

2024

Technical Requirements

Trampoline | FIG Pathway

National Trampoline Technical Committee

FIG QUALIFICATION EVENTS & FIG AGE GROUP FINALS

Technical Requirements

MINIMUM DIFFICULTY VALUES

The following minimum second exercise difficulty values shall apply:

Age Group	Men	Women
10 years	4.1	4.1
11 – 12 years	5.8	5.8
13 – 14 years	7.8	7.1
15 – 16 years	9.5	8.3
17 – 21 years*	10.6	9.1
Senior*	12.0	10.5

*applies to the counting Q1 exercise

INDIVIDUAL

10 YEARS

First Exercise

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

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

Second Exercise

1. The minimum exercise degree of difficulty is 4.1 for male and female gymnasts.
 2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
 3. The degree of difficulty is capped at 1.3 per element.
 4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
 5. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.
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11-12 YEARS

First Exercise

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

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,
3. one (1) element with 360° somersault rotation, at least, 360° of twist.

Second Exercise

1. The minimum exercise degree of difficulty is 5.8 for male and female gymnasts.
 2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
 3. The degree of difficulty is capped at 1.6 per element.
 4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
 5. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.
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13-14 YEARS

First Exercise

The exercise consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element to front or back,
2. one (1) element from front or back – in combination with requirement N°1,
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum 360° somersault rotation.

Second Exercise

1. The minimum exercise degree of difficulty is 7.8 for male gymnasts & 7.1 for female gymnasts.
 2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
 3. The degree of difficulty is capped at 1.8 per element.
 4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
 5. The performing of quadruple somersaults is prohibited and will result in disqualification.
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15-16 YEARS

First Exercise

The exercise consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element to front or back,
2. one (1) element from front or back – in combination with requirement N°1,
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum 360° somersault rotation.

Second Exercise

1. The minimum exercise degree of difficulty is 9.5 for male gymnasts and 8.3 for female gymnasts.
 2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
 3. The degree of difficulty is capped at 1.8 per element.
 4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
 5. The performing of quadruple somersaults is prohibited and will result in disqualification.
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17-21 YEARS

Two (2) voluntary exercises. The highest score of the two (2) exercises will count.

1. The minimum exercise degree of difficulty is 10.6 for male gymnasts and 9.1 for female gymnasts.
 2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
 3. The degree of difficulty is capped at 2.0 per element.
 4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
 5. The performing of quadruple somersaults is prohibited and will result in disqualification.
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SENIOR | 17+ YEARS

Two (2) voluntary exercises. The highest score of the two (2) exercises will count.

1. The minimum exercise degree of difficulty is 12.0 for male gymnasts and 10.5 for female gymnasts (for both voluntary exercises).
 2. The exercises must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
 3. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
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SYNCHRONISED

YOUTH | 10-12 YEARS

First Exercise

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

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body,
3. one (1) element with 360° somersault rotation, at least, 360° of twist.

Second Exercise

1. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
2. The degree of difficulty is capped at 1.6 per element.
3. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.

JUNIOR | 13-16 YEARS

First Exercise

The exercise consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element to front or back,
2. one (1) element from front or back – in combination with requirement N°1,
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum 360° somersault rotation.

Second Exercise

1. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
2. The degree of difficulty is capped at 1.8 per element.
3. The performing of quadruple somersaults is prohibited and will result in disqualification.

SENIOR | 17+ YEARS

1. Two (2) voluntary exercises. The highest score of the two (2) exercises will count.
2. Performing more than 1 body landing in a exercise will be deemed an interruption to the exercise.

Competition Format

FIG Qualification Events

INDIVIDUAL

- Q1 (2 exercises)
- FIG rules will be applied other than:
 - Gymnasts who do not demonstrate the minimum difficulty requirements and do not perform complete exercises (counting exercise for 17-21 and Senior) will:
 - not be awarded a medal; and
 - not be eligible to qualify for the FIG Age Group Finals

SYNCHRONISED

- Q1 (2 exercises)
- FIG rules will be applied

The recommended performance standards to enter the FIG Qualification Events are:

- First exercise: 16.0 execution
- Second exercise: 15.0 execution
- Minimum difficulty requirements, as listed

FIG Age Group Finals

INDIVIDUAL

- Q1 (2 exercises)
- FIG rules will be applied

Qualification

Qualification to FIG Age Group Finals

INDIVIDUAL

The top **24** ranked gymnasts from each category at the FIG Qualification Events will qualify to the FIG Age Group Finals. The ranking will be based on each gymnast's highest Q1 score across the FIG Qualification Events.

