

GYMNASTICS NSW TRAMPOLINE SPORTS TECHNICAL HANDBOOK

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Abbreviations

Definitions

CJP	Chair of Judges Panel
CoP	Code of Points
DMT	Double Mini Trampoline
D of D	Degree of Difficulty
FIG	International Gymnastics Federation
GA	Gymnastics
NLS	Nationals Levels System
SPM	Sports Program Manager
TCR	Gymnastics Australia Technical Commission Regulations
TRP	Trampoline
TUM	Tumbling

TECHNICAL HANDBOOK PURPOSE

The FIG Code of Points and Technical Regulations and the Gymnastics Australia Technical Commission Regulations provide governance for Trampoline Sports.

This handbook provides technical regulations, competition rules, apparatus specifications as well as general information relating to Trampoline Sports in NSW with regard to Interclub and State competitions

SPORTS PROGRAMS

The following sports program categories apply to Trampoline Sports:

Levels

Gymnasts compete in levels 1-10 according to ability only and complete routines/passes as prescribed by GNSW/GA.

Age

Gymnasts compete in the following age groups: U11, U13, U15, U17, 17+ according to the age they turn in the calendar year of competition. Age groups are aligned with Nationals Levels System (NLS) as determined by GA.

Junior / Senior International

Elite gymnasts aged 13-17yrs (inclusive) for Junior or 17+ for Senior (according to the age they turn in that year) complete routines/passes as prescribed by FIG CoP. International groups are aligned with Nationals Levels System (**NLS**) as determined by GA.

GNSW TRAMPOLINE SPORTS MANAGEMENT COMMISSION (TRP SMC)

The NSW Trampoline Sports Management Commission (SMC) in conjunction with the GNSW TRP Sports Program Manager (SPM) is committed to the following goals:

- Increase participation and provide support for clubs to ensure continued growth in the sport
- Ensure educational programs are provided to train and develop both coaches and judges
- Enhance communication within the Trampoline Sports community
- Coordinate the National Levels Program
- Coordinate well run and economically viable competitions
- Strive for the premier position in the Trampoline Sports National arena
- Evaluate dedicated venue for Trampoline Sports
- Explore viability's to admit Trampoline Sports into the NSW Institute of Sport

The TRP SMC consists of the following elected positions:

Technical Director	Julie Bartlett	Phone: Email:	0422 468 803 jmbartlett9@hotmail.com
Judging Coordinator	Brett Austine	Mobile: Email:	0421 089 910 brett.austine@det.nsw.edu.au
Coaching Coordinator	Damian Ryan	Mobile: Email:	0411 228 403 damo_au@hotmail.com
Technical Coordinator	Shane Roberts	Mobile: Email:	0406 355 314 shaneroberts_86@live.com.au
Levels Coordinator	Gillian Needham	Mobile: Email:	0405 692 972 pneedham1@bigpond.com
Competition Coordinator	TBA	Mobile: Email:	
Volunteers Coordinator	Victoria Roberts	Mobile: Email:	0434 639 658 vikkibob@gmail.com
GNSW Events & Sports Program Manager	Nicholas Carroll	Phone: Email:	02 8116 4111 sportsevents@gymnsw.org.au

SUB-COMMITTEES

The Trampoline Sports Management Commission may at their discretion create sub committees to meet specific needs and appoint members to those sub committees – eg; competition sub-committee.

MEETING SCHEDULE

The Trampoline Sports Management Commission will usually meet as required each month. Agenda items are welcome but must be sent to the Sports Program Manager c/- Gymnastics NSW seven days prior to the meeting.

2012 COMPETITION CALENDAR

The Competition Calendar is available on the NSW Gymnastics website at:

[Click Here to view the 'Events Page'](#)

OR

Access the page via the GNSW website (www.gymnsw.org.au), clicking on the 'Gymsports' tab, 'Trampoline Sports' and proceeding to 'Event Information'.

Information relating to Interclub Competitions is to be sent to the GNSW Trampoline Sports Program Manager (SPM) 5 weeks prior to the event by the host club.

TRAMPOLINE SPORTS POLICIES

The following rules, conditions and procedures apply to all Gymnastic NSW – Trampoline Sports Competitions. These conditions may not be varied without prior approval from the Trampoline Sports Management Commission.

