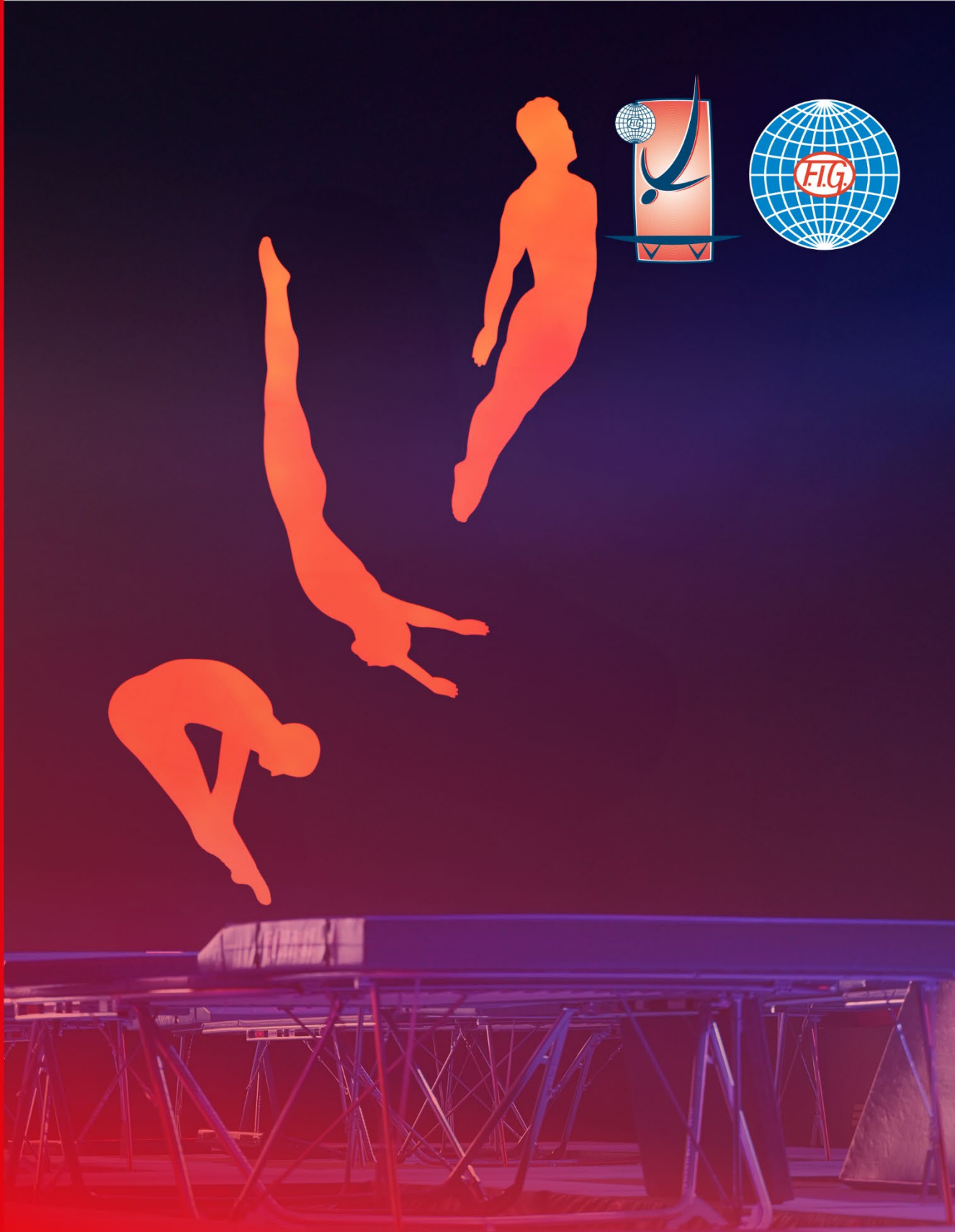
TRAMPOLINE GYMNASTICS



CODE OF POINTS
2025-2028

Approved by the FIG Executive Committee, on february 2024
Date of publication : 01st July 2024

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Part I - CODE OF POINTS

Trampoline Gymnastics is composed by four categories: Individual Trampoline, Synchronized Trampoline, Tumbling and Double Mini-Trampoline.

Preface

This Code of Points (CoP) has been approved by the FIG Executive Committee to use from 1st of January 2025. It is binding for all Trampoline Gymnastics competitions and championships sanctioned by Fédération Internationale de Gymnastique (FIG).

This CoP is intended to be used as a basis for all levels of competition. Junior and age group levels of competition will also follow specific rules (see FIG Junior and WAGC Rules).

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

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 - Special Regulations for Trampoline Gymnastics
- FIG General Judges' Rules and FIG Judges' Rules Specific for Trampoline Gymnastics
- Rules for the FIG Junior and World Age Group Competitions
- Rules for the FIG World Cup Competitions and Series in Trampoline, Tumbling and Double Mini-Trampoline
- FIG Apparatus Norms, Section 2.5 Trampoline Gymnastics

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, Junior and World Age Group Competitions Rules or the like, the Code of Points prevails.

