



GYMNASTICS TRAMPOLINE
CANADIAN COMPETITION RULES

VALID AS OF NOVEMBER 1ST, 2020



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INTRODUCTION

These Competition Rules are binding for all sanctioned competitions and championships of Gymnastics Canada (GymCan).

The Canadian Competition Rules shall be the same as the current edition of the FIG Code of Points – Trampoline with the following modifications. The current FIG Code of Points - Trampoline shall be viewed as the authority in case of dispute.

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

- **FIG TRA Code of Points 2017-2020 (Valid through Dec 31, 2021)**
- **Appendix to Codes of Points (COP)**
- **Technical Regulations 2017 - Section 1 – General Regulations**
- **Technical Regulations 2017 - Section 4 – Special Regulations for Trampoline Gymnastics**
- **FIG Apparatus Norms - Section 2.4 Trampoline Gymnastics**
- **FIG General Judges' Rules - Cycle 2017-2020 (Valid through Dec 31, 2021)**
- **FIG TRA Specific Judges Rules 2017-2020 (Valid through Dec 31, 2021)**
- **FIG TRA World Age Group Competitions Rules 2017-2020 (Valid through Dec 31, 2021)**
- **FIG TRA World Cup Rules 2017-2020 and 2021**
- **FIG TRA World Cup 2021-2024**
- **Nationals Team Finals (rules and charts)**
- **2020-2021 TG Canadian Pathways**

Always refer to the official documents in the event of any contradictions, discrepancies, or interrogations.



ALL TG DISCIPLINES

A. GENERAL RULES

1. Individual Competition

1.1. Finals

For all categories:

The competitors (or in Synchronized competition, the pairs) with the 10 (ten) best scores from the Preliminaries will go forward to the Final if they have also met the minimum score to enter into Finals. There is no limit of two competitors per club or per province. Fresh start finals will be applied at Elite Canada. At Canadian Championships, the total score from preliminaries and finals will be cumulative.

2. Team Competition

Please refer to the document Nationals Team Finals (rules and charts).

3. Winners

- 3.1. The winner is the gymnast with the highest score from the Final round at Elite Canada. At Canadian National Championships, the winner is the gymnast with the highest combined score from the Preliminary and Final Round.
- 3.2. All gymnasts not present for their award (medal or ribbon) will not receive their award and may not receive the credit or their score obtained during the competition, unless given a special permission dealt in advance with a Gym Can representative. This decision will be taken by the Trampoline & Tumbling Program Committee (TTPC).

4. Routines

- 4.1. FIG requirements for World and Continental Championships will apply to the Senior category. (Appendix L, part I.)
- 4.2. GymCan compulsory routines are set for Level 1, Level 2, Level 3 and Level 4 categories.
- 4.3. GymCan compulsory requirements will apply to the Level 5 (Novice) categories.
- 4.4. For each missing special requirement, the difficulty judges will apply a penalty of 2.0 pts (TRA/ SYN) and 3.0 pts (TUM/ DMT) (ref. 22.3.2). In case of an incomplete routine, a penalty for missing requirement(s) will apply only if the number of missing requirements exceeds the number of missing element(s).
- 4.5. For Levels L5 to Senior, if minimum DD is not performed, a penalty of 0.1 per 0.1 under minimum DD will be deducted from the all voluntary routine scores. This deduction will be applied by the DD judges.

5. Dress for Competitors and Spotters

- 5.1. Length of shorts must not be longer than mid-thigh.
- 5.2. Unitard could be mid-thigh length.
- 5.3. Women: Gym shorts may be worn (must be part of the uniform) and must not be longer than mid-thigh
- 5.4. No jewelry may be worn by competitors, spotters and coaches acting as spotters. Taping of jewelry is not adequate. Medic alert bracelets as well as Blood Glucose Sensors can be worn but must be taped.
- 5.5. When warm up is conducted in the competition gym all competitors and coaches must dress in competition attire or equivalent.



- 5.6. At club events (Elite Canada), athletes must wear their club competition attire in Preliminaries. At Nationals, athletes must wear their province competition attire in Preliminaries. In Finals, athletes have the right to choose their competition attire; it must not be a competition attire from another country; the right to wear the current or any past National Team competition attire is reserved only to athletes that are currently or have been member of a Canadian Team (World Championships, World Age Group Competition and/or international competitions); current members of the National Team must wear the competition attire of the current sponsor, if not wearing the club or provincial attire in Finals.
- 5.7. Any violation of dress code will result in a penalty of 0.2 pts which will be deducted from the total score of any of the routines where the violation occurs.
- 5.8. Attire for awards ceremony will be full Club track suit or National Team track suit (only for athletes on the **current** Junior or Senior National Teams) at Elite Canada. At National Championships, attire will be full Provincial Track suit, or National Team tracksuit (only for athletes on the **current** Junior or Senior National Teams).