SECTION 1 – GENERAL INFORMATION

1.1 EVENTS

- Individual Trampoline
- Synchronised Trampoline
- Tumbling
- Double Mini Trampoline
- Single Mini Trampoline

1.1.1 Divisions

All interclub competitions shall be for both men and women and shall be levels and/or age and international.

1.1.2 Age Requirements.

Gymnasts must turn 6 years of age in the year of competition to be eligible for entry in to events. Gymnasts competing for the first time must have forwarded proof of age to their club with their original registration prior to entering competitions.

1.1.3 Levels 1 - 10

Gymnasts who compete in an Age Event at Interclub Competition (or above), in a specific discipline, may NOT compete in a Level below that which is applicable for their age division.

AGE	Minimum Level
➤ U11	(Level 4)
➤ U13	(Level 5)
➤ U15	(Level 6)
➤ U17	(Level 6A)
➤ 17+	(Level 7)
➤ Junior	(Level 7)
➤ Senior	(Level 8)

Gymnasts cannot compete a level lower than the level they have already competed in, however they can voluntarily upgrade to one level above the National Levels badge they hold for a discipline. Once they upgrade they cannot return to the previous level. National Levels badges refer to the National Level registered with GNSW.

1.1.4 Age Groups

Gymnasts competing for the first time in Age competitions must have forwarded proof of age to their club with their original registration before competing.

The gymnast must be turning the required age of their age group in the calendar year of competition.

1.1.5 Junior & Senior International

Gymnasts competing for the first time in Junior/Senior competitions must have forwarded proof of age to GNSW with their original registration before competing.

Junior gymnasts must be turning between 13 and 17 years of age in the calendar year of competition.

Senior Gymnasts must be turning a minimum of 17 years of age in the calendar year of competition.

Junior and Senior Gymnasts may compete in Junior or Senior and 17+ when seeking qualifying scores but may not proceed to finals of the 17+ competition.

Exceptions

Gymnasts must compete in their correct division with the following exceptions:

- 1 After National Age Championships gymnasts may compete in the age division they will be eligible for in the following year.
- 2 Gymnasts may partner in Synchronised events in the age of the older gymnast
- 3 Achievement of national level scores may be done in an Age or Level event above that being sought.
Eg. Achieving Level 5 satisfies all previous levels requirements for that discipline
- 4 Achievement of National Age Qualifying scores in a Junior or Senior competition is acceptable.

1.2 COACH SUPERVISION

All Clubs entering into a competition must include a suitably qualified Trampoline Sports accredited Coach. If the club coach is unable to attend arrangements must be made for a qualified coach to supervise.

No gymnast will be accepted into an event without a Trampoline Sports accredited supervising coach.

Accredited Artistic and Acrobatic Coaches will be accepted in supervising Tumbling events.

1.3 DRESS

1.3.1 JUDGES

At all Interclub competitions and State Levels Championships GNSW Judges Polo shirt with blue Jeans and gym type shoes.

State Age/International Championships FIG Judges dress code will apply.

1.3.2.GYMNASTS (refer FIG CoP rule 6)

***Note** – in extenuating circumstances permission may be sought from Competition Organiser to wear other attire where 'Club' attire is not available.

INTERCLUB LEVELS COMPETITIONS 1- 5

Women	Men
Leotard (sleeveless, short sleeved or long sleeved)/unitard	Leotard (singlet type) with club shorts
or	
Club T-shirt/leotard with club bike pants/tights/shorts	Club T-shirt with club bike pants/shorts / longs
White foot coverings (socks or gym shoes) compulsory on all trampoline equipment. White foot covering optional for tumbling.	
The wearing of hair glitter on trampoline is prohibited for safety reasons	
The wearing of jewellery and watches is not permitted during competition. Exceptions are rings without gemstones if taped, close fitting sleepers or studs without gemstones if taped.	

1.4 NSW STATE TEAM SELECTION

1.4.1. State Squad

Gymnasts achieving national qualifying scores will be eligible for inclusion in the NSW State Squad. All will be required to attend State Squad Training (unless prior application for non attendance has been submitted in writing and subsequently approved by the SMC) to be considered for selection in the State Team.