Acknowledgements

All members of the **FIG Trampoline Technical Committee** contributed to the preparation of the 2025-2028 Trampoline Gymnastics Code of Points.

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Abbreviations and definitions

The following abbreviations and definitions will appear throughout the CoP:

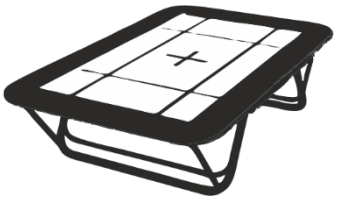
FIG	International Gymnastics Federation
TRA-TC	FIG Trampoline Technical Committee
FIG events	Olympic Games, World Championships, World Games, World Cup competitions and special events created by the FIG.
Trampoline Gymnastics	Events: Trampoline, Synchronised Trampoline, Double Mini-Trampoline and Tumbling
CJP	Chair of Judges' Panel
CoP	Code of Points
DMT	Double Mini-Trampoline
OG	Olympic Games
SYN	Synchronised Trampoline
TR	Technical Regulations
TRA	Trampoline
TUM	Tumbling
WCh	World Championships
ToF	Time of Flight
TMD	Time Measurement Device
HDMD	Horizontal Displacement Measurement Device
NF	National Federation

- Words importing the singular number shall also 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 01.01.2025

A. GENERAL

A trampoline exercise is composed by ten (10) elements and should be planned to demonstrate a variety of forward and backward somersault elements, with or without twisting. The exercise should show good form, execution, height, maintenance of height and opening in all elements to demonstrate perfect control of the body during the flying phase, while reducing horizontal displacement as much as possible. It is characterised by high, continuous rhythmic feet to feet and feet to back, front or seat rotational jumping elements, without intermediate straight bounces.

1. INDIVIDUAL COMPETITION

1.1 Trampoline competitions, both for individual and synchronised disciplines, are composed by Qualifications and Finals, according to the following structure:

Competition phase	Who competes?	What performs?	Starting order
Qualification 1	All gymnasts	2 exercises, best one counts	Draw
Qualification 2	If 48 entries or more, top 24 If 32-47 entries, top 16 If 31 or fewer entries, none Maximum 3 gymnasts and 2 pairs per NF	1 exercise	Draw
Final 1	Top 8 Maximum 2 gymnasts and 1 pair per NF	1 exercise	Merit + Draw
Team Final	Top 8, if 12 teams or more Top 5, if less then 12 teams	1 exercise per gymnast	Merit

1.1.1 In Junior and Age Group competitions, there are two exercises in the Qualifying Round, both counting for the total score of the gymnasts. The first exercise includes special requirements, as per Junior and World Age Group Competition (WAGC) Rules; the second exercise is voluntary.

1.1.2 National Federations (NF) are free to prescribe a compulsory exercise instead of the first exercise with special requirements for competitions under their authority.

1.2 **Qualifications**

1.2.1 Qualifications are divided in two rounds: Qualification 1 (Q1) with all registered gymnasts competing, and Qualification 2 (Q2) with a set number of gymnasts/pairs depending on the number of entries at the definitive registration deadline:

- 1-31 entries No Q2
- 32-47 entries Q2 with 16 gymnasts/pairs
- 48 and + entries Q2 with 24 gymnasts/pairs

1.2.2 Q1 is composed by two voluntary exercises. The highest score of the two exercises will determine the qualification to Q2 **or** to the Final (see TR).

1.2.3 The starting order for Q1 is decided by a draw taking place after the definitive registration deadline.

1.2.4 The gymnasts will be divided in groups, as evenly distributed as possible, of no more than twelve (12) per group, with each group performing their two exercises prior to the next group starting the Qualifying Round. When the total amount of gymnasts is not a multiple of twelve (12), the first competition groups will have one more gymnast than the others:

# of Gymnasts	Group 1	Group 2	Group 3	Group 4	Group 5
48	12	12	12	12	
49	10	10	10	10	9
51	11	10	10	10	10
53	11	11	11	10	10

1.2.5 The 16 or 24 places for Q2, or the eight (8) places for the final when there is no Q2, will be granted according to the final ranking of Q1.

1.2.6 Participation in Q2 will be limited to a maximum of three (3) gymnasts and two (2) pairs per NF.

1.2.7 At Q2, each competition group is decided by a draw and will be composed either by 8 or 12 gymnasts. The gymnasts start Q2 with a score of zero. Q2 consists of a voluntary exercise.

1.2.8 The eight (8) places for the Final will be granted according to the final ranking of all gymnasts either in Q1 (less than 32 entries) or in Q2 (32 or more entries at the time of definitive registration deadline).

