

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



FONDÉE EN 1881

CODE OF POINTS TRAMPOLINE GYMNASTICS



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FIG CODE OF POINTS 2009 - TRAMPOLINE GYMNASTICS -

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Part I - CODE OF POINTS

Preface

This Code of Points has been approved by the FIG Executive Committee to use from 1st January 2009. It is binding for all Trampoline Gymnastics competitions and championships of Fédération Internationale de Gymnastique (FIG) and its members.

It is intended to be used as a basis for all levels of competition. Where additional or different rules apply to specific competitions (FIG events, World Championships, etc.), the relevant exceptions/changes are shown in italics.

The following documents should be read in conjunction with this Code:

- Guide to Judging and interpretations to the current Code of Points
- FIG Technical Regulations, Section 1
- FIG Technical Regulations, Section 4 - Trampoline Gymnastics
- FIG Judges' Rules
- Regulations for the FIG World Age Group Competitions
- Rules for the FIG World Cup Competitions in Trampoline and Tumbling

In the event of any contradictions between this Code and the Technical Regulations, the Technical Regulations prevail.

In the event of any contradictions between this Code and any FIG rules or regulations such as World Cup Rules, World Age Group Competitions Rules or the like, the Code of Points prevail.

Federations are free to alter parts of this Code of Points for domestic competitions under their authority if considered necessary, in order to further develop Trampoline Gymnastics within their country.

Acknowledgements

All of the members of the **FIG Trampoline Technical Committee** contributed to the preparation of the 2005-2008 Trampoline Gymnastics Code of Points.

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Abbreviations and definitions

The following abbreviations and definitions will appear throughout the CODE:

FIG	International Gymnastics Federation
TRA-TC	FIG Trampoline Technical Committee
FIG events	Olympic Games, World Championships, World Games, World Cup competitions, World Cup Finals and special events created by the FIG.
Trampoline Gymnastics	Exercises performed on the Trampoline and Double Mini-Trampoline as well as Tumbling
TRA	Trampoline
TUM	Tumbling
DMT	Double Mini-Trampoline
TR	Technical Regulations
CoP	Code of Points
OG	Olympic Games
WCh	World Championships
CJP	Chair of Judges Panel
SR	Special Requirements

- Words importing the singular number only shall include the plural number and vice versa
- Words importing the masculine gender shall also include the female gender.

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Code of Points TRAMPOLINE

Valid from 1.1.2009

A. GENERAL

1. INDIVIDUAL COMPETITION

- 1.1 Trampoline competitions comprise 3 (three) routines with 10 (ten) elements in each routine.
- 1.1.1 A routine on the trampoline is characterised by high, continuous rhythmic feet to feet and feet to back, front or seat rotational jumping elements, without hesitation or intermediate straight bounces.
- 1.1.2 A trampoline routine should be planned to demonstrate a variety of forward and backward twisting or non twisting elements. The routine should show good control, form, execution and maintenance of height.
- 1.2 **Qualifying Round**
- 1.2.1 There are 2 (two) routines in the Qualifying Round. The first routine includes special requirements as per §5.1.1; the second is a voluntary routine as per §5.1.3.
- 1.2.1.1 Federations are free to prescribe a compulsory routine instead of the first routine for competitions under their authority. See also §16.1.10.
- 1.2.2* The starting order for the Qualifying Round is decided by a draw. The gymnasts will be divided into groups of no more than 16 (sixteen) per group, with each group performing their first and second routines prior to the next group starting the Qualifying Round.
- 1.2.2.1 The starting order for the second routine will be the same as for the first routine.
- 1.2.2.2 *At World Championships the Qualifying Round acts as qualification for both the Individual and Team Finals and the starting order and groups will be decided as per Reg. 4.4.1.1 of the Technical Regulations (TR), Section 4.*
- 1.3 **Finals**
- 1.3.1 There is 1 (one) voluntary routine in the Final as per §5.1.3.
- 1.3.2 The gymnasts (the pairs in synchronised competition) with the 8 (eight) best scores from the Qualifying Round will go forward to the Final. See also Reg. 1 of the Technical Regulations Section 4.
- 1.3.2.1 *At FIG events only 2 (two) gymnasts and 1 (one) synchro pair per member federation may compete in the Final (see Reg. 4.3.1.2 of TR, Section 4). The gymnasts start the Final with a score of zero.*
- 1.3.3 The starting order for the Final will be in order of merit, the gymnast with the lowest score in the Qualifying Round going first. In the event of ties, see Reg. 4.3.1.1 of TR, Section 4.

2. TEAM COMPETITION

- 2.1 A team comprises a minimum of 3 (three) and a maximum of 4 (four) gymnasts per event (men's or women's competition).
- 2.2 Every member of the team will perform 2 (two) routines as per §1.2.1 and 1 (one) routine as per §1.3.1.



- 2.2.1 *At World Championships every member of the team will perform 2 (two) routines as per §1.2.1. In the Team Final 3 (three) gymnasts from each team will perform 1 (one) voluntary routine. See also Reg. 4.4.1.2 of TR, Section 4.*
- 2.3 System of scoring
- 2.3.1 The team score for each routine will be the sum of the 3 (three) highest scores obtained by the members of the team in each routine.
- 2.3.1.1 *At World Championships the 5 (five) highest placed teams in the Qualifying Round qualify for the Team Final. In the Team Final all 3 (three) scores will count. The team start the Final with a score of zero. See also Reg. 4.3.1.2 of TR, Section 4.*

3. SYNCHRONISED COMPETITION

- 3.1 A synchronised pair consists of 2 (two) women or 2 (two) men.
- 3.2 A gymnast may only compete in one synchronised pairing.
- 3.3 Synchronised competitions will consist of a Qualifying Round and a Final as per §1.
- 3.4 Partners must do the same element at the same time (see also §16.1.9.1) and must start facing in the same direction. They need not twist in the same direction.

4. WINNER

- 4.1 The winner is the gymnast, pair or team with the highest number of points obtained in the Final.
- 4.2 Medals and places will be awarded according to Reg. 10.3 of TR, Section 1.

5. ROUTINES

- 5.1 Each routine consists of 10 (ten) elements.
- 5.1.1 The first routine in the Qualifying Round includes both free elements and special requirements. The order in which the elements are performed is at the discretion of the gymnast (see §7.3 and the exceptions in §1.2.1.1). Only the execution score of this routine is counted (see the exceptions in §5.3).
- 5.1.2 Changes to the special requirements will be published by the Trampoline Technical Committee (TRA-TC) through the FIG Office at least 1 (one) year ahead of the next World Championships and will be valid from the 1st of January of the year of these Championships.
- 5.1.3 The second routine and the Final routine are voluntary routines in which the execution score is added to the difficulty score to give the total for a routine.
- 5.2 Second attempts at routines are not allowed.
- 5.2.1 If a gymnast is obviously disturbed in a routine (faulty equipment or substantial external influence or the like), the Chair of Judges Panel may allow another attempt. A gymnast's clothing cannot be classed as "equipment".
- 5.2.2 Spectator noise, applause and the like would not normally constitute a disturbance.
- 5.3 *At FIG events, in addition to §1.2, §5.1.1, §5.1.2 and §5.1.3 further requirements must be fulfilled in the routines in the Qualifying Round:*
- 5.3.1 *The first routine in the Qualifying Round includes elements with counting difficulty. The difficulty of these elements will be added to the execution score. The number of elements will be set by the TRA-TC (see §5.1.2).*
- 5.3.2 *In the second routine none of the elements already counted for difficulty in the first routine can be repeated, otherwise the difficulty of those elements will not be considered for calculation (see §15.4) in the second routine.*
- 5.3.3 *In the Final any elements from the first and second routines can be repeated.*



6. DRESS FOR GYMNASTS AND SPOTTERS *

6.1 Male gymnasts

- Sleeveless leotard
- Gym trousers in a single colour
- Trampoline shoes and/or foot covering of the same colour as the gym trousers or white

6.2 Female gymnasts

- Leotard with or without sleeves (must be skin tight)
- Long tights may be worn (must be skin tight)
- A full-length one piece leotard may be worn (must be skin tight)
- Any other “dress” which is not skin tight is not allowed
- Trampoline shoes and/or white foot covering
- For reasons of safety, covering the face or the head is not allowed

6.3 The wearing of jewellery or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped.

6.4 Any violation of §6.1, 6.2 and 6.3 may result in disqualification from the round in which the offence occurs. This decision is made by the Chair of Judges Panel.

6.5 Teams

Members of a team or a synchronised pair must wear uniform dress. Failing to do so will result in disqualification of the team or synchronised pair from the team or synchronised event. This decision is made by the Chair of Judges Panel.

6.6 National emblem or Federation emblem

At FIG events a national emblem has to be worn, (this must adhere to the FIG Rules for Advertising & Publicity) otherwise there will be a penalty of 0.1 points, which will be deducted from the total score of any of the routines where the violation occurred. This decision is made by the Chair of Judges Panel.

6.7 Spotters

Track suit and gym shoes or equivalent.

7. COMPETITION CARDS

7.1 The elements of the first routine must be written down on the competition card. Each of the required elements (see §5.1.1 and §5.3.1) must be marked with an asterisk (*). The elements of the second routine must also be written down on the competition card with the difficulty value of each element.

7.1.1 *At FIG events, only the FIG numeric system or recognised terminology may be used to describe the elements written on the competition card, otherwise the card will not be accepted (see Part III: I. and K).*

7.2 The competition card must be handed in at the time and place specified by the organising committee, otherwise the gymnast may not be allowed to start. The Chief Recorder is responsible for ensuring that they are given to the Difficulty Judges at least 2 (two) hours before the competition starts.

7.3 In the first routine, the gymnast should execute the elements as written on the competition card. Any missing required element(s) or requirement(s) will result in a deduction of 1.0 point for each missing required element/requirement, by each Execution Judge (see §21.4.4). Such changes will be recorded on the competition card by the Difficulty Judges.

7.3.1 In the event that a compulsory routine is used instead of a first voluntary routine, any change will be judged as an interruption as per §16.1.10.

7.4 In both the second routine of the Qualifying Round and the Final, changes to the elements and the order in which they are written on the competition card are permitted without penalty.



8. TRAMPOLINES

- 8.1 See FIG Norms for Trampoline, Tumbling and Double Mini-Trampoline.

9. SAFETY REQUIREMENTS

- 9.1 See Reg. 5.1 of TR, Section 4.
- 9.1.1 A competitor may have either 1 (one) or 2 (two) of their own spotters, who then replace the same number of spotters. At no time should there be more than 4 (four) spotters around the trampoline.
- 9.1.2 A spotter mat may only be used by the competitor's own spotter.

10. RECORDERS & SECRETARIAT

- 10.1 At FIG events an approved computer program must be used for recording and printing the results.
- 10.2 At all FIG and international events, a complete copy of the results must be sent to the Secretary General of the FIG.
- 10.3 Duties of the Chief Recorder:
- 10.3.1 Collect and distribute the competition cards as per §7.2 and make the draw for the starting order (see also §1.2.2 & 1.3.3).
- 10.3.2 Supervise the recorders.
- 10.3.3 Determine the starting order for each routine and the respective warm up groups.
- 10.3.4 Record the scores for execution, synchronisation and difficulty as well as all penalties.
- 10.3.5 Scrutinise and control the calculations on the score sheets.
- 10.3.6 Ensure that all Judges' scores, penalties and the total score for a routine are displayed.
- 10.3.7 Produce a complete list of the results giving at least the total mark, score for difficulty, score for synchronisation and total penalty for each routine, the position and the overall total score.