1.4.2. State Age Team

- The NSW State Age Team may consist of (but may not be limited to) **6** athletes per discipline per age group and will be selected from the State Age Squad
- The TRP Selection Committee is responsible for the selection of the State Age Team.
- The decision of this committee is subject to ratification by NSW TRP SMC and is final.
- All Team members will be asked to sign a State Team Agreement which will outline rules and responsibilities of State Team members

1.4.3. State Junior & Senior International Teams

- The final approval of the members of the Junior / Senior Teams is at the discretion of the Selector Committee.
- The decision of this committee is subject to ratification by NSW TRP SMC and is final.
- All Team members will be asked to sign a State Team Agreement which will outline rules and responsibilities of State Team members

1.4.4. Qualification Scores (refer TCR[b] 5.8 p22)

Age Championship

Event	Age	Special Requirement	Men Min Score & DD		Women Min Score & DD	
			Score	DD	Score	DD
Trampoline & Synchro	U/11	Level 4	50.0	2.9	50.0	2.9
	U/13	Level 5	51.5	4.3	51.5	4.3
	U/15	Level 6	53.0	5.8	53.0	5.8
	U/17	Level 6A	53.5	6.3	53.5	6.3
	17+	Level 7	55.5	7.8	55.0	7.1
DMT	U/11	Level 4	58.0	1.9	58.0	1.9
	U/13	Level 5	58.5	2.9	58.5	2.9
	U/15	Level 6	59.5	4.0	59.5	4.0
	U/17	Level 6A	60.5	5.3	60.0	4.8
	17+	Level 7	62.0	6.7	61.0	5.6
Tumbling	U/11	Level 4 Short Track	54.5	2.7	54.5	2.7
	U/13	Level 5 Short Track	55.0	3.4	55.0	3.4
	U/15	Level 6 Short Track	55.5	4.0	55.5	4.0
	U/17	Level 6A Short Track	56.0	4.3	56.0	4.3
	17+	Level 7 Short Track	56.5	4.9	56.5	4.9

Senior International

Apparatus	Special Requirement	Men Min Score & DD		Women Min Score & DD	
		Score	DD	Score	DD
Trampoline & Synchro	Level 8 -Both partners must qualify trampoline	61.0	9.7	60.0	8.8
DMT	Level 8	64.5	9.2	63.0	7.6
Tumbling	Level 8 – 8 Skill	57.0	10.5	55.5	9.0

Junior International

Discipline	Special Requirement	Men Min Score & DD		Women Min Score & DD	
		Score	DD	Score	DD
Trampoline & Synchro	Level 7 - Both partners must qualify trampoline	55.5	7.8	55.0	7.1
DMT	Level 7	62.0	6.7	61.0	5.6
Tumbling	Level 7 - 8 Skill	54.0	7.5	53.5	7.0
Tumbling Sub Junior	Level 5 - 8 Skill	52.0	4.5	52.0	4.5

1.4.1 Selection Committee

The TRP Selection Committee shall consist of:

- NSW TRP Technical Director
- NSW TRP Judging Coordinator
- NSW TRP Sport Program Manager (ex-officio)
- Head Coach

The makeup of this Committee may be altered by the SMC.

1.4.2 State Team Officials

All Officials, Management, Coaches, Judges etc who make up the State Team will be appointed in line with the “*Gymnastics NSW Selection Policy*” with the exception of the Head of Delegation who shall be appointed by the TRP SMC.

1.5 PROMOTIONS

Coaches are encouraged to promote their Gymnasts who are competing in Levels 1 – 3 with the aim of:

1. Rewarding gymnasts for high level of achievement in competition;
2. Assisting coaches/clubs in transitioning gymnasts from one level to another;
3. Helping gymnasts to re-evaluate goals/objectives;
4. Creating a fairer competitive standard across all levels.

Any Gymnast who wins State Level Championship will be ineligible to compete in that event at subsequent competitions.

All Gymnasts that achieve the required levels competition scores, in or above their current competition level, will be automatically promoted upon review by the levels co-ordinator.

Gymnasts wishing to petition against promotion need to apply in writing to the SMC.

1.6 NSW STATE LEVELS TITLES

1.6.1. Events

All events will consist of preliminary rounds only. There will be no separate finals. Results will be determined by the total scores achieved at the conclusion of the preliminary competition.

Trampoline	Levels 1-10
Tumbling	Levels 1-10
Double Mini Trampoline	Levels 3-10
Single Mini Trampoline	Levels 1-2

1.6.2. Rules (refer TCR[b] rule 5.13 p 30)

Competition rules will be same as National Club Rules as published by Gymnastics Australia.