Qualifier lists will be published by no later than **8 July 2024**. Any category containing a number of ranked gymnasts in excess of the maximum qualification quota will include up to 4 reserve places for eligible gymnasts (i.e. only those gymnasts that have otherwise met the qualification requirements). The procedure for reserve entries is set out in the National Competition Handbook.

SYNCHRONISED

Synchronised categories will not compete at the FIG Age Group Finals, but will instead qualify to the British Championships in accordance with the process set out below.

INDIVIDUAL WILD CARD APPLICATIONS

In addition to the top 24 ranked gymnasts, a maximum of two additional wild card places may be offered to GBR squad members. If a group has fewer than 24 qualifying gymnasts, additional wild card places (including for non-GBR squad members) may be offered.

Wild card places will be prioritised as follows: 1) GBR squad members; 2) gymnasts petitioning to trial for the World Championships or World Age Group Competitions (not applicable in 2024); 3) all other applicants. In each case, the selection and/or ranking of wild cards will be at the sole discretion of the TC and GBR National Coaches. Reserve places will comprise ranked gymnasts from the FIG Qualification Events only, and wild card applications will not be accepted for inclusion on the list of reserves.

The deadline for wild card applications is **19 July 2024**. Applications must be submitted by the gymnast's club, supported by any relevant evidence. Any applications received after the deadline will not be considered.

In the absence of extenuating circumstances (including but not limited to other GBR squad activities and international qualification processes), GBR squad members are expected to participate in at least one FIG Qualification Event.

Qualification to British Championships

INDIVIDUAL

The top **16** ranked gymnasts from the combined age groups at the FIG Age Group Finals will qualify to the British Championships. Gymnasts will be consolidated into each of Youth, Junior, and Senior categories, and ranked by total scores.

Qualifier lists will be published throughout the day of the FIG Age Group Finals. Each category will include up to 1 reserve place.

SYNCHRONISED

The top **8** ranked gymnasts from the FIG Qualification Events will qualify to the British Championships. Gymnasts will be ranked by each pair's highest Q1 score across the FIG Qualification Events.

Qualifier lists will be published by no later than **8 July 2024**. Any category containing a number of ranked gymnasts in excess of the maximum qualification quota will include up to 2 reserve places for eligible gymnasts (i.e. only those gymnasts that have otherwise met the qualification requirements). The procedure for reserve entries is set out in the National Competition Handbook.

SYNCHRONISED WILD CARD APPLICATIONS

Synchronised wild card applications for the British Championships *may* be considered subject to the total number of qualifiers and event capacity.

The deadline for wild card applications is **19 July 2024**. Applications must be submitted by the gymnast's club, supported by any relevant evidence. Any applications received after the deadline will not be considered.

Technical Requirements

YOUTH | 10-12 YEARS

1. The degree of difficulty is capped at 1.6 per element.
 2. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.
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JUNIOR | 13-16 YEARS

1. The degree of difficulty is capped at 1.8 per element.
 2. The performing of quadruple somersaults is prohibited and will result in disqualification.
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SENIOR | 17+ YEARS

FIG rules will be applied.

SYNCHRONISED

The synchronised requirements shall mirror those in the individual events.

Competition Format

INDIVIDUAL

- Q2 (1 exercise) & F1 (1 exercise)
- FIG rules will be applied

The top **8** ranked gymnasts from Q2 will qualify to F1.

SYNCHRONISED

- F1 (1 exercise)
- FIG rules will be applied

At all British Gymnastics events, a nominated panel (Member of TC, Chair of Panel and 1 x national or pathway coach) reserves the right but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time. If a gymnast is deemed unsafe or falls unacceptably below the standards required, a Member of the panel will approach the personal coach to discuss the matter to reinforce standards and, where appropriate, this will be followed up in writing.

Please refer to the National Competition Handbook for further event information.

If there are any amendments to the FIG Code of Points the TC reserves the right to amend these Technical Requirements.