11. SUPERIOR JURY AND JURY OF APPEAL

- 11.1 See Reg. 7.8.1 and 7.8.3 of TR, Section 1.
- 11.2 In Trampoline Gymnastics, a Superior Jury functions at World Championships, Olympic Games, World Games and World Cups.

B. COMPETITION PROCEDURE

12. WARMING UP

- 12.1 The equipment selected for the competition must be placed in the competition hall at least 2 (two) hours prior to the start of the competition to enable the gymnasts to warm up on the competition apparatus (see also Reg. 4.11.6 c) of TR, Section 1).
- 12.2 Immediately prior to the Qualifying Round and the Finals each gymnast will be allowed (max) 30 seconds warm-up on the competition apparatus. In the event that a gymnast abuses this time limit, the Chair of Judges Panel may instruct the Chief Recorder to deduct a penalty of 0.3 points from the total score of the following routine (see §20.13).
- 12.2.1 Warming up on the competition equipment during the actual competition may be eliminated if equivalent equipment is provided in an adjacent hall of at least 8 metres in height.

13. START OF A ROUTINE

- 13.1 Each gymnast will start on a signal given by the Chair of Judges Panel.



- 13.2 After the signal has been given (as per §13.1), the gymnast must initiate the first element within one minute, otherwise there will be deductions as follows by each of the Execution Judges (see §21.4.3):
- 61 seconds: 0.1 pts deduction
 - 91 seconds: 0.2 pts deduction
 - 121 seconds: 0.3 pts deduction
- If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the Chair of Judges Panel.
- 13.3 If there is a faulty start, the gymnast may re-start on a signal from the Chair of Judges Panel.

14. REQUIRED POSITIONS DURING AN ELEMENT *

- 14.1 In all positions, the feet and legs should be kept together (except straddle jumps), and the feet and toes pointed.
- 14.2 Depending on the requirements of the element, the body should be tucked, piked or straight.
- 14.3 In the tucked and piked positions the thighs should be close to the upper body, except in the twisting phase of multiple somersaults (see §14.7).
- 14.4 In the tucked position the hands should touch the legs below the knees except in the twisting phase of multiple somersaults (see §14.7).
- 14.5 The arms should be straight and/or held close to the body whenever possible.
- 14.6 The following defines the minimum requirements for a particular body shape:
- 14.6.1 **Straight position:** The angle between the upper body and thighs must be greater than 135°.
 - 14.6.2 **Pike position:** The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135°.
 - 14.6.3 **Tuck position:** The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be equal to or less than 135°.
- 14.7 In multiple somersaults with twists, the tuck and pike position may be modified during the twisting phase as shown in the drawings in Part II: 2. Drawings (puck and pike twisting positions).

15. REPETITION OF ELEMENTS *

- 15.1 During a routine no element may be repeated, otherwise the difficulty of the repeated element will not be counted. The repetition of an element during the first routine will also result in a deduction of 1.0 point by each Execution Judge for each repetition (see §21.4.5).
- 15.2 Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.
- 15.2.1 The tucked and piked positions are considered to be the same position.
- 15.3 Multiple somersaults (of 630° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases (see Part II: 1.A).
- 15.4 *At FIG events no element already counted for difficulty in the first routine may be repeated in the second routine of the Qualifying Round as per §5.3.2, otherwise the difficulty of the repeated element will not be counted in the second routine.*

16. INTERRUPTIONS OF A ROUTINE

- 16.1 A routine will be considered interrupted if a gymnast:
- 16.1.1* Obviously does not land simultaneously on both feet on the trampoline bed.



- 16.1.2 Does not use the elasticity of the bed after landing for the immediate continuation of the next element.
- 16.1.3 Performs an intermidate (straight) jump
- 16.1.4 Lands on any part of the body except feet, seat, front or back
- 16.1.5 Performs an un-completed element
- 16.1.6 Touches anything other than the trampoline bed with any part of the body.
- 16.1.7 Is touched by a spotter or spotter mat.
- 16.1.8 Leaves the trampoline due to insecurity.
- 16.1.9 Performs a different element from that of his partner in a synchronised routine.
 - 16.1.9.1 If one of the gymnasts is more than half an element ahead of his partner they will be deemed to have performed different elements.
- 16.1.10 Does not perform a prescribed compulsory routine (see §1.2.1.1) using the required elements and/or in the sequence written on the competition card.
- 16.2 No credit will be given for the element in which the interruption occurs.
- 16.3 A gymnast will be judged only on the number of elements completed on the trampoline bed.
- 16.4 The Chair of Judges Panel will decide the maximum mark.

17. TERMINATION OF THE ROUTINE *

- 17.1 The routine must end under control in an upright position, with both feet on the trampoline bed, otherwise there will be a deduction (see §21.3.2).
- 17.2 After the final landing on the bed, the gymnast must stand upright and show stability for approximately 3 (three) seconds, otherwise there will be a deduction for lack of stability (see §21.3.2).
- 17.3 In individual competition, the gymnast is allowed to do 1 (one) more jump in a stretched position (out-bounce) after the last element, using the elasticity of the bed.
- 17.4 In synchronised competition both gymnasts must either do one more jump in a stretched position (out-bounce) after the last element, or they must both stand still, otherwise there will be a deduction of 0.2 points from the Synchronisation Judges (see §24.3.3). This decision is made by the Chair of Judges Panel.
- 17.5 If a gymnast executes more than 10 (ten) elements, a deduction of 1.0 point will be made (see §21.4.2).

18. SCORING

Three types of mark are used, 'D' type mark, which is the total of the degree of difficulty in one routine, 'E' type mark, which is the total given by an Execution Judge in one routine and 'S' type mark which is the score for synchronization.

18.1* Degree of difficulty

In principle the amount of difficulty obtained in a single element during a routine is open, but for the Youth Olympic Games and Youth/Junior competitions it is limited to 1.8 points. Elements with higher difficulty can be performed, but will get the limited difficulty value of 1.8 points.

18.1.1 The difficulty of each element is calculated on the basis of the amount of twist and somersault rotation

18.1.1.1	per ¼ somersault (90°)	0.1 pts
18.1.1.2	for complete single somersaults (360°)	0.5 pts
18.1.1.3	for complete double somersaults (720°)	1.0 pt
18.1.1.4	for complete triple somersaults (1080°)	1.6 pts
18.1.1.5	for complete quadruple somersaults (1440°)	2.2 pts
18.1.1.6	per ½ twist (180°)	0.1 pts

18.1.2 Side somersaults and elements without twist or somersault rotation have no difficulty value.



- 18.1.3 In elements combining somersault and twist, the difficulty values of the somersault and twist are added together.
- 18.1.4 Single somersaults of 360 - 630° without twists, executed in the straight or pike position, will be awarded an extra 0.1 points.
- 18.1.5 Multiple somersaults of 720° or more, with or without twists, executed in the straight or pike position, will be awarded an extra 0.1 points per somersault.
- 18.2 Method of scoring
 - 18.2.1 The evaluation of execution, difficulty and synchronisation is done in 10ths of a point.
 - 18.2.2 Judges must write their deductions independently of one another.
 - 18.2.3 When signalled by the Chair of Judges Panel, the marks of the Execution and Synchronisation Judges must be displayed simultaneously.
 - 18.2.4 If any of the Execution or Synchronisation Judges fail to display their marks when signalled by the Chair of Judges Panel, the average of the other marks will be taken for the missing mark(s). This decision is made by the Chair of Judges Panel.
 - 18.2.5 Evaluation of the score for execution:
 - 18.2.5.1 The deductions for poor execution as per §21.3 and the additional deductions on the instruction of CJP as per §21.4 are subtracted from the maximum mark, i.e. 10.0 points or the mark decided by the Chair of Judges Panel (see §16.4).
 - 18.2.5.2 In individual competition, the highest and lowest marks of the five Execution Judges are deleted and the three remaining marks are added together to give the gymnast's execution score for the routine (E+E+E).
 - 18.2.5.3 In synchronised competition, the highest and lowest marks of the four Execution Judges are deleted and the two remaining marks are added together to give the pair's execution score for the routine (E+E).
 - 18.2.6 Evaluation of the score for difficulty:
 - 18.2.6.1 The Difficulty Judges calculate the difficulty of a routine as per §18.1.
 - 18.2.7 Evaluation of the score for synchronization (S):
 - 18.2.7.1 The evaluation of the Synchronised mark should be done electronically. The appointed judge No. 8 is responsible for controlling the electronic scores.
 - 18.2.7.1.1 If a breakdown of the electronic system occurs, the score is determined through an analysis of the official video by Judge No. 8 supervised by the CJP.
 - 18.2.7.2 The deductions for lack of synchronisation are subtracted from the maximum mark, i.e. 10.0 points or the mark decided by the Chair of Judges Panel (see §16.4). This mark is then doubled and taken as the score for synchronisation.
 - 18.2.7.3 If an electronic scoring system is not available, the middle mark of the Synchronisation Judges (nos. 8, 9 & 10) is doubled and taken as the score for synchronisation.
 - 18.2.7.4 The recorders add this score for synchronisation to the execution score (see §18.2.5.3).
 - 18.2.8 Evaluation of the gymnasts' total score for a routine:
 - 18.2.8.1 Where appropriate, the difficulty score is added to the execution score.
 - 18.2.8.2 The recorders will calculate the total score by adding together the E marks (execution), S marks (synchronisation) plus D mark (difficulty) minus penalties as per §6.6 and §12.2.



- 18.2.9 All scores will be rounded to 2 (two) decimal places. Such rounding will only be made in respect of the gymnast's total score for a routine.
- 18.2.10 The Chief Recorder must verify the total score on the list of results.
- 18.2.11 The Chair of Judges Panel is responsible for determining the validity of the final scores.

C. THE JUDGES' PANEL

19. THE JUDGES' PANEL

	<i>Individual</i>	<i>Synchronised</i>
19.1 Composition:		
19.1.1 Chair of Judges Panel	1	1
19.1.2 Judges for Execution		
- for individual competition (nos. 1-5)	5	
- for synchronised competition (Trampoline N° 1: Judges nos. 1 & 3) (Trampoline N° 2: Judges nos. 2 & 4)		4
19.1.3 Judges for Difficulty (nos. 6 & 7)	2	2
19.1.4 Judges for Synchronisation (no. 8 (and 9 & 10))		1 (or 3)
19.1.5 Assistant to the Chair of Judges Panel		<u>1</u>
19.1.6 Total	8	9 (or 11)
19.2 In synchronised competition the Assistant to the Chair of Judges Panel will sit beside the Difficulty Judges.		
19.3 Judges nos. 1-7 must sit on the judges platform 5 to 7 metres from Trampoline N° 1 and raised by a minimum of 1 (one) metre and maximum 2 (two) meters.		
19.4 Judges nos. 8-10 will be placed alongside, the judges platform, so that the trampoline is at eye level.		
19.5 If a Judge fails to carry out his duties in a satisfactory manner he must be replaced. This decision will be made by the Superior Jury. Where there is no Superior Jury, the decision is taken by the Chair of Judges Panel. See Reg. 7.8.1 of TR, Section 1 and §11.2 of CoP.		
19.5.1 If an Execution or Synchronised Judge is replaced, the Chair of Judges Panel may decide that his previous marks will be replaced by the average of the remaining marks (see §18.2.4).		
19.6 If the evaluation of the Synchronised mark is done electronically, the appointed judge No. 8 is responsible for controlling the electronic system.		