The following exceptions will apply:

- There will be NO minimum Degree of Difficulty rules will apply.
- Levels 1 – 3 will be conducted as per NSW Technical Handbook rules.

1.6.3. Placings

The tiebreak rule will apply as per GA TCR (refer TCR[b] rule 5.5.10 p.19)

Medals will be given to the first 3 placed competitors in each event and if these are not all NSW competitors then additional medals will be awarded to the first 3 NSW place getters.

1.6.4. Supply Of Judges

Each participating club is to supply 1 Judge per five Gymnasts. 4 Judges maximum required from any one club.

Failure to comply with supply of Judges will result in a \$100 fee per Judge

1.6.5. Supply of officials

All club are required to supply one volunteer official to assist with the running of the Competition all Volunteers must sign the Volunteer register on arrival at venue.

1.7 NSW STATE AGE TITLES & JUNIOR / SENIOR CHAMPIONSHIPS

1.7.1. Finalists

➤ AGE TITLES

The top 6 gymnasts will be taken into finals including visiting interstate/overseas clubs. Then the next highest NSW gymnasts will go into finals to make a total of 6 NSW gymnasts in finals.

If there are over 30 gymnasts in an age group 10 will go to finals including visiting interstate/overseas clubs. Then the next highest NSW gymnasts will go into finals to make a total of 10 NSW gymnasts in finals.

Senior gymnasts who compete in Age competition (usually for the purpose of obtaining qualifying scores) may not proceed to Age finals.

➤ JUNIOR & SENIOR CHAMPIONSHIP

The top 8 gymnasts will be taken into finals including visiting interstate/overseas clubs. The next highest NSW gymnasts will then go to finals to make a total of 8 NSW gymnasts in finals.

1.7.2. Places

The tiebreak rule will apply as per GA TCR ([refer TCR\[b\] rule 5.5.10 p.19](#))

Medals will be given to the first 3 place getters in each event and if these are not all NSW gymnasts then additional medals will be awarded to the first 3 NSW place getters.

1.7.3. Supply Of Judges

Each participating club is to supply 1 Judge per 10 Gymnasts. 3 Judges maximum required from any one club. (Minimum Judging accreditation Intermediate)

Failure to comply with supply of Judges will result in a \$100 fee per Judge

1.7.4. Supply of officials

All club are required to supply one volunteer official to assist with the running of the Competition all Volunteers must sign the Volunteer register on arrival at venue.

1.8 COUNTRY CHAMPIONSHIPS

As per NSW State Levels Rules.

Section 2 - Judging

Deductions will be made from 10.0 for all disciplines unless otherwise directed by the Chair of Judges.

2.1 FIG VARIATIONS

All competitions follow current FIG rules and/or GA Technical Commission Regulations Part B and/or National Levels Program with the following variations:

TUMBLING LEVELS 1-3

Code of point deductions will not apply when failing to end a completed pass with a somersault, failing to finish in landing zone or movement without somersault rotation.
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Code of points deductions will not apply for touching the track with body parts other than hands or feet when executing rolls.
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2.2 DEDUCTIONS

2.2.1 Trampoline (Refer FIG COP 21.1 to 21.7 p.15)

21.3.2.1 not standing still in an upright position and showing stability for approximately 3 (three) seconds	0.1- 0.2 pts
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 anything other than the trampoline bed	0.5 pts
21.3.2.4* landing or falling outside the trampoline bed, leaving the trampoline area, or performing an additional somersault	1.0 pt
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 §17.5	1.0 pt
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 pt
21.4.5 Repetition of an element during the first routine as per §15.1, for each repetition	1.0 pt

2.2.2 Tumbling & STT (Refer FIG COP 21.1 to 21.6 p. 23)

21.3.2.1 Not standing still in an upright position and showing stability for approximately 3 (three) seconds	0.1- 0.3 pts
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 After landing, touching with or falling to the knees, hands & knees, front, back or seat on the track or landing area	1.0 pt
21.3.2.4 Assistance from a spotter after landing	1.0 pt
21.3.2.5 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 pt
21.4.1 Landing outside the outer lines of the track or landing zone	0.5 pts
21.4.2 After landing, stepping out of the landing zone to the landing area or the track	0.1 pts
<i>In no case should the landing deductions exceed 1.0 pt</i>	
21.4.3 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
21.4.4 Talking to or giving any form of signal to a gymnast by their own spotter, or coach, for each occurrence	0.3 pts
21.4.5 Failing to end a completed pass with a somersault, as per §17.4	1.0 pt
21.4.6 Additional elements as per §17.5	1.0 pt
21.4.7 Failing to comply with the special requirements for a pass, as per §5.5.1, 5.5.2 and 5.5.3, for each occurrence	1.0 pt
21.4.8 Ending a complete pass on the tumbling track as per §17.3.	0.2 pts