1.2.9 Participation in Finals will be limited to a maximum of 2 gymnasts and 1 pair per NF.

1.3 Finals

1.3.1 The starting order for Finals is decided by a draw.
Gymnasts ranked 5th to 8th after Q2 will be drawn for the starting order positions 1 to 4.
Gymnasts ranked 1st to 4th after Q2 will be drawn for the starting order positions 5 to 8.

1.3.2 In Finals, the eight (8) gymnasts and pairs will perform one (1) voluntary exercise. Gymnasts and pairs start with a score of zero.

1.3.3 The winner is the gymnast with the highest score in Finals.

1.3.4 In case of any tie, then tie break rules will apply (see TR).

2. TEAM COMPETITION

2.1 A team is composed of a minimum of three (3) and a maximum of four (4) gymnasts per event (men's or women's competition).

2.2 **Qualifications**

2.2.1 Q1 acts as qualification for Team Finals.

2.2.2 The team score is calculated after Q1 using the sum of the three (3) highest scores produced by team members across both exercises in Q1. Only one exercise from each gymnast is counted towards the team score.

2.3 **Finals**

2.3.1 The number of teams participating in the Team Finals will be determined according to the number of registered teams at the time of the definitive entry deadline, meeting the following distribution:
Twelve (12) or more registered teams, the eight (8) highest ranked teams in Q1 will qualify for the team final.

Between five (5) and eleven (11) registered teams, the five (5) highest ranked teams in Q1 will qualify for the Team Final.

Four (4) or fewer teams registered, no team final will take place.

2.3.2 Teams competing in the Team Finals are composed of three (3) gymnasts. Each gymnast will perform one exercise.

2.3.3 Team Finals is composed of three (3) rounds. The starting order for the teams in all three (3) rounds is in reverse order of rank (order of merit). The gymnast from the team ranked 8th or 5th, depending on the total number of teams competing, will compete first. The gymnast from the team ranked 7th or 4th place will compete second, and so on.

2.3.4 NF will nominate the three (3) gymnasts and the order they will compete for their team in the Final, at least two hours prior to the Team Final.

2.3.5 The classification is determined by the sum of the ranking points (10, 8, 6, 5, 4, 3, 2 and 1) a team achieves in each competition round, according to the following sequency:

Teams in the Final	Place							
	1st	2nd	3rd	4th	5th	6th	7th	8th
Eight teams	10	8	6	5	4	3	2	1
Five teams	10	8	6	5	4	-	-	-

The winner is the team with the highest sum of ranking points in the Team Final.

2.3.6 In case of any tie, then tie break rules will apply (see TR).

2.4 **All Around Team Final**

A team is composed of one (1) male and one (1) female gymnast/pair from each of the following categories:

- Individual trampoline
- Synchronized trampoline
- Tumbling
- DMT

2.4.1 Qualifications

2.4.1.1 Q1 acts as qualification for All-Around Team Final.

2.4.1.2 The team score will be the sum of the highest score obtained by one gymnast in each category and gender.

2.4.2 Finals

2.4.2.1 The five (5) highest ranked teams in Q1 qualify for the All-Around Team Final.

2.4.2.2 Teams in the All-Around Team Final consist of one gymnast or one pair synchro per country in each category and gender. Each gymnast/pair will perform one exercise.

2.4.2.3 See competition process in TR Section 4.

2.4.2.4 The classification is determined by the sum of the ranking points (10, 8, 6, 5 and 4) a team achieves in each round. The winner is the team with the highest sum of ranking points in the Team Final.

2.4.3 In case of any tie, then tie break rules will apply (see TR).

3. SYNCHRONISED COMPETITION

3.1 Synchronised competition events:

3.1.1 Men's Synchronised competition, with pairs composed of two men.

3.1.2 Women's Synchronised competition, with pairs composed of two women.

3.1.3 A mixed synchronised event can be included in the official program of an international competition, with pairs composed of one (1) woman and one (1) man.

3.2 Gymnasts may only compete in one (1) women's or in (1) men's synchronised pair.

Participation in a mixed synchronised event will be open to any gymnast, including those that competed in the men's or women's events.

3.3 Partners must do the same element at the same time (see also §15.1.9.1) and must start facing in the same direction. Twists do not need to be in the same direction.

3.4 A synchronised competition follows the same format as individual competition: Q1, Q2, and Finals, as per §1. Winners are determined by the scores achieved in Finals.

3.5 In case of any tie, then tie break rules will apply (see TR).

4. EXERCISES

4.1 Each exercise consists of ten (10) elements.

4.1.1 According to the FIG Junior and WAGC Rules, the first exercise of 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. Only the execution score plus the horizontal displacement and the time of flight of this exercise are counted.

4.1.1.1 Changes to the special requirements will be published by the TRA-TC through the FIG Office at least one (1) year ahead of the next WAGC or Junior World Championships and will be valid from the 1st of January of the year of these Championships. FIG Junior and WAGC Rules is the document detailing these requirements.