20. DUTIES OF THE CHAIR OF JUDGES PANEL

- 20.1 Control of the facilities.
- 20.2 Organise the Judges' conference and the trial scoring (but see Reg. 7.9 of TR, Sec 1).
- 20.3 Place and supervise all Judges, spotters and recorders.
- 20.4 Direct the competition.
- 20.5 Convene the Competition Jury.
- 20.6 Decide if a second attempt should be allowed (see §5.2).
- 20.7 Decide about a gymnast's dress (see §6).
- 20.8 Decide whether any assistance given by a spotter was necessary (see Reg. 5.1 of TR, Section 4).
- 20.9 Declare the maximum mark in the case of an interrupted routine (see §16).
- 20.10 Inform the Execution Judges and Synchronisation Judges of additional deductions (see §21.3.2.2-21.3.2.4, 21.4 & 24.3.3).
- 20.11 Decide if a Judge fails to show his mark immediately (see §18.2.4).
- 20.12 Judge a Synchronised routine on video if the electronic system fails (see § 18.2.7).
- 20.13 Decide about penalties as per §6.6 and §12.2 and inform the Chief Recorder.



- 20.14 Supervise and control all scores, calculations and the final results and intervene if he recognises obvious calculation errors concerning execution, synchronised or difficulty scores.
- 20.15* Decide before the end of a round, when approached by an official representative of a federation or a Judge, about obvious errors in the calculation of difficulty or numerical errors concerning execution or synchronised scores (see Part II, 1 A).

21. DUTIES OF THE JUDGES FOR EXECUTION (NOS. 1-5)

- 21.1 Evaluate the execution in the range 0.0 to 0.5 points as per §21.3 and write down their deductions on the deduction sheets.
- 21.2 Subtract their deductions from the maximum mark indicated by the Chair of Judges Panel (see §16.4).
- 21.3 Deductions for execution
- 21.3.1* lack of form, consistency of height and control in each element 0.1-0.5 pts
- 21.3.2* lack of stability after a complete routine (10 elements), a single deduction for the greater fault only:
- 21.3.2.1 not standing still in an upright position and showing stability for approximately 3 (three) seconds 0.1-0.2 pts
- or make the following deductions on the instruction of the Chair of Judges Panel:*
- 21.3.2.2 falling to or touching the bed with any part of the body except the feet 0.5 pts
- 21.3.2.3 touching (or stepping out on) the springs, pads or frame 0.5 pts
- 21.3.2.4* landing or falling outside the trampoline bed, leaving the trampoline aerea, or performing an additional somersault 1.0 pts
- 21.4 Make the following additional deductions on the instruction of the Chair of Judges Panel:
- 21.4.1 Talking to or giving any form of signal to a gymnast by their own spotters or coach during the routine, for each occurrence 0.3 pts
- 21.4.2 Additional elements, as per §17.6 1.0 pts
- 21.4.3 Exceeding the time limit, as per §13.2 0.1-0.3 pts
- 21.4.4 Missing required elements/requirement in the first routine as per §7.3, for each element 1.0 pts
- 21.4.5 Repetition of an element during the first routine as per §15.1, for each repetition 1.0 pts
- 21.5 During synchronised competitions Judges nos. 1 & 3 evaluate the execution of the routine on trampoline N° 1, Judges nos. 2 & 4 evaluate the execution on trampoline N° 2.
- 21.6 The evaluation of execution in the synchronised competition will be done in the same manner as in the individual competition.
- 21.7 Display their execution mark.

(see also Guide to Judging)

22. DUTIES OF THE JUDGES FOR DIFFICULTY (NOS. 6 & 7)

- 22.1 Collect the competition cards from the Chief Recorder at least 2 (two) hours prior to the start of the competition.
- 22.2 Check the elements and difficulty values entered on the competition cards.
- 22.3 Check the required elements/requirements of the first routine as per §7.1, 7.3 and 5.3 and notify the Chair of Judges Panel of the number of changed/missed elements/requirements (see also §21.4.4 and 16.1.10).
- 22.3.1 Display, in public, if a gymnast executed other element/-s with counting difficulty than indicated on the competition card.



- 22.4 Determine and record all elements performed, and its difficulty value, on the competition card (according to the FIG numeric system).
22.4.1 *At FIG events determine the difficulty score each of the required elements in the first routine as per §18.1, 15.1 and 16.4 and if an element/elements from the first routine is/are repeated in the second routine of the qualifying round as per §15.4.*
- 22.5 Determine whether or not any of the elements in the second and final routines were intermediate (straight) jumps and advise the Chair of Judges Panel accordingly (see §16.1.3).
- 22.6 Check that pairs in synchronised competition perform the same elements at the same time as per §16.1.6 and notify the Chair of Judges Panel.
- 22.7 Display the difficulty score.

23. DUTIES OF THE ASSISTANT TO THE CHAIR OF JUDGES PANEL

- 23.1 Assist the CJP in supervising trampoline N° 1 during the synchronised competition.
- 23.2 Assist the difficulty judges and check that pairs in synchronised competition perform the same elements at the same time as per §16.1.6 and notify the Chair of Judges Panel.

24. DUTIES OF THE JUDGES FOR SYNCHRONISATION (NOS. 8, 9 & 10)

- 24.1 Evaluate the synchronised performance in the range 0.0 to 0.5 points as per §24.3 and write down their marks on the respective deduction sheets.
- 24.2 Subtract their deductions from the maximum mark indicated by the Chair of Judges Panel (see §16.4).
- 24.3 Make and record the following deductions for each un-synchronised landing:
- | | | |
|---------|--|-------------|
| 24.3.1 | Landing difference under 80 cm in height | 0.1-0.3 pts |
| 24.3.2 | Landing difference of 80 cm or more in height | 0.4-0.5 pts |
| 24.3.3* | After the 10 th element, not making the same landing (out-bounce or standing still), on the instruction of the CJP. | 0.2 pts |
- 24.4 If the Synchronised scores are evaluated electronically the appointed Judge No. 8 supervises the electronic system (see §18.2.7).

(see also Guide to Judging)

Place, Month Year

Fédération Internationale de Gymnastique

Bruno Grandi
President

André F. Gueisbuhler
Secretary General

Horst Kunze
Trampoline TC President



Code of Points **TUMBLING**

A. GENERAL

1. INDIVIDUAL COMPETITION

- 1.1 Tumbling competitions comprise 4 (four) voluntary passes with 8 (eight) elements in each pass.
- 1.1.1 Tumbling is characterised by continuous speedy, rhythmic hands to feet, and feet to feet, rotational jumping elements without hesitation or intermediate steps.
- 1.1.2 A tumbling pass should be planned to demonstrate a variety of forward, backward and sideward elements. The pass should show good control, form, execution and maintenance of tempo.
- 1.2 **Qualifying Round**
- 1.2.1 There are 2 (two) voluntary passes in the Qualifying Round with no repetition of elements allowed in either pass.
- 1.2.1.1 Federations are free to prescribe a compulsory pass instead of the first pass or special requirements for the two voluntary passes for competitions under their authority.
- 1.2.2* See §1.2.2 TRA CoP.
- 1.3 **Finals**
- 1.3.1 There are two (2) voluntary passes in the Individual Final with no repetition of elements allowed in either pass and one (1) voluntary pass in the Team Final.
- 1.3.2 The gymnasts with the 8 (eight) best scores from the Qualifying Round will go forward to the Final. See also §1.3.2.1 in TRA CoP. See also Reg. 1 of the Technical Regulations Section 4.
- 1.3.3 The starting order for the Final will be in order of merit, the gymnast with the lowest score in the Qualifying Round going first. In the event of ties, see Reg. 4.3.2.1 of the Technical Regulations (TR), Section 4.

2. TEAM COMPETITION

- 2.1 Teams, see §2.1 in TRA CoP.
- 2.2 Every member of the team will perform 2 (two) voluntary passes as per §1.2.1 and 1 (one) voluntary pass as per §1.3.1.
- 2.3 System of scoring
- 2.3.1 See §2.3.1 in TRA CoP.
- 2.3.1.1 *At World Championships:* see §2.3.1.1 in TRA CoP and Reg. 4.4.2.2 of TR, Section 4.

(3) -

4. WINNERS

- 4.1 The winner is the gymnast or team with the highest number of points obtained in the Final.
- 4.2 Medals and places will be awarded according to Reg.10.3 of TR, Section 1.

5. PASSES

- 5.1 Each pass consists of 8 (eight) elements.



- 5.2 The first and second passes of the Qualifying Round must be performed without repetition of an element in either of the passes as per §15.1.
- 5.3 The passes in the Final must be performed without repetition of an element in either of the passes as per §15.2.
- 5.4 In the Final a gymnast may repeat elements or a pass performed in the Qualifying Round.
- 5.5 *At FIG events, in addition to §1.2, 1.3.1 and 5.1-5.4 special requirements must be fulfilled in the voluntary passes:*
- 5.5.1 *First pass in the Qualifying Round (Salto Pass):*
- 5.5.1.1 *No element may contain more than 180° of twist each. Any violation will result in the difficulty of those elements not being counted.*
- 5.5.2 *Second pass in the Qualifying Round (Twisting Pass):*
- 5.5.2.1 *A minimum of 2 (two) somersaults with at least 360° of twist in each. Each violation will result in a deduction of 1.0 point from each of the Execution Judges on the instruction of the Chair of Judges Panel (see §21.4.5).*
- 5.5.2.2 *The 8th skill will not be counted for difficulty if it is not a twisting element (at least 360 of twist)*
- 5.5.3 *Final (2 free passes in the individual final and 1 free pass in the team final):*
- 5.6 Passes comprising less than 3 (three) elements will score zero.
- 5.7 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 (8th element).
- 5.8 All completed passes must end with a somersault as per §17.5.
- 5.9 If the last element is not performed in the reverse direction, then it must take off from the tumbling track and land in the landing area, otherwise there will be a deduction of 0.2 points by each Execution Judge (see §21.4.6).
- 5.10 Second attempts at passes are not allowed.
- 5.10.1 If a gymnast is obviously disturbed in a pass (faulty equipment or substantial external influence or the like), the Chair of Judges Panel may allow another attempt. A gymnast's clothing cannot be classed as 'equipment'.
- 5.10.2 Spectator noise, applause and the like would not normally constitute a disturbance.

6. DRESS FOR GYMNASTS *

- 6.1 **Male gymnasts**
- Sleeveless leotard
 - Gym shorts
 - White shoes and/or white foot covering may be worn
- 6.2 **Female gymnasts**
- Leotard with or without sleeves (must be skin tight)
 - Long tights may be worn (must be skin tight)
 - A full-length one piece leotard may be worn (must be skin tight)
 - Any other "dress" which is not skin tight is not allowed
 - For reasons of safety, covering the face or the head is not allowed
 - White shoes and/or white foot covering may be worn
- 6.3 The wearing of jewellery or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped.
- 6.4 Any violation of §6.1, 6.2 and 6.3 may result in disqualification from the pass in which the offence occurs. This decision is made by the Chair of Judges Panel.
- 6.5 **Teams**
- Members of a team must wear uniform dress. Failing to do so will result in disqualification of the team from the team event. This decision is made by the Chair of Judges Panel.



6.6 **National emblem or Federation emblem**

See §6.6 in TRA CoP.

6.7 **Spotters**

Track suit and gym shoes or equivalent.

7. COMPETITION CARDS

7.1 Each pass, with difficulty rating, must be written down on the competition card.

7.1.1 *At FIG events, only the FIG numeric system or recognised terminology may be used to describe the elements written on the competition card, otherwise the card will not be accepted (see Part III : I and J).*

7.2 The competition card must be handed in at the time and place specified by the organising committee, otherwise the gymnast may not be allowed to start. The Chief Recorder is responsible for ensuring that they are given to the Difficulty Judges at least 2 (two) hours before the competition starts.