NOTE: **Silicone socks/shoes are NOT permitted**

6. Competition Cards

The Chief Recorder refers to the Meet Director.

7. Safety Requirements

It shall be the responsibility of the province to provide the required spotters.

8. Recorders & Secretariat

- 8.1. Only the approved computer program by GymCan, for recording and printing results must be used. Provinces must have their scoring system approved by GymCan if they are choosing an alternate system. Failure to have scoring system approved could result in mobility not being counted. Results will be posted in a designated area and distributed to all participating teams.
- 8.2. A complete copy of the results must be sent to the Chair of the TTPC and the Gym Can TG Program Manager by the Meet Director.

B. THE JUDGES' PANEL

1. Competition Jury

The Competition Jury list must be posted before the start of the competition.

2. Duties of the Chair of the Judges' Panel

- 2.1. Written protests will not be allowed. As per FIG regulations, an official representative is to approach the Chair of the Judges Panel, before the end of the round, in a controlled and friendly manner and advise of a possible error. It will be the CJP's responsibility to confer with the Difficulty Judges to determine if it is a legitimate concern requiring review, or if it is unfounded and a video review is not required.

3. Duties of the Judges for Difficulty

- 3.1. Judges for difficulty will clearly mark when an athlete has completed a "mobility element". This marking will be reflected on the final score sheet.
- 3.2. There will be an extension of time regarding FIG Code of Points rule 20.15 when an official representative may approach the Chair of the Judges Panel about obvious errors to the determination of the mobility element as this will not necessarily be posted before the end of a round.



- 3.3. For Levels L5 to Senior, if minimum DD is not performed, refer to 4.5 in the General Rules for all Disciplines.

TRAMPOLINE

A. GENERAL RULES

1. Synchronized Competition

Pairing from different provinces is allowed for National Team members Junior and Senior.

B. COMPETITION PROCEDURE

1. Repetition of Elements

For Level 1, Level 2, Level 3 and Level 4, repetition of a non-DD element within a routine will result in a penalty of 0.4 pts.

2. Scoring

2.1. The limit of difficulty per element will NOT be applied in Canada.

2.2. Method of Scoring

2.2.1. If applicable, "B" mark (bonus) is included in the formula for individual trampoline.

$$\text{Score} = E (\text{max. } 20 \text{ pts}) + H (\text{max. } 10 \text{ pts}) + D + T - \text{Penalty} + B$$

2.2.2. If applicable, "B" mark (bonus) is included in the formula for synchronized trampoline.

$$\text{Score} = E (\text{max. } 10 \text{ pts}) + H (\text{max. } 10 \text{ pts}) + S (\text{max. } 20 \text{ pts}) + D - \text{Penalty} + B$$

C. THE JUDGES' PANEL

1. Duties of the Chair of the Judges' Panel

1.1. Decide and apply penalty for unsportsmanlike conduct 0.6 pts

2. Duties of the Judges for Difficulty

2.1. Apply the penalty for failing to comply with the special requirements 2.0 pts

2.2. For Level 1, Level 2, Level 3 and Level 4, repetition of a non-DD element within a routine will result in a penalty of 0.4 pts applied by the Difficulty Judges

TUMBLING

A. GENERAL RULES

1. Passes

1.1. Voluntary passes consist of 8, 5 or 3 elements as per the Canadian Pathways Document. FIG special requirements will apply to the Senior category

1.2. GymCan special requirements may apply to all categories.

1.3. Only Level 1 competitors are not required to end a completed pass with a somersault. For all categories except Level 1 and Level 2, all passes terminating with a somersault, not being a punch somersault, must end in the landing area.



B. COMPETITION PROCEDURE

1. Interruptions of a Pass

- 1.1. A pass will be considered interrupted if the competitor:
- 1.2. Categories Level 1, Level 2, Level 3 and Level 4 will not be terminated if a slight foot bounce occurs during a front somersaulting walkout element but will be considered a major fault.
- 1.3. Category Level 1 ONLY will not be terminated if the athlete performs an element without somersault rotation.
 - 1.3.1. Level 1 passes not ending with summersault should end with a straight jump as a required element. Failing to do so will result in a missing requirement penalty applied by the Degree of Difficulty Judges.
- 1.4. Categories Level 1, Level 2, Level 3 and Level 4 will be terminated if not performing the compulsory pass as prescribed.