4.1.2 In Senior individual events, all exercises are voluntary.

4.2 In all individual exercises scores for execution, horizontal displacement, time of flight, difficulty and penalties are added to give the total score. In all synchronised exercises scores for execution, horizontal displacement, synchronisation, difficulty, and penalties are added to give the total score.

4.3 Second attempts at exercises are not allowed.

4.3.1 If a gymnast is obviously disturbed in an exercise (faulty equipment or substantial external influence), the CJP may allow another attempt. A gymnast's clothing cannot be classed as "equipment".

4.3.2 Spectator noise, applause and the like would not normally constitute a disturbance, unless the interference affects the communication between a synchronised pair.

5. DRESS FOR GYMNASTS AND SPOTTERS

5.1 **Male gymnasts**

- Sleeveless or short sleeves leotard
- Gym shorts or trousers
- White trampoline shoes and/or socks and/or foot covering of the same colour as the gym trousers.

5.2 **Female gymnasts**

- Leotard or unitard with or without sleeves (must be skintight)
- Long tights may be worn (must be skintight)
- Gym shorts may be worn (must be skintight)
- Head covering may be worn (must be skintight)
- Any other "dress" which is not skintight is not allowed.
- For reasons of safety, covering the face is not allowed.
- Trampoline shoes and/or white foot covering
- The neckline of the front and back of the leotard/unitard must be proper, the opening is optional but must not exceed half of the sternum and no further than the lower line of the shoulder blades. Leotards/unitards may be with or without sleeves; shoulder strap width must be min. 2 cm. The leg cut of the leotard may not extend up beyond the hip bone (maximum). The leotard leg length cannot exceed the horizontal line around the leg, delineated by no more than 2 cm below the

base of the buttocks. Leotards that have some part in lace will have to be lined (from the trunk to the chest).

5.3 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 §15.1.6.

5.4 The wearing of jewellery, piercing or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped. Bandages or support pieces must not create big contrast with the skin colour. Underwear must not be visible.

5.5 Any violation of §5.1, §5.2 and §5.4 may result in a penalty of 0.2 points applied by the CJP, which will be deducted from the total score of any of the exercises where the violation occurs. Major violation may result in disqualification from the round in which the offence occurs. This decision is made by the CJP.

5.6 **Teams**

Members of a team during Team Finals or a synchronised pair during all competition phases must wear the same uniform, identical in colour and design. Failing to do so may result in disqualification of the team or synchronised pair from the respective event. This decision is made by the CJP.
Synchronised partners both must wear either shorts or gym trousers. National identification must be the same.

5.7 **National Identification or Federation emblem**

National identification or emblem must be worn and must adhere to the FIG Rules for Clothing & Publicity; otherwise, there will be a penalty of 0.2 points applied by the CJP, which will be deducted from the total score of any of the exercises where the violation occurred.

5.8 **Spotters / Coaches**

Spotters: track suit or shorts and T-shirt, and sport shoes.
Coaches: NF track suit or shorts and T-shirt, and sport shoes.
Hats or caps are not allowed.

6. COMPETITION CARDS

6.1 The elements of any exercise must be written down on the competition card with the difficulty value of each element, and in the order as they will be performed. Competition cards could be completed in paper or with an electronic system.

6.1.1 At Junior and Age Group events, each of the required elements in the first exercise must be written marked with an asterisk (*).

6.1.2 At Junior and Age Group events, any missing required elements(s) or requirement(s) will result in a penalty of 2.0 points for each missing required element/requirement, by the Difficulty Judges. Such changes will be recorded on the competition card by the Difficulty Judges (see 21.8).
In case of an incomplete exercise, the penalty for a missing requirement will apply only if it is obvious that it could not have been fulfilled in the remaining non-performed elements.

6.1.3 In the event that a compulsory exercise is used instead of a first voluntary exercise, any change will be judged as an interruption.

6.2 The FIG numeric system must be used to describe the elements written on the competition card, otherwise the card will not be accepted (see TRA Difficulty table).

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

6.4 All changes of elements in the competition card will be recorded on the competition card by the Difficulty Judges.

7. EQUIPMENT

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

8. SAFETY REQUIREMENTS

8.1 See TR, Section 4.

9. SCORING SERVICE & SECRETARIAT

9.1 An approved computer program must be used for recording scores and displaying the results.

9.2 In FIG-sanctioned events, a complete copy of the results must be sent to the Secretary General of the FIG.

9.3 Duties of the Secretariat:

- 9.3.1 Collect and distribute the competition cards as per §6.3 and make the draw for the starting order (see also §1.1, §1.2.3 & §1.3.1).
- 9.3.2 Supervise the recorders.
- 9.3.3 Determine the starting order for each exercise and the respective warm up groups.

9.4 Duties of the Scoring Service:

- 9.4.1 Record the scores for execution, horizontal displacement, synchronisation, time of flight and difficulty as well as all penalties.
- 9.4.2 Scrutinise and control the calculations on the score sheets.
- 9.4.3 Ensure that all Judges' scores, penalties, and the total score for an exercise are displayed.
- 9.4.4 Produce a complete list of the results giving, scores for execution, difficulty, horizontal displacement, synchronisation, time of flight, total penalty for each exercise, the position and the overall total score.