8. TUMBLING EQUIPMENT

8.1 See FIG Norms for Trampoline, Tumbling and Double Mini-Trampoline.

9. SAFETY REQUIREMENTS

9.1 See Reg. 5.2 of TR, Section 4.

9.1.1 A gymnast may have 1 (one) spotter (coach).

10. RECORDERS & SECRETARIAT

10.1 See §10 in TRA CoP.

11. SUPERIOR JURY AND JURY OF APPEAL

11.1 See Reg. 7.8.1 and 7.8.3 of TR, Section 1.

11.2 In Trampoline Gymnastics, a Superior Jury functions at World Championships, World Games and World Cups.

B. COMPETITION PROCEDURE

12. WARMING UP

12.1 See §12.1 in TRA CoP and Reg. 4.11.6 c) of TR, Section 1.

12.2 Immediately prior to the Qualifying Round and the Individual Finals each gymnast will be allowed 2 (two) passes warm-up on the competition apparatus. There will be 1 (one) warm-up pass before the Team Final. In the event that a gymnast abuses the right to warm-up, the Chair of Judges Panel may instruct the Chief Recorder to deduct a penalty of 0.3 points from the total score of the following pass (see §20.13)

12.2.1 Warming up on the competition equipment during the actual competition may be eliminated if equivalent equipment is provided in an adjacent hall.

13. START OF A PASS

13.1 Each gymnast will start on the signal given by the Chair of Judges Panel.

13.2 After the signal has been given (as per §13.1), the gymnast must initiate the first element within 20 seconds, otherwise a penalty deduction of 0.1 points will be made by each of the Execution Judges on the instruction of the Chair of Judges Panel (see 21.4.1).

If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the Chair of Judges Panel.



- 13.3 A springboard may be used only to initiate the first element. It may be placed anywhere on the tumbling track or the run-up.
- 13.4 Whether using a spring board or not, the first element must land on the tumbling track, though it may be initiated on the run-up.

14. REQUIRED POSITIONS DURING AN ELEMENT *

- 14.1 In all positions, the feet and legs should be kept together and the feet and toes pointed.
- 14.2 Depending on the requirements of the movement, the body should be either tucked, piked or straight.
- 14.3 In the tucked and piked positions the thighs should be close to the upper body except in the twisting phase of multiple somersaults (see §14.7).
- 14.4 In the tucked position the hands should touch the legs below the knees except in the twisting phase of multiple somersaults (see §14.7).
- 14.5 The arms should be straight and held close to the body whenever possible.
- 14.6 The following defines the minimum requirements for a particular body shape:
 - 14.6.1 **Straight position:** The angle between the upper body and thighs must be greater than 135°.
 - 14.6.2 **Pike position:** The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135°.
 - 14.6.3 **Tuck position:** The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be equal to or less than 135°.
- 14.7 In multiple somersaults with twists, the tuck and pike position may be modified during the twisting phase as shown in the drawings in Part II: 2. Drawings (puck and pike twisting positions).
- 14.8 Any backward, non-twisting, single somersault, executed at shoulder height or below, regardless of position, will be considered and evaluated as a *whipback*.

15. REPETITION OF ELEMENTS *

- 15.1 With the exception of flic-flacs, whipbacks and round-offs no element may be repeated during the 2 (two) passes of the Qualifying Round as per §1.2.1 and 5.2, otherwise the difficulty of the repeated element will not be counted (see also §15.5 below).
- 15.2 In the Final passes the same element may not be repeated, with the exception of flic-flacs, whipbacks and round-offs, otherwise the difficulty of the repeated element will not be counted (see also §15.5 below).
- 15.3 Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.
 - 15.3.1 The tucked and piked positions are considered to be the same position.
- 15.4 Multiple somersaults (720° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases (see Part II: 1.A).
- 15.5 Somersaults will not be considered as repetitions if they are preceded by a different element.

16. INTERRUPTIONS OF A PASS

- 16.1 A pass will be considered interrupted if the gymnast:
 - 16.1.1 Is touched by a spotter.
 - 16.1.2 Takes intermediate steps or stops.
 - 16.1.3 Falls to the track/zone/area during a pass.
 - 16.1.4 Touches any part outside the outer lines of the tumbling track with any part of the body.
 - 16.1.5 Touches the tumbling track with any part of the body other than hands or feet.



- 16.1.6 Performs movement without rotation round the lateral and dorso-ventral axis of the body.
- 16.2 No credit will be given for the element in which the interruption occurs.
- 16.3 A gymnast will be judged only on the number of elements completed on the feet on the tumbling track or the landing area. *Note: no element will be counted if the take-off is initiated from the landing area.*
- 16.4 The Chair of Judges Panel will decide the maximum mark.

17. TERMINATION OF THE PASS *

- 17.1 Each pass must end on both feet on the track or the landing area, otherwise the last element will not be counted.
- 17.2 After the last element, the gymnasts must stand upright and show stability for approximately 3 (three) seconds; otherwise they will receive a deduction (see §21.3.2).
- 17.3 The last element must be performed from the tumbling track to the landing area except in the case of an element in the reverse direction as per §5.7. A failure to observe §17.4 will result in a deduction of 0.2 points by each Execution Judge (see §21.4.6).
- 17.4 All completed passes (8 elements) must end with a somersault, otherwise there will be a deduction of 1.0 points by each of the Execution Judges (see §21.4.3).
- 17.5 For additional elements, a deduction of 1.0 point (total) will be made by each of the Execution Judges (see §21.4.4).

18. SCORING

Two types of mark are used, 'D' type mark, which is the total of the degree of difficulty in one pass and 'E' type mark, which is the total given by an Execution Judge in one pass. The total score for a pass is based on one D mark plus three E marks

18.1* Degree of difficulty

In principle the amount of difficulty obtained in a single element during a pass is open, but for the Youth Olympic Games and Youth/Junior competitions it is limited to 4.3 points. Elements with higher difficulty can be performed but will get the limited difficulty value of 4.3 points.

The difficulty of each element is calculated on the following basis:

- 18.1.1 Only elements terminating on the feet will be evaluated.
- 18.1.2 Cartwheels have no difficulty value
- 18.1.3 Aerials, flic-flacs, round-offs and front hand-springs 0.2 pts
Whipbacks (tempo salto) 0.3 pts
- 18.1.4 Single somersaults:
- 18.1.4.1 Each somersault (360°) 0.5 pts
- 18.1.4.2 Single somersaults done in the pike or straight position, without twist, will receive a bonus of 0.1 pts
- 18.1.5 Twisting in somersaults
- ½ twist (180°) 0.1 pts
 - Each ½ twist more than 1 (one) twist (360°) 0.2 pts
 - Each ½ twist more than 2 (two) twists (720°) 0.3 pts
 - Each ½ twist more than 3 (three) twists (1080°) 0.4 pts
 - In triple somersault, each ½ twist (up to 360°) 0.3 pts
 - In triple somersault, each ½ twist more than 1 (one) twist (360°) 0.4 pts
- 18.1.6 Multiple somersaults - with or without twist
- 18.1.6.1 Double somersaults performed in the piked position will receive a bonus of 0.1 points and triple somersaults in the piked position will receive a bonus of 0.2 points.
- 18.1.6.2 Double somersaults performed in the straight position will receive a bonus of 0.2 points per somersault and triple



- somersaults in the straight position will receive a bonus of 0.4 points per somersault.
- 18.1.6.3 In double somersaults the value of the element, including any twist, any bonus for position will be doubled.
- 18.1.6.4 In triple somersaults the value of the element, including any twist, any bonus for position will be tripled.
- 18.2 Method of scoring
- 18.2.1 The evaluation of execution and difficulty is done in 10ths of a point.
- 18.2.2 Judges must write their deductions independently of one another.
- 18.2.3 When signalled by the Chair of Judges Panel, the marks of the Execution Judges must be displayed simultaneously.
- 18.2.4 If any of the Execution Judges fail to display their marks when signalled by the Chair of Judges Panel, the average of the other marks will be taken for the missing mark(s). This decision is made by the Chair of Judges Panel.
- 18.2.5 Evaluation of the score for execution:
- 18.2.5.1 The deductions for poor execution as per §21.3 and additional deductions on the instruction of the CJP as per §21.4 are subtracted from the maximum mark (see §16.4 and exception in §5.5).
- 18.2.5.2 For all passes the Judges will add 2.0 points to their score so as to show a mark out of 10 (exception: see §5.5).
- 18.2.5.3 The highest and lowest marks of the Execution Judges are deleted and the three remaining marks are added together to give the gymnast's execution score for the pass (E+E+E).
- 18.2.6 Evaluation of the score for difficulty:
- 18.2.6.1 The Difficulty Judges calculate the difficulty of the voluntary passes as per §5.3, §15, §16 and §18.1-18.1.5.
- 18.2.7 Evaluation of the gymnasts' total score for a pass:
- 18.2.7.1 Each pass is scored separately and a total of execution plus difficulty is calculated for each voluntary pass.
- 18.2.7.2 The recorders will calculate the total score by adding together the three E marks (execution) plus the D mark (difficulty) minus penalties as per §6.6 and 12.2.
- 18.2.8 All scores will be rounded to 2 (two) decimal places. Such rounding will only be made in respect of the gymnast's total score for a pass.
- 18.2.9 The Chief Recorder must verify the total score on the list of results.
- 18.2.10 The Chair of Judges Panel is responsible for determining the validity of the final scores.

C. THE JUDGES' PANEL

19. THE JUDGES' PANEL

- 19.1 Composition:
- | | | |
|--------|------------------------------------|----------|
| 19.1.1 | Chair of Judges Panel | 1 |
| 19.1.2 | Judges for Execution (nos.1-5) | 5 |
| 19.1.3 | Judges for Difficulty (nos. 6 & 7) | 2 |
| 19.1.4 | Total | 8 |
- 19.2 Judges nos. 1-7 must sit separately, at least 5 (five) meters from the side of the tumbling track, with the judges tables positioned starting from meter 16 of the tumbling track.
- 19.3 If a Judge fails to carry out his duties in a satisfactory manner he must be replaced. This decision will be made by the Superior Jury. Where there there is no Superior Jury,



the decision is taken by the Chair of Judges Panel. See Reg. 7.8.1 of TR, Section 1 and §11.2 of CoP.

19.3.1 If an Execution Judge is replaced, the Chair of Judges Panel may decide that his previous marks will be replaced by the average of the remaining marks (see §18.2.4).

20. DUTIES OF THE CHAIR OF JUDGES PANEL

- 20.1 Control of the facilities.
- 20.2 Organise the Judges' conference and the trial scoring (but see Reg. 7.9 of TR, Sec 1).
- 20.3 Place and supervise all Judges, spotters and recorders.
- 20.4 Direct the competition.
- 20.5 Convene the Competition Jury.
- 20.6 Decide if a second attempt should be allowed (see §5.10).
- 20.7 Decide about the gymnast's dress (see §6).
- 20.8 Inform the Execution Judges of deductions for the voluntary passes (see §5.5).
- 20.9 Decide whether any assistance given by a spotter was necessary (see Reg. 5.2 of TR, Section 4).
- 20.10 Declare the maximum mark in the case of an interrupted pass (see §16).
- 20.11 Inform the Execution Judges of additional deductions as per §21.3.2.2-21.3.2.6 & 21.4.
- 20.12 Decide if a Judge fails to show his score immediately (see §18.2.4).
- 20.13 Decide about penalties as per §6.6 and §12.2 and inform the Chief Recorder.
- 20.14 Supervise and control all scores, calculations and the final results and interfere if he recognises obvious calculation errors concerning execution or difficulty scores.
- 20.15* Decide before the end of a round, when approached by an official representative of a federation or a Judge, about obvious errors in the calculation of difficulty or numerical errors concerning execution scores (see Part II, 1 A).