2. Termination of the Pass

- 2.1. This rule will apply to all categories except Level 1 and Level 2.
 - 2.1.1. (FIG COP 17.3) The last element must be performed from the tumble track to the landing area except in the case of an element in the reverse direction as per §5.7. A failure to observe this rule will result in a penalty of 0.6 points by the CJP (see §20.12)
- 2.2. This rule will apply also for complete passes with 5 or 3 elements.
 - 2.2.1. For categories Level 2, Level 3, Level 4, Level 5 (Novice), Level 6 (Espoir), Junior **Level 7 (Open)** and Senior – (FIG COP 17.4) All completed passes (8 elements) must end with a somersault, otherwise there will be a penalty of 3.0 points by the CJP (see §20.12)

3. Scoring

- 3.1. The limit of difficulty per element will NOT be applied in Canada.
 - 3.1.1. Category Level 1: for all non-inverted elements, the value of each half twist will be 0.1
- 3.2. **Method of Scoring**
 - 3.2.1. All passes will be scored out of 10.
For categories Level 1 and Level 2:
 - For passes with 5 elements, 5 points will be added.
 For categories **Level 3**, Level 4 and Level 5 (Novice):
 - For passes with 3 elements, 7 points will be added.
 - If no attempt is made to perform a 3rd element, the score for the pass will be 0.
 - 3.2.2. If applicable, "B" mark (bonus) is included in the formula:
Score = E (max. 30pts) + D - Penalty + B

C. THE JUDGES' PANEL

1. Duties of the Chair of the Judges' Panel

- 1.1. Decide and apply penalty for unsportsmanlike conduct 0.9 pts

2. Duties of the Judges for Execution

- 2.1. One foot landing in straight bounce in Level 1 0.3 pts for total instability



3. Duties of the Judges for Difficulty

- 3.1. Bonuses must be calculated and should not be combined with difficulty. They must appear in a special box identifying the bonus.
- 3.2. Apply the penalty for failing to comply with the special requirements 3.0 pts
- 3.3. Apply the penalty for performing restricted element 3.0 pts
- 3.4. For each missing special requirement, the difficulty judges will apply a penalty of 3.0 pts. In case of an incomplete routine, a penalty for missing requirement(s) will apply only if the number of missing requirements exceeds the number of missing element(s).
- 3.5. Level 1, passes not ending with summersault should end with a straight jump as a requirement. (Ref 1.3.1)

DOUBLE MINI TRAMPOLINE

A. GENERAL RULES

1. Individual Competition

1.1. Preliminaries

- 1.1.1. Preliminaries will consist of 2 passes for all Provincial and National Levels

1.2. Finals

- 1.2.1. Finals will consist of 2 passes for all Provincial and National Levels

2. Passes

- 2.1. GymCan Special requirements will apply to Level 5 (Novice), Level 6 (Espoir), Junior, and **Level 7 (Open)** qualification (preliminary) passes.
- 2.2. For each missing special requirement, the difficulty judges will apply a penalty of 3.0 pts. The deduction for missing requirements will only apply to complete passes.

B. COMPETITION PROCEDURE

1. Repetition of the Same Elements

- 1.1. For categories Level 1, Level 2, Level 3 and Level 4, repetition of a non-DD element in the same part of a pass (in Qualification or in Finals) will result in a penalty of 0.6 pts.

2. Termination of the Pass

- 2.1. For categories Level 5 (Novice), Level 6 (Espoir), Junior, **Level 7 (Open)** and Senior, each element must have a minimum 360° somersault rotation, if not the pass will be interrupted.

3. Scoring

- 3.1. The limit of difficulty per element will NOT be applied in Canada.
 - 3.1.1. For all non-inverted elements, the value of each half twist will be 0.1.

3.2. Method of scoring

- 3.2.1. If applicable, "B" mark (bonus) is included in the formula.

$$\text{Score} = E (\text{max. 30pts}) + D - \text{Penalty} + B$$



C. THE JUDGES' PANEL

1. Duties of the Chair of the Judges' Panel

1.1. Decide and apply penalty for unsportsmanlike conduct 0.9 pts

2. Duties of the Judges for Difficulty

2.1. Bonuses must be calculated and should not be combined with difficulty. They must appear in a special box identifying the bonus.