2.2.3 Double Mini & Single Mini Trampoline (Refer FIG COP 21.1 to 21.5 p 30)

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
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 after landing, touching with or falling to the knees, hands & knees, front, back or seat on the landing area	1.0 pt
21.3.2.4 assistance from a spotter after landing	1.0 pt
21.3.2.5 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 falling against the DMT	1.0 pt
21.4.1* landing inside zone B (see Part II – Guide to Judging)	0.3 pts
21.4.2* landing inside zone C (see Part II – Guide to Judging)	0.5 pts
21.4.3 stepping out from zone A to zone B or C or from zone B to C	0.1 pts
<i>In no case should the landing deductions exceed 1.0 pt</i>	
21.4.4 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
21.4.5 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
21.4.6* For touching the penalty zone in the centre of the DMT while performing a mount, spotter or dismount skill (with exception on the “take off” of the mounting jump or mounting skill), for each occurrence <i>(the end markers on the ends of the DMT are not penalty zones)</i>	0.3 pts
21.4.7 For touching anything other than the bed during a pass	0.1 pts

Note: In Single Mini Tramp Zones A and B will be considered equal. Therefore a 0.3 deduction will not apply. A standard 12’ x 6’ x 12” crash mat will suffice for the landing area.

2.2.4 Interruptions

Trampoline	(refer FIG CoP rule 16 – p11)
Tumbling	(refer FIG CoP rule 16 – p20)
DMT	(refer FIG CoP Rule 16 p28)

2.2.1 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 <i>(in TUM: loss of speed)</i>
• Opening of the somersault	0.0 - 0.2 pts
• Horizontal displacement	0.0 - 0.2 pts

(not valid in TUM; for deviation from the axis deduct max 0.1 pts)

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

Section 3 – Competition Routines & Requirements

Important: all levels competitions/championships are subject to the National Club requirements and rules with the following exceptions. [\(refer TCR\[b\] p30-34\)](#)

- In NSW Levels Interclub and State Levels Championships there is **no minimum D of D**.
- A gymnast may perform a routine with a higher D of D than the maximum BUT will only be awarded the maximum D of D as a mark. (exceeding the maximum D of D may result in automatic promotion to the next Level)
- There will be **no finals** in levels competition. Results are decided by the total scores at the end of the preliminary rounds of competition.

3.1 TRAMPOLINE (TRP)

Levels 1 shall perform set NLS routine twice in succession.

Level 2 shall perform 1 routine, which has 2 skills added to the **NLS** level 2 requirements to make it a 10 skill routine.

Levels 3-10 shall consist of 2 routines.

3.1.1. Levels 1-3

The 1st routine is a compulsory routine. Any variation to the set order will result in an interruption (**refer FIG CoP.rule 16.1.10 p12**).

The 2nd voluntary routine for level 3 will have a maximum D of D as listed below. The penalty for exceeding the D of D will be the reduction of the D of D to meet the maximum allowed.

Penalty for repetition is no D of D awarded for the repeated skill.

LEVEL 1	LEVEL 2	LEVEL3
1. Seat Drop	1. Seat Drop	1. ½ twist to front drop
2. Feet	2. ½ twist to feet	1. Feet
3. Tuck Jump	3. Tuck jump	3. Full Twist
4. ½ twist	4. Front drop	4. Tuck jump
5. Straddle Pike	5. Feet	5. ½ twist to seat
Check	6. Closed pike	6. Swivel hips
Repeat Routine on instruction from Chair of Judges Panel	7. ½ Twist Jump	7. ½ twist to feet
	8. Straddle pike	8. Straddle pike
	9. Back Drop	9. Backdrop
	10. To Feet	10. ½ twist to feet
NO 2ND VOL	NO 2ND VOL	2ND VOL Max d/d 2.8

3.1.2. Levels 4-10

TRP competition shall consist of 2 voluntary routines.