21. DUTIES OF THE JUDGES FOR EXECUTION (NOS. 1-5)

- 21.1 Evaluate the execution in the range 0.0 to 0.5 points as per §21.3 and write down their deductions on the deduction sheets.
- 21.2 Subtract their deductions from the maximum mark indicated by the Chair of Judges Panel (as per §16.4).
- 21.3 Deductions for execution
 - 21.3.1* lack of form, control, height and rhythm in each element 0.1-0.5 pts
 - 21.3.2* lack of stability after a complete pass (8 elements), a single deduction for the greater fault only:
 - 21.3.2.1 not standing still in an upright position and showing stability for approximately 3 (three) seconds 0.1-0.3 pts
or make the following deductions on the instruction of the Chair of Judges Panel
 - 21.3.2.2 after landing, touching the track or landing zone/area with one or both hands 0.5 pts
 - 21.3.2.3 landing outside the outer lines of the track or landing zone 0.5 pts
 - 21.3.2.4 after landing, touching with or falling to the knees, hands & knees, front, back or seat on the track or landing area 1.0 pts
 - 21.3.2.5 assistance from a spotter after landing 1.0 pts
 - 21.3.2.6 after landing in the landing area or on the track, leaving the landing area or the track, or touching outside the landing area or touching the floor with any part of the body 1.0 pts
- 21.4 Make the following additional deductions on the instruction of the Chair of Judges Panel:



- 21.4.1 Not initiating the first element within 20 seconds after the signal given by the Chair of Judges Panel, as per §13.2 0.1 pts
- 21.4.2 Talking to or giving any form of signal to a gymnast by their own spotter, or coach, for each occurrence 0.3 pts
- 21.4.3 Failing to end a completed pass with a somersault, as per §17.4 1.0 pts
- 21.4.4 Additional elements as per §17.5 1.0 pts
- 21.4.5 Failing to comply with the special requirements for a pass, as per §5.4.1, 5.4.2 and 5.4.3, for each occurrence 1.0 pts
- 21.4.6 Ending a complete pass on the tumbling track as per §17.3. 0.2 pts
- 21.5 Display their execution mark.

22. DUTIES OF THE JUDGES FOR DIFFICULTY (NOS. 6 & 7)

- 22.1 Collect the competition cards from the Chief Recorder at least 2 (two) hours prior to the start of the competition.
- 22.2 Check the elements and difficulty values entered on the competition cards.
- 22.3 Determine and record all elements performed, and its difficulty value, on the competition card (according to the FIG numeric system).
 - 22.3.1 Indicate, in public, if a gymnast executed other element/-s than indicated on the competition card and write down any changes in the pass and record any repetitions.
- 22.4 Display the difficulty score.
- 22.5 Advise the Chair of Judges Panel of additional elements as per §17.6.
- 22.6 Advise the Chair of Judges Panel of any violation of the special requirements in voluntary passes as per §5.5.1, §5.5.2 and/or §5.5.3.

Place, Month Year

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Bruno Grandi
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Horst Kunze
Trampoline TC President



Code of Points

DOUBLE MINI-TRAMPOLINE

A. GENERAL

1. INDIVIDUAL COMPETITION

- 1.1 Double Mini-Trampoline (DMT) competitions comprise 4 (four) passes with 2 (two) elements in each pass.
- 1.1.1 A pass on the Double Mini-Trampoline is characterised by high, continuous rhythmic feet to feet rotational jumping elements, without hesitation or intermediate straight bounces.
- 1.1.2 A Double Mini-Trampoline pass should be planned to demonstrate a variety of forward and backward twisting or non twisting elements. The pass should show good control, form, execution, height and maintenance of height.
- 1.1.3 In a pass a maximum of 3 (three) contacts with the bed are allowed with no intermediate bounce between the elements.
- 1.1.4 Each pass must end with a *dismount skill* performed from the spotter/dismount zone to the landing area.
- 1.2 **Qualifying Round**
- 1.2.1 There are 2 (two) passes in the Qualifying Round.
- 1.2.2* The starting order for the Qualifying Round is decided by draw as per §1.2.2 in TRA CoP.
- 1.3 **Finals**
- 1.3.1 There are 2 (two) passes in the Individual Final and 1 (one) pass in the Team Final.
- 1.3.2 The gymnasts with the 8 (eight) best scores from the Qualifying Round will go forward to the Final. See also §1.3.2.1 in TRA CoP.
- 1.3.3 The starting order for the Final will be in order of merit, the gymnast with the lowest score in the Qualifying Round going first. In the event of ties, see Reg. 4.3.3.1 of the Technical Regulations (TR), Section 4.

2. TEAM COMPETITION

- 2.1 Teams, see §2.1 in TRA CoP.
- 2.2 Every member of the team will perform 2 (two) passes as per §1.2.1 and 1 (one) pass as per §1.3.1.
- 2.3 System of scoring
- 2.3.1 See §2.3.1 in TRA CoP.
- 2.3.1.1 *At World Championships:* see §2.3.1.1 in TRA CoP and Reg. 4.3.3.2 of TR, Section 4.

(3) -

4. WINNERS

- 4.1 The winner is the gymnast or team with the best score obtained in the Final.
- 4.2 Medals and places will be awarded according to Reg. 10.3 of TR, Section 1.

5. PASSES

- 5.1* Each pass consists of 2 (two) elements (1 (one) *mounting skill* or *spotter skill* and 1 (one) *dismount skill*).



- 5.1.1 A straight mounting jump without twists is not considered an element. If a straight jump is used as a spotter skill or dismount skill, the pass will be interrupted (see §16.1.9).
- 5.2*
 - A mounting skill or a straight mounting jump must take off from 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 skill must take off from the spotter/dismount zone and land in the landing area
- Any violation of §5.2 will cause an interruption of the pass (see §16.1.8).
- 5.3 Elements may only be repeated when performed in different parts of a pass (mount, spotter or dismount).
- 5.4 Second attempts at passes are not allowed.
- 5.4.1 If a gymnast is obviously disturbed in a pass (faulty equipment or substantial external influence or the like), the Chair of Judges Panel may allow another attempt. A gymnast's clothing cannot be classed as 'equipment'.
- 5.4.2 Spectator noise, applause and the like would not normally constitute a disturbance.

6. DRESS FOR GYMNASTS AND SPOTTERS *

- 6.1 **Male gymnasts**
- Sleeveless leotard
 - Gym shorts
 - White trampoline shoes and/or white foot covering
- 6.2 **Female gymnasts**
- Leotard with or without sleeves (must be skin tight)
 - Long tights may be worn (must be skin tight)
 - A full-length one piece leotard may be worn (must be skin tight)
 - Any other "dress" which is not skin tight is not allowed
 - Trampoline shoes and/or white foot covering
 - For reasons of safety, covering the face or the head is not allowed
- 6.3 The wearing of jewellery or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped.
- 6.4 Any violation of §6.1, 6.2 and 6.3 may result in disqualification from the pass in which the offence occurs. This decision is made by the Chair of Judges Panel.
- 6.5 **Teams**
- Members of a team must wear uniform dress. Failing to do so will result in disqualification of the team from the team event. This decision is made by the Chair of Judges Panel.
- 6.6 **National emblem or Federation emblem**
- See §6.6 in TRA CoP.
- 6.7 **Spotters**
- Track suit and gym shoes or equivalent.

7. COMPETITION CARDS

- 7.1 Each pass, with the difficulty value of each element, must be written on the competition card.
- 7.1.1 *At FIG events, only the FIG numeric system or recognised terminology may be used to describe the elements written on the competition card, otherwise the card will not be accepted (see Part III : H and J).*
- 7.2 The competition card must be handed in at the time and place specified by the organising committee otherwise the gymnast may not be allowed to start. The Chief Recorder is responsible for ensuring that they are given to the Difficulty Judges at least 2 (two) hours before the competition starts.



- 7.3 Changes to the elements and the order in which they are written on the competition card are permitted without penalty but must be recorded on the competition card by the Difficulty Judges.

At FIG events the pass in the Team Final is recorded by the Difficulty Judges. Elements and passes from the qualifying passes may be used (see §15.2).

8. DOUBLE MINI-TRAMPOLINE EQUIPMENT

- 8.1 See FIG Norms for Trampoline, Tumbling and Double Mini-Trampoline.

9. SAFETY REQUIREMENTS

- 9.1 See Reg. 5.2 of TR, Section 4.
9.1.1 A gymnast may have 1 (one) spotter (coach).
9.1.2 A spotter mat may only be used by the competitor's own spotter.

10. RECORDERS & SECRETARIAT

- 10.1 See §10 in TRA CoP.

11. SUPERIOR JURY AND JURY OF APPEAL

- 11.1 See Reg. 7.8.1 and 7.8.3 of TR, Section 1.
11.2 In Trampoline Gymnastics, a Superior Jury functions at World Championships, World Games and World Cups.

B. COMPETITION PROCEDURE

12. WARMING UP

- 12.1 See §12.1 in TRA CoP and Reg. 4.11.6 c) of TR, Section 1.
12.2 Immediately prior to the Qualifying Round and the Individual Finals each gymnast will be allowed 2 (two) passes warm-up on the competition apparatus. There will be 1 (one) warm-up pass before the Team Final. In the event that a gymnast abuses the right to warm-up, the Chair of Judges Panel may instruct the chief recorder to deduct a penalty of 0.3 points from the total score of the following pass (see §20.12)
12.2.1 Warming up on the competition equipment during the actual competition may be eliminated if equivalent equipment is provided in an adjacent hall.

13. START OF A PASS

- 13.1 Each gymnast will start on a signal given by the Chair of Judges Panel.
13.2 After the signal has been given (as per §13.1), the gymnast must initiate the first element within 20 seconds, otherwise a penalty deduction of 0.1 points will be made by each of the Execution Judges on the instruction of the Chair of Judges Panel (see §21.4.1).
If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the Chair of Judges Panel.
13.3 If there is a faulty start and the gymnast has not touched the Double Mini-Trampoline, then the gymnast may re-start without penalty on a signal from the Chair of Judges Panel.

14. REQUIRED POSITIONS DURING AN ELEMENT *

- 14.1 See §14.1-14.7 in TRA CoP.



15. REPETITION OF ELEMENTS *

- 15.1 An element is considered repeated when used during any of the 4 (four) passes more than once as a mounting skill, spotter skill or dismount skill as per §5.3. The degree of difficulty of a repeated element will not be counted.
- 15.2 *At FIG events elements or a pass from the Qualifying Round may be repeated in the Team Final.*
- 15.3 Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.
 - 15.3.1 The tucked and pucked positions are considered to be the same position.
- 15.4 Multiple somersaults (720° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases (see Part II: 1.A).

16. INTERRUPTIONS OF A PASS

- 16.1 A pass will be considered interrupted if the gymnast:
 - 16.1.1 Obviously does not land simultaneously on both feet on the bed.
 - 16.1.2 Does not use the elasticity of the bed after landing for the immediate continuation of the next element.
 - 16.1.3 Is touched by a spotter or a spotter mat.
 - 16.1.4 Leaves the DMT during the pass due to insecurity.
 - 16.1.5 Lands on any part of his body except his feet on the DMT bed.
 - 16.1.6* Lands on any part of the DMT other than the bed during the pass.
 - 16.1.7 Does not perform a mounting skill, spotter skill or dismount skill from or to the correct area (as per §5.2).
 - 16.1.8 Performs a straight jump as a spotter or dismount (as per §5.1.1).
- 16.2 No credit will be given for the element in which the interruption occurs in respect of §16.1.1-16.1.9.
- 16.3 A gymnast will be judged only on the number of elements completed on both feet.
- 16.4 The Chair of Judges Panel will decide the maximum mark.

