of the FIG Code of Points will apply.

In Individual competition parts of the **Age Group Competition** there will be following limitations to the difficulty in a single element:

11-12 years: 1.5 pts	13-14 years: 1.7 pts	15-16 years: 1.8 pts	17-21 years: 1.8 pts
----------------------	----------------------	----------------------	----------------------

* For 11-12 years old, triple somersaults are prohibited

* For all age groups, quadruple somersaults are prohibited

Any abuse of this rule will result in the disqualification of the gymnast.

No gymnast shall compete in other than his/her age-group

In **synchronised competition**, the age of the older gymnast determines the age group in which the pair must enter.

The gymnasts/pairs with the 8 (eight) best scores from the Qualifying Round will go forward to the Finals. If there are 10 gymnasts or less in a Competition part: only 70% will compete in the finals. If there are 5 gymnasts/pairs or less in the finals: the scores of the preliminary will be added to the finals scores.

*** Team Competition:**

With max. 8 registered competitors, it's Club or Federation can mark him/her for either Age Group (max 4 up to 16 years) or Senior (max 4 all ages) teamcompetition. After the qualifying Round the highest 3 scores of each routine of these max 4 team-members in both categories will be listed.

The best 5 teams Age Group and Senior class will compete in the finals.

Prizes:

In all categories Trophies will be available for 1st, 2nd and 3rd place in ranking.

In Team categories: complimentary medals will be available for each 4 team members of the honored teams.

In C09 and C10 prize money will be available:

1st € 250,--

2nd € 150,--

3rd € 100,--

Additional prizes will be available for best scores in some score parts.

4. First routine with special requirements

Following the World Age Group Competition Rules 2017 -2020

11-12 years

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. 1 element landing on the front of the body,
2. 1 element landing on the back of the body.

13-14 years

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. back s/s with full twist,
2. 1 element landing on the front of the body,
3. 1 element landing on the back of the body.

15-16 years

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. Full (back somersault with 1/1 twist),
2. Rudi or Rudi ball out, (front somersault or 1 1/4 from back, with 1 1/2 twist)
3. 1 element either landing on the back or front of the body.

17- 21 years

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 (1) element to front or back,
2. one (1) element from front or back - in combination with requirement No. 1,
3. one (1) double front or back somersault with or without twist,
4. one (1) element with a minimum of 540° of twist and minimum of 360° somersault rotation.

Open: Fig A

Requirements for the first routine of Categorie Open/Seniors:

- a. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.
- b. Four (4) elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine.

None of these four (4) elements may be repeated in the second routine of the qualifying round otherwise the difficulty will not be counted.