10. SUPERIOR JURY AND JURY OF APPEAL

10.1 See TR, Section 1.

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

B. COMPETITION PROCEDURE

11. WARMING UP

11.1 Immediately prior to all competition phases, except All-Around Team Final, each gymnast will be allowed one (1) touch on the competition apparatus of maximum 45 seconds, one gymnast after the other following the starting order. Once all gymnasts completed their warm-up, competition will start.

11.2 Time control will be conducted by two (2) judges appointed by the CJP. Judges controlling warming-up will start timing once the previous gymnast finished warming up. They will send a verbal warning to the gymnast after forty (40) seconds.

11.3 In the event that a gymnast abuses this time limit, the CJP will deduct a penalty of 0.2 points from the total score of the following exercise (see §19.11).

11.4 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 ten (10) metres in height.

12. START OF AN EXERCISE

12.1 Each gymnast will start on a signal given by the CJP.

12.2 After the signal has been given, the gymnast must initiate the first element within one (1) minute, otherwise there will be a penalty from the CJP as follows (see §19.11):

- 61 seconds: 0.2 pts
- 91 seconds: 0.4 pts
- 121 seconds: 0.6 pts
- 181 seconds: the gymnast will not be allowed to start the exercise; no score will be awarded and a designation of "Did Not Start (DNS)" will be given.
- After 151 seconds, either the CJP or an automatic device will send a sound warning, so gymnast and coach are informed about the risk of not being allowed to start the exercise.

If this time limit is exceeded because of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the CJP.

12.3 If there is a faulty start, the gymnast may re-start on a signal from the CJP. An individual exercise is considered as started when the gymnast performs an element without interrupting the preparation straight jumps. A synchronized exercise is considered as started when both gymnasts perform an element.

12.4 After an exercise is started, talking to or giving any form of signal to a gymnast by their own spotters during the exercise will result in a penalty of 0.6 pts applied only once by the CJP (see §19.11).

12.5 If gymnasts/pairs are not ready to start at the time and in the order as laid down in the start list, no score will be awarded and a designation of "Did Not Start (DNS)" will be given (see TR).

13. REQUIRED POSITIONS DURING AN ELEMENT

13.1 Depending on the requirements of the element, a recognisable tucked, piked or straight position during the flying phase must be shown.

13.2 The following defines the minimum requirements for a particular body shape:

13.2.1 **Straight position:** The angle between the upper body and thighs must be greater than 135°.

13.2.2 **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°.

13.2.3 **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°.

13.2.4 To determine the body shape (tuck, pike or straight) during an element, the Difficulty Judges will 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 §14.

13.3 In all positions, the feet and legs should be kept together (except straddle jumps), and the feet and toes pointed.

13.4 In the tucked and piked positions the thighs should be as close as possible to the upper body.

13.5 In the tucked and piked positions the hands should touch the legs below the knees.

13.6 The arms should be held close to the body and should be straight whenever possible.

Moving arms away from the body is acceptable to stop a twisting rotation. The maximum angle between the trunk and the arms should be:

Barani, Full, multiple somersaults with ½ out movements	45°
More than full twist and all other multiple twisting somersaults	90°

14. REPETITION OF ELEMENTS

14.1 During an exercise no element may be repeated, otherwise the difficulty of the repeated element will not be counted.

14.2 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.

14.3 Multiple somersaults (of 630° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is in different phases (see Part II: 1.A).

14.4 All multiple somersaults with the same amount of twisting rotation, performed without a recognisable pause in twisting rotation **or** without defined positions, will be considered as repetitions if used more than once.

14.5 When an element is performed in different body positions, two (2) factors are considered when deciding if an element is a repetition - quantity and phase of twist & quantity of somersault.

14.5.1 Twists from 0°-180°

Up to three (3) 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

14.5.2 Twists of 360° or more

Three (3) 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

14.5.3 Multiple somersaults

In multiple somersaults the gymnast may claim only one (1) body position per element: tucked or piked or straight. 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 (1) 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 exercise. 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 exercise interrupted (see §15.1.9).

14.5.4 Twists in different phases of somersaults

In somersaults of 540° or less only one (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° two (2) phases are recognised, early and late.
All multiple twisting double somersaults in layout **or** pike positions with the same amount of twisting rotation, performed without a recognisable pause in twisting rotation **or** without defined positions, will be considered as repetitions if used more than once.

14.6 Whenever "not repeating an element in an exercise" is set as a requirement, any repetition will be judged as a missing requirement, leading to a penalty of 2.0 points for each repetition.