17. TERMINATION OF THE PASS *

- 17.1 After the dismount skill, the pass must end under control in an upright position, with both feet within the landing area, otherwise the dismount skill will not be counted.
- 17.2 After the dismount, the gymnasts must stand upright for approximately 3 (three) seconds, otherwise otherwise there will be a deduction for lack of stability (see §21.3.2).

18. SCORING

Two types of mark are used, 'D' type mark, which is the total of the degree of difficulty in one pass and 'E' type mark, which is the total given by an Execution Judge in one pass. The total score for a pass is based on one D mark plus three E marks.

18.1* Degree of difficulty

In principle the amount of difficulty obtained in a single element during a pass is open, but for the Youth Olympic Games and Youth/Junior competitions it is limited to 4.6 points. Elements with higher difficulty can be performed but will get the limited difficulty value of 4.6 points.

The difficulty of each element is calculated on the following basis:

- 18.1.1 Only elements terminating on the feet will be evaluated.
- 18.1.2 Each 1/2 twist (180°) (with the exception in § 18.1.4.2) 0.2 pts
- 18.1.3 Each somersault (360°) 0.5 pts
- 18.1.4 Single somersaults or less:



- 18.1.4.1 Single somersaults done in the piked or straight position, without twist, will receive a bonus of 0.1 points.
- 18.1.4.2 In single somersaults with more than 1 twist (360°), the difficulty of twist will be as follows:
- Each ½ twist more than 1 (one) twist (360°) 0.3 pts
 - Each ½ twist more than 2 (two) twists (720°) 0.4 pts
 - Each ½ twist more than 3 (three) twists (1080°) 0.5 pts
 - Each ½ twist more than 4 (four) twists (1440°) 0.6 pts
- 18.1.5 Side somersaults and elements without twist or somersault rotation have no difficulty value.
- 18.1.6 Multiple somersaults - with or without twist:
- 18.1.6.1 Double somersaults performed in the piked position will receive a bonus of 0.4 points and triple somersaults in the piked position will receive a bonus of 0.8 points.
- 18.1.6.2 Double somersaults performed in the straight position will receive a bonus of 0.8 points and triple somersaults in the straight position will receive a bonus of 1.6 points.
- 18.1.6.3 In double somersaults the value of the element, including any twist, will be doubled. The bonus for pike or straight position is then added to give the total value of the element.
- 18.1.6.4 In triple somersaults the value of the element, including any twist, will be tripled. The bonus for pike or straight position is then added to give the total value of the element.
- 18.1.7 In elements combining somersault and twist, the difficulty values for somersault and twist are added together.
- 18.2 Method of scoring.
- 18.2.1 The evaluation of execution and difficulty is done in 10ths of a point.
- 18.2.2 Judges must write their deductions independently of one another.
- 18.2.3 When signalled by the Chair of Judges Panel, the marks of the Execution Judges must be shown simultaneously.
- 18.2.4 If any of the Execution Judges fail to show their marks when signalled by the Chair of Judges Panel, the average of the other marks will be taken for the missing mark(s). This decision is made by the Chair of Judges Panel.
- 18.2.5 Evaluation of the score for execution:
- 18.2.5.1 The deductions for poor execution as per §21.3 and additional deductions on the instruction of the CJP as per §21.4 are subtracted from the maximum mark (see §16.4).
- 18.2.5.2 For all completed passes the Execution Judges will add 8.0 points to their score so as to show a mark out of 10. For passes with only 1 (one) element the Execution Judges will add 6.0 points.
- 18.2.5.3 The highest and lowest marks of the Execution Judges are deleted and the three remaining marks are added together to give the gymnast's execution score for the pass (E+E+E).
- 18.2.6 Evaluation of the score for difficulty:
- 18.2.6.1 The Difficulty Judges calculate the difficulty of the pass as per §15, §16 and §18.1 and enter it on the competition card.
- 18.2.7 Evaluation of the gymnasts' total score for a pass:
- 18.2.7.1 Each pass is scored separately and a total of execution plus difficulty is calculated for each pass.
- 18.2.7.2 The recorders will calculate the total score by adding together the three E marks (execution) plus D mark (difficulty) minus penalties as per §6.6 and 12.2.
- 18.2.8 All scores will be rounded to 2 (two) decimal places. Such rounding will only be made in respect of the gymnast's total score for a pass.
- 18.2.9 The Chief Recorder must verify the total score on the list of results.



- 18.2.10 The Chair of Judges Panel is responsible for determining the validity of the final scores.

C. THE JUDGES' PANEL

19. THE JUDGES' PANEL

- 19.1 Composition:
- | | | |
|--------|------------------------------------|----------|
| 19.1.1 | Chair of Judges Panel | 1 |
| 19.1.2 | Judges for Execution (nos. 1-5) | 5 |
| 19.1.3 | Judges for Difficulty (nos. 6 & 7) | 2 |
| 19.1.4 | Total | 8 |
- 19.2 Judges nos. 1-7 must sit separately, 5 (five) metres from the side of the Double Mini-Trampoline.
- 19.3 If a Judge fails to carry out his duties in a satisfactory manner he must be replaced. This decision will be made by the Superior Jury. Where there is no Superior Jury, the decision is taken by the Chair of Judges Panel. See Reg. 7.8.1 of TR, Section 1 and §11.2 of CoP.
- 19.3.1 If an Execution Judge is replaced, the Chair of Judges Panel may decide that his previous marks will be replaced by the average of the remaining marks (see §18.2.4).

20. DUTIES OF THE CHAIR OF JUDGES PANEL

- 20.1 Control of the facilities.
- 20.2 Organise the Judges' conference and the trial scoring, (but see Reg. 7.9 of TR, Sec 1.)
- 20.3 Place and supervise all Judges, spotters and recorders.
- 20.4 Direct the competition.
- 20.5 Convene the Competition Jury
- 20.6 Decide if a second attempt should be allowed (see §5.4).
- 20.7 Decide about a gymnast's dress (see §6).
- 20.8 Decide whether any assistance given by a spotter was necessary (see Reg. 5.3 of TR, Section 4).
- 20.9 Declare the maximum mark in the case of an interrupted pass, as per §16
- 20.10 Inform the Execution Judges of additional deductions, as per §21.3.2.2-21.3.2.6 & §21.4.
- 20.11 Decide if a Judge fails to show his mark immediately (see §18.2.4).
- 20.12 Decide about penalties as per §6.6 and §12.2 and inform the Chief Recorder.
- 20.13 Supervise and control all scores, calculations and the final results and interfere if he recognises obvious calculation errors concerning execution or difficulty scores.
- 20.14* Decide before the end of a round, when approached by an official representative of a federation or a Judge, about obvious errors in the calculation of difficulty or numerical errors concerning execution scores (see Part II, 1 A).

21. DUTIES OF THE JUDGES FOR EXECUTION (NOS. 1-5)

- 21.1 Evaluate the execution in the range 0.0 to 0.5 points as per §21.3 and write down their deductions on the deduction sheets.
- 21.2 Subtract their deductions from the maximum mark indicated by the Chair of Judges Panel (see §16.4).
- 21.3 Deductions for execution:
- | | | |
|---------|---|-------------|
| 21.3.1* | lack of form, height and control in each element | 0.1-0.5 pts |
| 21.3.2 | lack of stability after the dismount (a single deduction for the greater fault only): | |



- 21.3.2.1 not standing still under in an upright position and showing stability for approximately 3 (three) seconds 0.1-0.3 pts
or make the following deductions on the instruction of the Chair of Judges Panel:
- 21.3.2.2 after landing, touching the DMT or landing zone/area with one or both hands 0.5 pts
- 21.3.2.3* landing inside zone A (see Part II – Guide to Judging) 0.0 pts
- 21.3.2.4* landing inside zone B (see Part II – Guide to Judging) 0.3 pts
- 21.3.2.5* landing inside zone C (see Part II – Guide to Judging) 0.5 pts
- 21.3.2.6 after landing, touching with or falling to the knees, hands & knees, front, back or seat on the landing area 1.0 pts
- 21.3.2.7 assistance from a spotter after landing 1.0 pts
- 21.3.2.8 after landing in the landing area, leaving the landing area, or touching outside the landing area or touching the floor with any part of the body or touching the DMT 1.0 pts
- 21.4 Make the following additional deductions on the instruction of the CJP:
- 21.4.1 Not initiating the first element within 20 seconds after the signal given by the Chair of Judges Panel, as per §13.2 0.1 pts
- 21.4.2 Talking to or giving any form of signal to a gymnast by their own spotters or coach during the pass, for each occurrence 0.3 pts
- 21.4.3 For touching the penalty zone in the centre of the DMT while performing a mount, spotter or dismount skill, for each occurrence (the end markers on the ends of the DMT are not penalty zones) 0.3 pts
- 21.4.4 For touching anything other than the bed during a pass 0.1 pts
- 21.5 Display their execution mark.

(see also Guide to Judging)

22. DUTIES OF THE DIFFICULTY JUDGES (NOS. 6 & 7)

- 22.1 Collect the competition cards from the Chief Recorder at least 2 (two) hours prior to the start of the competition.
- 22.2 Check the elements and difficulty values entered on the competition cards.
- 22.3 Determine and record all elements performed, and its difficulty value, on the competition card (according to the FIG numeric system).
- 22.3.1 Indicate, in public, if a gymnast executed other element/-s than indicated on the competition card and write down any changes in the pass and record any repetitions.
- 22.4 Display the difficulty score.

Place, Month Year

Fédération Internationale de Gymnastique

Bruno Grandi
President

André F. Gueisbuhler
Secretary General

Horst Kunze
Trampoline TC President





Part II - GUIDE TO JUDGING

Valid from 1.1.2009

1. RULE INTERPRETATIONS

NOTE: These interpretations have been made by the FIG TRA-TC for guidance and clarity. In all cases of dispute on the interpretation of the rules the Chair of Judges Panel makes the final decision. The drawings shown in Part 2 are for guidance only and should not be taken literally.

A. INTERPRETATIONS COMMON TO TRAMPOLINE, TUMBLING & DOUBLE MINI-TRAMPOLINE CODE OF POINTS

1.2.2 - Start groups

16 gymnasts per group is the maximum, the TRA-TC recommends 8-12 per group.

6 - Dress

All hair should be secured close to the head. Loose hair is at the gymnast's own risk. It can cause safety problems and may result in an interruption as per TRA CoP §16.1.3 and TUM CoP §16.1.4.

14 - Required positions

General considerations:

To determine the body shape (tuck, pike or straight) during an element, the Difficulty Judges will, in general terms, assess the shape based on the least difficult shape adopted during the middle phase of the element (straight is considered the most difficult position and tuck the least difficult position). In the case of multiple somersaults, see also §15 in this Guide to Judging (below).

15 - Repetitions

When an element is performed in different body positions, two factors are considered when deciding if an element is a repetition - quantity and phase of twist & quantity of somersault.

1. Twists from 0°-180°

Up to three positions are possible provided there is 270° or more of somersault.

Example:

¾ back somersault	(T=0°S=270°)	3 positions possible
½ twist to feet	(T=180°S=90°)	1 position possible
1¼ front with ½ twist (Barani ball out)	(T=180°S=450°)	3 positions possible

2. Twists of 360° or more

Three positions are possible provided there is more than 450° of somersault.

Example:

1¼ front with 1½ twist (Rudy ball out)	(T=540°S=450°)	1 position possible
1/1 back somersault, 1/1 twist (Full)	(T=360°S=360°)	1 position possible
2/1 back somersault, 2/1 twist (Full in Full out)	(T=720°S=720°)	3 positions possible

3. Multiple somersaults

In multiple somersaults the gymnast may claim only one body position per element: tucked or piked or straight (with the exception for TUM, see §14.2.1). The Difficulty Judges will assess the element based on the least difficult body position adopted by the performer, e.g.:



Barani out Triffis: If the first somersault is piked and the second tucked, then the Difficulty Judges would assess the element as having been performed in the tucked position.