The D of D of the 1st routine will not be counted except in levels 8,9 &10 which has senior international requirements (**refer FIG CoP rule 5 p8**).

The 1st routine requirements are as per the National Levels requirements (**refer TCR[b] rule 5.11 p26**).

The 2nd voluntary routine is limited to a maximum D of D but no minimum D of D.

3.1.3. Age ([refer TCR\[b\] rule 5.11.1 p27](#))

TRP competitions consist of 2 voluntary routines.

The D of D of the 1st routine will not be counted.

The 1st routine requirements for age events are as per current routine requirements for National Age Championships.

3.1.4. Junior International ([refer TCR\[b\] rule 5.11.2 p29](#))

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The D of D of the 1st routine will not be counted.

The 1st routine requirements for Championship events are as per the routine requirements for National Junior Championships.

3.1.5. Senior International ([refer TCR\[b\] rule 5.11.2 p30](#)).

The D of D of 2 nominated skills in the 1st routine will be counted. These skills cannot be repeated in the 2nd routine.

The 1st routine requirements for Championship events are as per the routine requirements for National Senior Championships.

3.1.6. Degree Of Difficulty Limits

LEVEL	Maximum
1	N/A
2	N/A
3	2.8
4	4.2
5	5.7
6	70 women 7.7 men
7	8.7 women 9.6 men
8	unlimited
9-10	unlimited

3.2 TUMBLING (TUM)

Levels 1 & 2 shall consist of 1 pass.

Levels 3-10 shall consist of 2 passes.

3.2.1 Levels 1-3 Tumbling

LEVEL 1	LEVEL 2	LEVEL3
Compulsory Pass	Compulsory Pass	1st Compulsory Pass
1. Forward roll	1. Cartwheel	1. Roundoff
2. Forward roll	2. Cartwheel	2. Jump ½ turn stepout
3. Jump ½ turn	3. Cartwheel	3. Cartwheel
4. Backward roll	4. Roundoff	4. Round off
5. Straight Jump	5. Straight Jump	5. Straight Jump
		2nd Compulsory Pass
		1. Roundoff
NO 2ND PASS	NO 2ND PASS	2. Jump ½ turn stepout
		3. Roundoff
		4. Flic
		5. Straight Jump

3.2.2 Levels National 4-10 Tumbling [**\(refer TCR\[b\] RULE 5.11.1 P28\).**](#)

TUM shall consist of 2 x 5 skill passes are as per the NLS requirements.

There is **no minimum D of D**. Maximum D of D limits appear in rule 3.2.5.

3.2.3 Age Tumbling [**\(refer TCR\[b\] RULE 5.11.1 P28\).**](#)

Tumbling competitions consist of 2 voluntary passes.

The 1st & 2nd pass requirements for age events are as per current pass requirements for National Age Championships.

3.2.4 Sub-Junior, Junior & Senior International Tumbling [**\(refer TCR\[b\] RULE 5.11.2 P30\).**](#)

Tumbling competitions consist of 2 voluntary passes.

The 1st & 2nd pass requirements for international events are as per the current routine requirements for the National Sub-Junior, Junior & Senior Championships.

3.2.5 Degree Of Difficulty Tumbling Levels Competition

The penalty for exceeding the combined 2 pass D of D total will be the reduction of the D of D to the maximum allowed.

LEVEL	Maximum
1	N/A
2	N/A
3	N/A
4	3.3
5	3.9
6	4.8
7	6.7 women 7.1 men
8	unlimited
9-10	unlimited

3.3 SINGLE MINI TRAMPOLINE

SMT Competitions shall consist of 3 passes.

Landing area modified from DMT with 2 zones (A & B merged = 0.0 ded : to land in C = 0.5 ded)
Standard landing mat 12' x 6' x 12" may be used to equate to the merged zone A & B.

The combined 3 passes will have a maximum D of D as listed below. The penalty for exceeding the D of D will be the reduction of the D of D to the maximum score.

Repeated skills are not permitted. Penalty for repeated skills is a zero score for that pass.

3.1 Requirements

LEVEL	Minimum	Maximum
1	1. Tuck Jump Compulsory 2. Straddle Pike Compulsory 3. Closed Pike Compulsory	N/A
2	All Optional Passes	0.8

3.4 DOUBLE MINI TRAMPOLINE

Double Mini shall consist of 2 passes to be recorded on competition card by athlete or coach.