15. INTERRUPTIONS OF AN EXERCISE

15.1 An exercise will be considered interrupted if a gymnast:

- 15.1.1 Obviously does not land simultaneously on both feet on the trampoline bed. The element which lands on one (1) foot is not counted as an element and the exercise 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.
- 15.1.2 Does not use the elasticity of the bed after landing for the immediate continuation of the next element.
- 15.1.3 Performs an intermediate (straight) jump.
- 15.1.4 Lands on any part of the body except feet, seat, front or back.
- 15.1.5 Performs an incomplete element.
- 15.1.6 Touches anything other than the trampoline bed with any part of the body.
- 15.1.7 Is touched by a spotter or spotter mat.
- 15.1.8 Leaves the trampoline.
- 15.1.9 Performs a different element from that of his partner in a synchronised exercise.
  - 15.1.9.1 If one of the gymnasts has clearly taken off to an element while his partner has clearly not landed from the preceding element, they will be deemed to have performed different elements. The synchronise device will identify interruption when there is a difference in landing of 0.400 seconds.

15.2 No credit will be given for the element in which the interruption occurs.

15.3 A gymnast will be judged only on the number of elements completed on the trampoline bed.

15.4 The CJP will decide the maximum number of valid elements.

16. TERMINATION OF THE EXERCISE

16.1 The exercise must end in an upright position on the trampoline bed. Landing on both feet means the sole of the feet.

16.2 The gymnast is allowed to do one (1) more controlled jump in a straight position (out-bounce) after the last element. Uncontrolled out-bounce will cause a deduction of 0.1 pts (see §20.2.2).

16.3 After the final landing on the bed, the gymnast must stand upright and show stability for approximately three (3) seconds, otherwise there will be a deduction for lack of stability from 0.1 to 0.2 pts (see §20.2.2).

16.4 If a gymnast *touches* the bed 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.

16.5 If a gymnast executes more than ten (10) elements, E judges will apply a 1.0 point landing deduction according to §21.2.2.6).

16.6 In synchronised competition both gymnasts must either do one (1) more controlled jump in a straight position (out-bounce) after the last element, or they must both stand still, otherwise there will be a penalty of 0.4 pts from the CJP (see §19.11). In the case of one gymnast making a complete and immediate stop while the other only partially stops and reduces half of the height of the last element, this would not constitute a contravention of this rule since it would not be classed as an out-bounce.

17. SCORING

Six (6) types of mark are used:
"D" type mark, which is the total of the degree of difficulty in one exercise,
"E" type mark, which is the total given by an Execution Judge in one exercise,
"H" type mark which is the score for horizontal displacement,
"T" type mark, which is the time of flight,
"S" type mark which is the score for synchronisation, and
"P" type mark which are the applied penalties if any

17.1 **Evaluation of difficulty**

In principle the amount of difficulty obtained in a single element during an exercise is open, but for Junior and Age Group competitions where it is limited according to the FIG Junior and WAGC Rules. Elements with higher difficulty can be performed but will get the limited difficulty value corresponding to their respective age group. Quadruple somersaults in Youth/Junior competitions are not allowed and will result in a disqualification from the competition.

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

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

17.1.1.1	Each ¼ somersault (90°)	0.1 pts
17.1.1.2	Each complete single somersaults (360°)	0.5 pts
17.1.1.3	Each complete double somersaults (720°)	1.0 pt
17.1.1.4	Each complete triple somersaults (1080°)	1.6 pts
17.1.1.5	Each complete quadruple somersaults (1440°)	2.2 pts
17.1.1.6	Each ½ twist (180°)	0.1 pts

17.1.2 Elements without twist or somersault rotation (tuck jump, pike jump, straddle jump, and seat drop) will have a difficulty value of 0.1 pts.

17.1.3 Elements combining somersault and twist, the difficulty values of the somersault and twist are added together.

17.1.4 Elements with somersault rotation between 360º and 630° without twists, executed in the straight or pike position, will be awarded an additional 0.1 points.

17.1.5 Multiple somersaults of 720° or more, with or without twists, executed in the straight or pike position, will be awarded an additional 0.1 points per somersault.

17.1.6 Certain elements will receive an additional value (bonus) that will be included in the Trampoline Difficulty table.

17.1.6.1 Backward elements will receive a bonus as follows:

Double somersaults of 720° - 900°	0.1 pts
Triple somersaults of 1080° - 1260°	0.2 pts
Quadruple somersaults of 1440°	0.3 pts

17.1.6.2 Twisting double somersaults will receive a bonus as follows:

Elements with more than 720° of twist, each additional 180° of twist	0.1 pts

17.1.6.3 Twisting Triple somersault will receive a bonus as follows:

Elements with more than 360° of twist, each additional 180° of twist	0.2 pts

17.1.6.4 Twisting Quadruple somersault will receive a bonus as follows:

Each 180° of twist	0.2 pts

17.1.7 Certain exercises will receive an additional value (bonus) provided they meet the following conditions:

Women – Exercise with more than 2 elements with 1080° or more of somersault rotation, each additional element of 1080° of somersault rotation or more 0.3 pts

Men - Exercise with more than 5 elements with 1080° or more of somersault rotation, each additional element of 1080° of somersault rotation or more 0.3 pts

17.2 **Method of scoring**

17.2.1 The evaluation of execution, horizontal displacement and difficulty is done in 1/10 of a point. The synchronisation and time of flight is evaluated in 1/100 of seconds. (See Part II M).