NOTE: These same criteria (no. of twists/no. of somersaults) apply when determining body shape in *synchronised* competition. Because only one position is recognised for a ½ twist to feet, a pair may perform ½ twist to feet in “different positions” without it being considered an interruption to the routine. In a *Barani*, however, different positions are possible under the above criteria and therefore both partners must adopt the same position otherwise the elements would be considered as different and the routine interrupted (see §16.1.6 Trampoline CoP).

4. Twists in different phases of somersaults

- In somersaults of 540° or less only 1 phase is recognised and an element will be considered a repetition if it does not meet the criteria listed above in respect of different shapes.
- In somersaults of 630°-900° 2 phases are recognised, early and late, and these are found by dividing the degrees of rotation by 2.
- In somersaults of more than 900° the number of phases equals the number of somersaults, i.e. one phase for each complete 360° of rotation.

Examples:

1¼ front somersault from back, 450°	- 1 phase
2/1 back somersaults, 720°	- 2 phases
3/1 back somersaults, 1080°	- 3 phases: 0-360°, 360-720° and 720-1080°

17 - Interruption / Termination of the routine / pass

Landing on both feet means the sole of the feet.

If a gymnast *touches* the bed / track / zone / area with his feet during landing, but never shows a recognisable landing preparation and falls to face, knees, hands and knees, front or back in the same movement, the element will not be counted. There will be no extra deduction for the fall.

21.3.2 - Additional landing deductions

No additional landing deductions will be counted for interrupted routines/passes.

18.1 - Difficulty

In the event of any dispute between the Difficulty Judges, the CJP will make the decision.

20.15 (TRA/TUM) / 20.14 (DMT) - Duties of the Chair of Judges Panel

In case of obvious errors concerning calculation in difficulty or execution scores, a Judge, gymnast, coach or other official, who recognise this, should approach the Chair of Judges Panel in a professional and friendly way before the end of the actual round, to allow the Chair of Judges Panel to clarify the situation before the next round has started.

21.3.1 - Evaluation of execution

- Position of the arms 0.0-0.1 pts
- Position of the legs 0.0-0.2 pts
- Position of the body 0.0-0.3 pts
- Loss of height 0.0-0.2 pts
- Opening of the somersault 0.0-0.2 pts
- Horizontal displacement 0.0-0.2 pts

NOTE: In no case the deduction for poor execution may exceed 0.5 points per element.



B. INTERPRETATIONS OF TRAMPOLINE CODE OF POINTS

General

Only elements which land on both feet, seat, front or back will be recognised.

16.1.1 - One foot landings

The element which lands on one foot is not counted as a element and the routine is interrupted at that landing. This rule only applies to double contacts made on the feet. If during a back or front landing the feet subsequently touch the bed, this does not constitute an interruption.

21.3.2 - Lack of stability after a completed routine.

If the gymnast forgets to stand still and leaves the bed within approx. 3 seconds of landing the CJP will decide whether this was due to lack of stability (deduction 0.5 or 1.0 pts), or merely that he forgot to stand still (deduction 0.2 pts).

21.3.2.4 - Additional skills

If a gymnast cannot stop/control the rebound of the bed/track after final landing and has to perform a somersault / (whip) or flic-flac a deduction of 1.0 will be made.

24.3.3 - Not making the same movement (out-bounce or standing still)

In the case of one gymnast making a complete and immediate stop whilst the other only partially stops, this would not constitute a contravention of this rule since it would not be classed as an out-bounce as per §17.5.

C. INTERPRETATIONS TO TUMBLING CODE OF POINTS

18 - Difficulty - side somersaults

In calculating the difficulty value of side somersaults, no account should be taken of any twist created in the somersault unless greater than 180°.

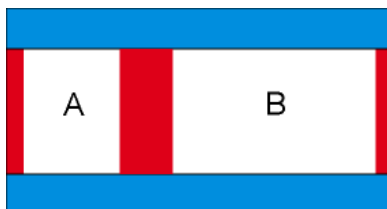
21.3.2 - Landing zone - definition

The outer edge of the line marks the boundary of the Tumbling track and the landing zone. If any part of the body touches outside the boundary, it will result in a deduction as per §21.3 or §21.4.

D. INTERPRETATIONS OF DMT CODE OF POINTS

General definition of the mount & dismount zones:

- The mounting zone is defined as that area of the bed in front of the penalty zone (A).
- The spotter/dismount zone is that area of the bed to the rear of the penalty zone (B).



5.1 & 5.2 - Mount, Spotter, Dismount

- A straight mounting jump or mounting skill must take off from the mounting area and land in the spotter/dismount area.
- The spotter skill must take off and land in the spotter/dismount area.



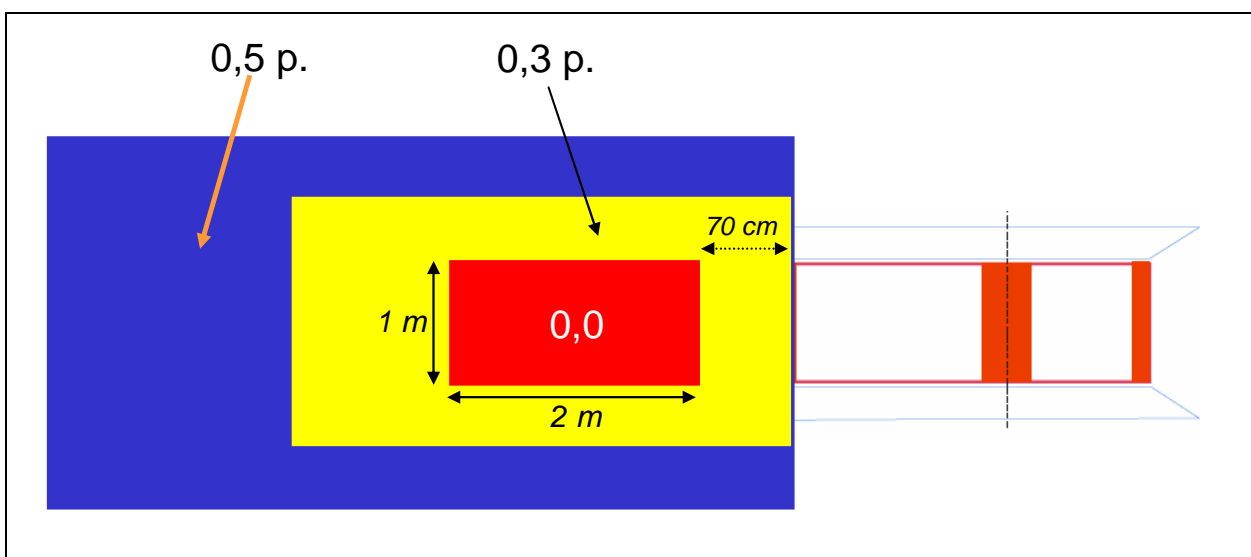
- If any of these (mounting skill or spotter skill) are not executed in the correct area as detailed here, the pass will be invalid (score 0).
- A dismount skill not executed from a mounting skill or spotter skill is not valid.

Example: Mounting skills or spotter skills correctly executed from and to the prescribed areas on the DMT are always counted as elements, regardless of what happens in the dismount skill (e.g. stop, landing on the DMT, not landing on both feet to landing area, straight jump).

16.1.6 - Touching the Double Mini-Trampoline or Penalty Zone

Due to the narrowness of the DMT bed, it is possible for the gymnast may touch something other than the bed with some part of the body, even though his feet land on the bed as required - §21.4.4 will apply. However, if a part of the foot lands outside the bed (frame/pad etc.) this will constitute an interruption as per §16.1.6

21.3.2.3-5 - Landings



21.4.3 - DMT Penalty Zone

For each touching of the red zone there will be a 0.3 deduction, with exception on the “take off” of the mounting jump or mounting skill.

Place, Month Year

Fédération Internationale de Gymnastique

Horst Kunze
Trampoline TC President



2. DRAWINGS (these drawings are for guidance only and should not be taken literally)

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
LEGS						
Bending of the legs						
Position of the legs (1)						
Position of the legs (2)						
FEET						
Pointing of the feet/toes						
ARMS						
Bending of the arms						
Position of the arms						
HEAD						
Position of the head						
STRAIGHT POSITION						
Bending of the body Somersaults with & without twist						



DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
PIKE POSITION						
Angle upper body/thighs Elements without twist						
Multiple somersaults with twist						
Position of the hands						
Vertical jumps Straddle jump						
TUCK POSITION						
Angle upper body/thighs Elements without twist						
Multiple somersaults with twist (puck position)						
Knees apart						
Position of the arms/hands						



DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
OPENINGS						
Openings of somersaults						
LANDINGS						
Bending of the legs						
INSECURITY						
Travelling on the bed						
LOSS OF HEIGHT						
Take-off from feet						
Take-offs from front, back and seat landings						
SYNCHRONISATION						
Difference in landing between the two gymnasts						

Illustrations: *Helen M*



Part III - APPENDICES

A. Difficulty calculation trampoline - principles

Rotation	Value	Bonus	Example
¼ somersault	0.1	---	¼ back = 0.3
completed somersault (360°)		0.1	Back somersault tuck = 0.5
completed triple somersaults (1080°)	1.6		Triple back somersault tuck = 1.6
completed quadruple somersaults (1440°)	2.2		Quadruple back somersault = 2.2
½ twist	Position	0.1	1/1 twist to back [0.1+0.2] = 0.3
0°- 630° somersault <u>with</u> twist	< or /	---	Barani straight [0.5+0.1] = 0.6
360°- 630° somersault <u>without</u> twist	< or /	0.1	1 ¼ pike [0.8+0.1] = 0.9
720°- 990° somersault with or without twist	< or /	0.2	2 ¼ pike [1.3+0.2] = 1.5
1080°- 1350° somersault with or without twist	< or /	0.3	½ out Triffis pike [1.6+0.1+0.3] = 2.0
1440° somersault with or without twist	< or /	0.4	½ out Quadriffis pike [2.2+0.1+0.4] = 2.7

B. Difficulty trampoline - examples

Element	Tuck or puck position	Pike or straight position
¼ back or front	0.3	0.3
Back or front somersault	0.5	0.6
Barani	0.6	0.6
Cody	0.6	0.7
Barani ball out	0.7	0.7
Full	0.7	
Rudolf	0.8	
1 ¼ somersault	0.8	0.9
Double-full	0.9	
Rudi ball out	0.9	
Double back	1.0	1.2
Half out	1.1	1.3
Half in Half out	1.2	1.4
Full out	1.2	1.4
2 ¼ somersault	1.3	1.5
Rudi out	1.3	1.5
Full in Half out	1.3	1.5

Element	Tuck or puck position	Pike or straight position
Full in Full out	1.4	1.6
Half in Rudi out	1.4	1.6
Randi out	1.5	1.7
Full in Rudi out	1.5	1.7
Triple back	1.6	1.8
Half in Randi out	1.6	1.8
Full in Double-full out	1.6	1.8
Half out Triffis	1.7	2.0
Full in Randi out	1.7	1.9
Half in Half out Triffis	1.8	2.1
Full in Half out Triffis	1.9	2.2
Rudi out Triffis	1.9	2.2
Half in Rudi out Triffis	2.0	2.3
Full in Rudi out Triffis	2.1	2.4
Full Full Full	2.2	2.5
Half out Quadriffis	2.3	2.7
Half in Half out Quadriffis	2.4	2.8