The pass requirements have a maximum D of D as listed below in rule 3.4.5. The penalty for exceeding the D of D will be the reduction of the D of D to the maximum score.

Penalty for repeated skills is no D of D awarded for the repeated skill.

3.4.1 Levels 3-10 DMT

DMT consists of 2 passes (**refer TCR[b] RULE 5.11.1 P29**). There is **no minimum D of D**. Maximum D of D limits apply. Refer to 3.4.5.

3.4.2 Age DMT

The 1st & 2nd pass requirements for age events are as per current pass requirements for National Age Championships ([refer TCR\[b\] RULE 5.11.1 P29](#)).

3.4.3 Junior & Senior International DMT

The 1st & 2nd pass requirements for International events are as per the current routine requirements for the National Junior & Senior Championships International ([refer TCR\[b\] RULE 5.11.2 P30](#)).

3.4.5 Degree Of Difficulty DMT

LEVEL	Maximum
3	1.8
4	2.8
5	3.9
6	5.5 women 6.6 men
7	7.5 women 9.1 men
8	unlimited
9-10	unlimited

ENTRY FORMS

For entry forms for all events please go to the Events Section of the GNSW 2012 Yearbook CD or to the GNSW Events Section of the Website www.gymnsw.org.au

APPENDIX 1 - DIFFICULTY CALCULATION

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	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 ¾ pike [0.8+0.1] = 0.9
720° - 990° somersault with or without twist	< or /	0.2	2 ¾ 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	Element	Tuck or puck position	Pike or straight position
¼ back or front	0.3	0.3	Full in Full out	1.4	1.6
Back or front somersault	0.5	0.6	Half in Rudi out	1.4	1.6
Barani	0.6	0.6	Randi out	1.5	1.7
Cody	0.6	0.7	Full in Rudi out	1.5	1.7
Barani ball out	0.7	0.7	Triple back	1.6	1.9
Full		0.7	Half in Randi out	1.6	1.8
Rudolf		0.8	Full in Double-full out	1.6	1.8
1¼ somersault	0.8	0.9	Half out Triffis	1.7	2.0
Double-full		0.9	Full in Randi out	1.7	1.9
Rudi ball out		0.9	Half in Half out Triffis	1.8	2.1
Double back	1.0	1.2	Full in Half out Triffis	1.9	2.2
Half out	1.1	1.3	Rudi out Triffis	1.9	2.2
Half in Half out	1.2	1.4	Half in Rudi out Triffis	2.0	2.3
Full out	1.2	1.4	Full in Rudi out Triffis	2.1	2.4
2 ¾ somersault	1.3	1.5	Full Full Full	2.2	2.5
Rudi out	1.3	1.5	Half out Quadriffis	2.3	2.7
Full in Half out	1.3	1.5	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) 0.2

0.7

Second somersault:

Somersault value 0.5

Twist value (second and third twist) 1.0

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	0.1	0.2	0.4

E. Difficulty calculation tumbling - Twist value

Twists	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	0.8
Fourth twist	0.8	0.8	0.8

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

- Somersault	0.5
- First twist	0.2
- Second twist	0.4
- Third twist	0.6
TOTAL	1.7

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 2 ½ twist		1.4
Back ss with 3/1 twist		1.7
Back ss with 3 ½ 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)	<	2.4
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")	<	6.0
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)

1st 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	2.4

2nd pass	Barani	Back Full	Flic-flac	Ric-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	3.6

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	% saltos	% 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 $\frac{1}{4}$ back, tucked	7	1	-		o	0.9	---
Half out double ball out, piked	9	-	1		<	1.4	---

J. FIG symbols - Tumbling

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 element
- 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	-- /
Full in tucked	2 - o
Full in pike	2 - <
Full in Full out tucked	2 2 o
Full in Full out straight	2 2 /
Miller straight	2 4 /
Triple somersaults	
Triple tucked	--- o
Triple pike	--- <
Full in Triple tucked	2 --- o

Side elements = marked with an additional x

Front or backwards = if necessary marked with a dot: .1 = Barani or 1. = back with $\frac{1}{2}$ twist

APPENDIX 2 - GYMNASTICS AUSTRALIA TRAMPOLINE SPORTS CONTACTS

NATIONAL SPORTS MANAGEMENT COMMISSION (SMC)

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