17.2.2 Judges must input their deductions into the scoring system independently of each other.

17.2.3 Evaluation of the score for execution (E):

17.2.3.1 The Execution Judges make deductions for poor execution as per §20.2.

17.2.3.2 In individual competition, the sum of the two (2) median deductions of the Execution Judges is taken as the deduction per element, then the sum of the median deductions [considering landing deductions] is subtracted from the highest possible execution score [max. 20 pts] to give the gymnast's execution score for an exercise.

17.2.3.3 In synchronised trampoline, the median deduction of the execution judges for each gymnast is taken as the deduction per element, then the average of the median deductions [considering landing deductions] is subtracted from the highest possible execution score [max. 10 pts] to give the pair's execution score for an exercise.

17.2.4 Evaluation of the score for horizontal displacement (H):

17.2.4.1 The evaluation of the H mark should be done electronically controlled by the CJP. The deductions for horizontal displacement will be applied as per §22.1

17.2.4.2 The horizontal displacement deductions for each element are subtracted from the maximum mark, i.e. 10.0 points or the mark decided by the CJP (see §15.4). This mark is taken as the score for H. In synchronized trampoline, deductions from both gymnasts in each performed element are averaged to determine the H-score.

17.2.4.3 If an electronic scoring system is not available, two (2) execution judges (nos. 5 & 6) will be responsible of evaluating the horizontal displacement instead of execution. Their marks will be averaged and taken as the score for horizontal displacement. The horizontal displacement judges will judge from video ensuring the camera will be positioned in order to view the whole trampoline bed (See Part II N).

17.2.6.3.1 If a breakdown of the electronic system occurs, the score is determined through an analysis of the official video by the CJP, with the assistance of Difficulty Judge 7. (see Part II N)

17.2.5 Evaluation of the score for time of flight (T):

17.2.5.1 The evaluation of the T mark should be done electronically controlled by the CJP.

17.2.5.1.1 If a breakdown of the electronic system occurs, the time is determined through an analysis of the official video by the CJP, with the assistance of Judge D7.

17.2.6 Evaluation of the score for synchronisation (S):

17.2.6.1 The evaluation of the S mark should be done electronically controlled by the CJP.

17.2.6.1.1 If a breakdown of the electronic system occurs, the score is determined through an analysis of the official video by the CJP, with the assistance of Difficulty Judge 7. (see Part II N)

17.2.6.2 The deductions for lack of synchronisation are subtracted from the maximum mark, i.e. 10.0 points or the mark decided by the CJP (see §15.4). This mark is then doubled and taken as the score for synchronisation.

17.2.7 Missing deduction(s):

17.2.7.1 In individual competition, if an E Judge fails to enter deductions for an exercise, the average of the other deductions per element and/or landing will be taken for the missing deduction(s). This decision is made by the CJP.

17.2.7.2 In synchronised trampoline, if an E Judge fails to enter deductions for an exercise, the average of the other deductions per element and/or landing from the same trampoline will be taken for the missing deduction(s). This decision is made by the CJP.

17.2.7.3 In individual and synchronised trampoline, if the HDMD or a H Judge fails to give a score, the score will be determined through an analysis of the official video by the CJP, with the assistance of Judge D7. (see Part II N)

17.2.8 Evaluation of the score for difficulty (D):

17.2.8.1 The D Judges calculate the difficulty of an exercise as per §17.1.

17.2.9 Total score for an exercise:

17.2.9.1 In the individual competitions, the total score is calculated by adding together the "E" marks (execution), "H" marks (horizontal displacement), "T" marks (time) plus "D" marks (difficulty), minus penalties as per §5.5, §5.7, §11.3, §12.2, and §12.4.

Score = E (max. 20 pts) + H (max. 10 pts) + D + T - P

17.2.9.2 In the synchronised competitions, the total score is calculated by adding together the "E" marks (execution), "H" marks (horizontal displacement), "S" marks (synchronisation) plus "D" marks (difficulty), minus penalties as per §5.5, §5.7, §11.3, §12.2, §12.4 and §16.6.

Score = E (max. 10 pts) + H (max. 10 pts) + S (max. 20 pts) + D - P

17.2.10 All scores will be rounded to two (2) decimal places. Such rounding will only be made in respect of the gymnast's total score for an exercise.