C. Difficulty calculation tumbling (reference to §18.1 in TUM CoP)

Double somersaults

Full in Double-full out (straight)

First somersault:

Somersault value	0.5
Twist value (first twist)	<u>0.2</u>
	0.7

Second somersault:

Somersault value	0.5
Twist value (second and third twist)	<u>1.0</u>
	1.5

Position (straight) 0.2

Total element value 2.4

Multiply by 2 = **4.8**

Triple somersaults

Triple back (pike)

First somersault:

Somersault value 0.5

Second somersault:

Somersault value 0.5

Third somersault:

Somersault value 0.5

Position (pike in triple) 0.2

Total element value 1.7

Multiply by 3 = **5.1**

D. Difficulty calculation tumbling - position bonuses

Body position	Single	Double	Triple
Tuck	0.0	0.0	0.0
Pike	0.1	0.1	0.2
Straight	0.2	0.2	0.4

E. Difficulty calculation tumbling - Twist value

Body position	Single	Double	Triple
Half twist	0.1	0.1	0.3
First twist	0.2	0.2	0.6
Second twist	0.4	0.4	0.8
Third twist	0.6	0.6	1.0
Fourth twist	0.8	0.8	1.2

Each twist must be added. For example one somersault with triple twist (only straight position):

* Somersault	0.5
* Position	0.2
* First twist	0.2
* Second twist	0.4
* Third twist	0.6
TOTAL	1.9



F. Difficulty tumbling - examples

Element	Position	Difficulty
Round-off		0.2
Handspring		0.2
Flic-flac		0.2
Whipback (tempo salto)		0.3
Back somersault (ss)	O	0.5
Back somersault	<	0.6
Back somersault	/	0.6
Front somersault	O	0.5
Front somersault	<	0.6
Side somersault	O	0.5
Side somersault	<	0.6
Back ss with ½ twist	O	0.6
Barani		0.6
Back ss with 1/1 twist		0.7
Back ss with 1½ twist		0.9
Back ss with 2/1 twist		1.1
Back ss with 2½ twist		1.4
Back ss with 3/1 twist		1.7
Back ss with 3½ twists		2.1
Back ss with 4 twists		2.5
Double back somersault	O	2.0
Double back somersault	<	2.2
Double back somersault	/	2.4
Double front somersault	O	2.0
Double front somersault	<	2.2
Double side somersault	O	2.0
Double side somersault	<	2.2

Element	Position	Difficulty
Half in ("arabian")	O	2.2
Half in ("arabian")	<	2.4
Half out (backwards)	O	2.2
Half out (backwards)	<	2.4
Half out (backwards)	/	2.6
Half out (forward)	O	2.2
Half out (forward)	<	3.4
Full in back out	O	2.4
Full in back out	<	2.6
Full in back out	/	2.8
Full and half in back out	/	3.2
Full in Full out	O	3.2
Full in Full out	/	3.6
Full in Double-full out	O	4.4
Full in Double-full out	/	4.8
Double-full in Double-full out	/	6.4
Triple back	O	4.5
Triple back	<	5.1
Triple back	/	5.7
Half in Triple ("arabian")	O	5.4
Half in Triple ("arabian")	<	5.9
Full in Triple	O	6.3
Full in Triple	<	6.9
Quadruple back	O	8.0

G. Difficulty calculation tumbling (reference to §15 in TUM CoP)

1 st pass	Round-off	Flic-flac	Flic-flac	Double back (s)	Whipback	Flic-flac	Whipback	Double back (s)
	Value:	0.2	0.2	0.2	2.4	0.3	0.2	0.3

2 nd pass	Barani	Back Full	Flic-flac	Flic-Flac	Double back (s)	Whipback	Flic-flac	Full in full out (s)
	Value:	0.6	0.7	0.2	0.2	0.0 (rep.)	0.3	0.2



H. Difficulty Double Mini-Trampoline - examples

Forward elements			
Front somersault	(4 -)	O	0.5
Front somersault	(4 -)	<	0.6
Front somersault	(4 -)	/	0.6
Barani	(4 1)	O	0.7
Barani	(4 1)	<	0.7
Barani	(4 1)	/	0.7
Rudolph	(4 3)		1.2
Randolph	(4 5)		1.9
Adolph	(4 7)		2.8
Half out	(8 - 1)	O	2.4
Half out	(8 - 1)	<	2.8
Half out	(8 - 1)	/	3.2
Half in	(8 1 -)	O	2.4
Half in	(8 1 -)	<	2.8
Half in	(8 1 -)	/	3.2
Full in Half out	(8 2 1)	O	3.2
Full in Half out	(8 2 1)	<	3.6
Full in Half out	(8 2 1)	/	4.0
Rudy out	(8 - 3)	O	3.2
Rudy out	(8 - 3)	<	3.6
Rudy out	(8 - 3)	/	4.0
Full in Rudy out	(8 2 3)	O	4.0
Full in Rudy out	(8 2 3)	<	4.4
Full in Rudy out	(8 2 3)	/	4.8
Randy out	(8 - 5)	O	4.0
Randy out	(8 - 5)	<	4.4
Half out Triffis	(12 - - 1)	O	5.1
Half out Triffis	(12 - - 1)	<	5.9

Backward elements			
Back somersault	(4 -)	O	0.5
Back somersault	(4 -)	<	0.6
Back somersault	(4 -)	/	0.6
Back ss with 1/1 twist	(4 2)		0.9
Back ss with 2/1 twist	(4 4)		1.5
Back ss with 3/1 twist	(4 6)		2.3
Back ss with 4/1 twists	(4 8)		3.3
Back ss with 5/1 twists	(4 10)		4.5
Double back somersault	(8 - -)	O	2.0
Double back somersault	(8 - -)	<	2.4
Double back somersault	(8 - -)	/	2.8
Half in half out	(8 1 1)	O	2.8
Half in half out	(8 1 1)	<	3.2
Half in half out	(8 1 1)	/	3.6
Full in	(8 2 -)	O	2.8
Full in	(8 2 -)	<	3.2
Full in	(8 2 -)	/	3.6
Full out	(8 - 2)	O	2.8
Full out	(8 - 2)	/	3.6
Full in Full out	(8 2 2)	O	3.6
Full in Full out	(8 2 2)	/	4.4
Half in Rudy out	(8 1 3)	O	3.6
Half in Rudy out	(8 1 3)	<	4.0
Half in Rudy out	(8 1 3)	/	4.4
Full in Double-full out	(8 2 4)	O	4.4
Full in Double-full out	(8 2 4)	/	5.2
Half in Randy out	(8 1 5)	O	4.4
Half in Randy out	(8 1 5)	<	4.8
Double-full in Double-full out	(8 4 4)	O	5.2
Double-full in Double-full out	(8 4 4)	/	6.0
Triple back	(12 - - -)	O	4.5
Triple back	(12 - - -)	<	5.3
Triple back	(12 - - -)	/	6.1
Full in Triple	(12 2 - -)	O	5.7
Full in Triple	(12 2 - -)	<	6.5
Half in Half out Triffis	(12 1 - 1)	O	5.7
Half in Half out Triffis	(12 1 - 1)	<	6.5
Full Full Full	(12 2 2 2)	O	8.1



I. FIG numeric system - Trampoline - DMT

Although the FIG Trampoline Technical Committee accepts the traditional terminology as described in Part III K), for the completion of the competition cards, some may prefer to use the FIG numeric system described below.

- The first digit describes the number of somersaults, in quarters ($\frac{1}{4}$)
- Subsequent digits describe the distribution and quantity of twist in each somersault
- The shape of the element is described at the end using a 'o' or leaving blank for tucked; '<' for pike and '/' for straight

Element	$\frac{1}{4}$ saltos	$\frac{1}{2}$ twists			Shape	Diff. TRA	Diff. DMT
Half out Triffis, tucked	12	-	-	1	o	1.7	5.1
Half in Rudy out, piked	8	1	3		<	1.6	4.0
Full in Half out, straight	8	2	1		/	1.5	4.0
Half in Rudy out, tucked	8	1	3		o	1.4	3.6
Double back, tucked	8	-	-		o	1.0	2.0
Half out, tucked	8	-	1		o	1.1	2.4
Rudy	4	3				0.8	1.2
Double-full	4	4				0.9	1.5
Half in $1\frac{3}{4}$ back, tucked	7	1	-		o	0.9	---
Half out double ball out, piked	9	-	1		<	1.4	---

J. FIG symbols - Tumbling (adopted in Prague, February 2005)

For the completion of the competition cards in tumbling the FIG symbol system whose principles are described below should be used:

- Use – for somersault without twist
- Use 1 for somersault with $\frac{1}{2}$ twist
- Use 2 for somersault with 1 twist
- Use . to specify if it is a front or back skill

- Use o for tuck or puck position
- Use < for pike position
- Use / for straight position

Special elements	
Round off	(
Flic-Flac or Handspring	f
Whipback (tempo salto)	^
Single somersaults	
Salto tucked	- o
Salto pike	- <
Salto straight	- /
Barani	.1
Back with $\frac{1}{2}$ twist	1.
Full twist backwards	2.
1 $\frac{1}{2}$ twist backwards	3.
Double-full backwards	4.

Double somersaults	
Double tucked	-- o
Double pike	-- <
Double straight + pike	-- /<
Full in tucked	2- o
Full in pike	2- <
Full in Full out tucked	22 o
Full in Full out straight	22 /
Miller straight	24 /
Triple somersaults	
Triple tucked	--- o
Triple pike	--- <
Full in Triple tucked	2-- o

- Side skills = marked with an additional x
- Front or backwards = if necessary marked with a dot: .1 = Barani or 1. = back with $\frac{1}{2}$ twist



K. FIG Terminology

BACK	Backward somersault
FRONT	Front somersault
BALL OUT	Forward somersault from the back
CODY	Backward somersault from the front
FLIFFIS	Any double somersault with twist
TRIFFIS	Any triple somersault with twist
QUADRIFFIS	Any quadruple somersault with twist
IN	Indicates that the number of twists shown are performed in the first part of the element.
OUT	Indicates that the number of twists shown are performed in the last part of the element.
MIDDLE	Indicates that the number of twists shown are performed in the middle part of the element.
BARANI	Forward somersault with $\frac{1}{2}$ twist
HALF	Half twist performed in a double somersault (see below)
FULL	A back somersault with 1/1 twist
DOUBLE FULL	A back somersault with 2/1 twists
TRIPLE FULL	A back somersault with 3/1 twists
RUDOLPH (RUDY)	A front somersault with $1\frac{1}{2}$ twists
RANDOLPH (RANDY)	A front somersault with $2\frac{1}{2}$ twists
ADOLPH	A front somersault with $3\frac{1}{2}$ twists

Examples:

N° of somersaults	N° of twists	Distribution	Terminology
2	$\frac{1}{2}$	OUT	Half out FLIFFIS
2	$\frac{1}{2} + \frac{1}{2}$	IN & OUT	Half in half out FLIFFIS
3	$1 + \frac{1}{2}$	MIDDLE & OUT	Full middle half out TRIFFIS
2	$\frac{1}{2} + 1\frac{1}{2}$	IN & OUT	Half in rudy out FLIFFIS



L. Requirements for the first routine - trampoline

Valid from 1st January 2009

I. Requirements for the first routine of FIG events:

1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.
2. Two (2) 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.
3. None of these two (2) elements may be repeated in the second routine of the qualifying round otherwise the difficulty will not be counted.

II. Requirements for the first routine of the Qualifying Round for Juniors:

The routine consists of 10 different elements, only one (1) skill 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 and
4. one (1) element with a minimum of 540° twist.

Place, Month Year

Fédération Internationale de Gymnastique

Horst Kunze
Trampoline TC President