2.2. As per section 5.6, apply the penalty for failing to comply with the special requirements
3.0 pts

2.3. For categories Level 1 to Level 4, repetition of a non-DD element refer to Competition Procedure 1.1

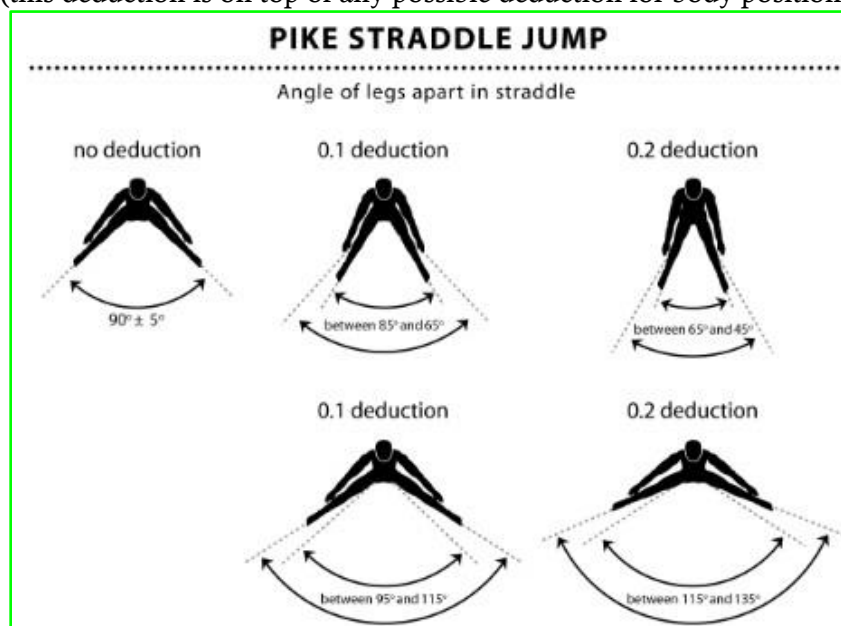
GUIDE OF JUDGING

1. Difficulty

Looking at the position of the feet at landing, feet rotation of less than 1/2 twist (90°) is considered no twist, feet rotation of less than 1/1 twist (180°) is considered a 1/2 (90°) twist, etc.

2. Deductions for execution

- In pike straddle jump, angle of legs in straddle should be 90° (+/- 5°) 0.0 - 0.2 pts
(this deduction is on top of any possible deduction for body position)



- Deduction for lack of opening shape jumps 0.0 - 0.3 pts
As no clear guidance is currently included in the FIG Code of Points, Canada will use the following guidelines :

▪ Opening at top of jump	0.0
▪ Opening up to 3/4 height of jump	0.1
▪ Opening up to 1/2 height of jump	0.2
▪ Other opening	0.3

TIE BREAKING RULES

Individual Trampoline

In preliminaries, in case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both routines prevails
2. The gymnast with the higher sum of the H-scores of both routines prevails
3. The gymnast with the higher sum of the T-scores of both routines prevails

If there is still a tie, the tie will not be broken and the starting order for the Final is decided by draw.

In finals, in case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher final score (Canadian Rule)
2. The gymnast with the higher E-score prevails
3. The gymnast with the higher H-score prevails
4. The gymnast with the higher T-score prevails
5. The gymnast with the higher Preliminary Score (Canadian Rule)

If there is still a tie, the tie will not be broken.

Synchronized Trampoline

In preliminaries, in case of a tie at any place, the ranking will be determined by the following criteria:

Level 1 to Level 6:

1. The pair with the higher sum of the E-scores prevails
2. The pair with the higher sum of the S-scores prevails
3. The pair with the higher sum of the H-scores prevails

If there is still a tie, the tie will not be broken and the starting order for the Final is decided by draw.

Senior:

1. The pair with the higher sum of the E-scores of both routines prevails
2. The pair with the higher sum of the S-scores of both routines prevails
3. The pair with the higher sum of the H-scores of both routines prevails

If there is still a tie, the tie will not be broken and the starting order for the Final is decided by draw.

In finals, in case of a tie at any place, the ranking will be determined by the following criteria:

1. The pair with the higher final score (Canadian Rule)
2. The pair with the higher E-score prevails
3. The pair with the higher S-score prevails
4. The pair with the higher H-score prevails
5. The pair with the higher Preliminary Score (Canadian Rule)

If there is still a tie, the tie will not be broken.

Tumbling & Double Mini-Trampoline

In preliminaries, in case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of all preliminary passes prevails
2. The gymnast with the higher E-score of the last preliminary pass prevails



If there is still a tie, the tie will not be broken and the starting order for the Final is decided by draw.

In finals, in case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher final score (Canadian Rule)
2. The gymnast with the higher sum of the E-scores of all final passes prevails
3. The gymnast with the higher E-score of the last final pass prevails
4. The gymnast with the higher Preliminary Score (Canadian Rule)

If there is still a tie, the tie will not be broken.