17.2.11 The CJP is responsible for determining the validity of the final scores.

C. THE JUDGES' PANEL

18. THE JUDGES' PANEL

18.1	Composition:	*Individual*	*Synchronised*
18.1.1	Chair of Judges Panel (T, H, S)	1	1
18.1.2	Judges for Execution		
	- for individual competition (E1-E6)	6	
	- for synchronised competition		6
	(Trampoline 1: Judges 1, 3 & 5)		
	(Trampoline 2: Judges 2, 4 & 6)		
18.1.3	Judges for Difficulty (D7-D8)	2	2

18.1.4	**Total**	**9**	**9**

18.2 The CJP and judges 1-8 must sit on the judges' platform five (5) to seven (7) metres from Trampoline 1 and raised by a minimum of one (1) metre and maximum two (2) meters.

18.3 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. When there is no Superior Jury, the decision is taken by the CJP. See TR, Section 1 and §10.2 of CoP.

18.3.1 If an Execution Judge is replaced, the Superior Jury or the CJP may decide that his previous marks will be replaced by the average of the remaining marks (see §17.2.7).

18.4 Some competitions can be conducted with only 4 execution judges (see General Judges' Rules)

19. DUTIES OF THE CHAIR OF JUDGES' PANEL

19.1 Control of the facilities and electronic judging systems.

19.2 Organise the Judges' conference and the trial scoring (see TR, Section 1).

19.3 Place and supervise all judges, spotters, and secretariat.

19.4 Direct the competition.

19.5 Convene the judges'panel.

19.6 Decide if a second attempt should be allowed (see §4.3).

19.7 Declare the maximum mark in the case of an interrupted exercise (see §16). The maximum mark equals the number of valid elements performed in an exercise.

19.8 Operate the TMD, HDD and Synchro device and input relevant scores.

19.9 Decide if a Judge fails to show his mark immediately (see §17.2.7).

19.10 Measure the synchronise deviations, time of flight and horizontal displacement on video if the electronic system fails, with the assistance of difficulty judge 7 (see §17.2.5, §17.2.6 and §17.2.7).

19.11 Decide about penalties as per §5.5, §5.7, §11.3, §12.2, §12.4, §16.6 and §19.16, and input accordingly.

19.12 Supervise and control all scores, calculations and the total scores and intervene if he recognizes obvious calculation errors.

19.13 Decide about inquiries before the start of the next round (see TR, Section 1). In case of obvious errors concerning calculation of any scores, a judge, gymnast, coach or other official, who recognise this, should approach the CJP in a professional and friendly way before the end of the actual round, to allow the CJP to clarify the situation before the next round has started.

19.14 Assist the difficulty judges and check that pairs in synchronised competition perform the same elements at the same time as per §15.1.9.

19.15 Appoint judges in charge of controlling warm-up time.

20. DUTIES OF THE JUDGES FOR EXECUTION (E1-E6)

20.1 Evaluate the execution in the range 0.0 to 0.5 points as per §20.2 and register their deductions.

20.2 Deductions for execution

20.2.1 lack of form and control in each element 0.1-0.5 pts

- These deductions are not applied after the body is parallel to the bed (at 3 o'clock), as gymnast must prepare their landing.

20.2.1.1 Position of the arms

Opening of the arms in a twist 0.1 pts
Elbows apart from the trunk 0.1 pts

- Elements comprising 540 or less degrees of twisting rotation must be performed with straight arms and close to the gymnast's body. Flexed elbows in these elements will receive a 0.1 pts deduction.
- Elements comprising 720 or more degrees of twisting rotation can be performed with flexed or straight elbows, but they must remain close to the gymnast's body to avoid deductions.

20.2.1.2 Position of the legs

Bent knees in pike and straight positions during the flying phase
0.1-0.2 pts
Feet not together 0.1 pts
Knees not together 0.1 pts
Toes not pointed 0.1 pts

- All these deductions are added up to a maximum of 0,5 points.

20.2.1.3 Opening of the element

- A tuck or pike element is considered as open when the angle between legs and the upper body reaches 180º (at 12 o'clock). This straight position must be showed, at the earliest, at 10 o'clock in multiple somersaults, and, at the latest, at 1 o'clock.
- If this 180º angle is reached between 1 o'clock and 2 o'clock, then the element will receive a 0.1 points deduction.
- If this 180º angle is reached between 2 o'clock and 3 o'clock, then the element will receive a 0.2 points deduction.
- If this 180º angle is never reached, then the element will receive a 0.3 points deduction.
- A straight element is not expected to be opened, as the flying phase is meeting the 180º requirement.

20.2.1.4 End of twisting

- Elements comprising more than 360º of twist in the last somersault, and finishing 90º of twisting at 3 o'clock or later, will receive a 0.3 points deduction.

20.2.1.5 Keeping straight body position after opening

- After opening, gymnasts must keep the straight position until the body reaches a position parallel to the bed. If the straight position is not kept until 3 o'clock, then the element will be considered as piking down and it will receive a 0.1 points deduction.
- Pike down deduction is applied when the angle between the upper body and the legs reaches 135º or less after opening (12 o'clock) and before reaching a trunk position parallel to the bed (3 o'clock). If that angle reaches 135º or less, then a 0.2 points deduction will be applied to that element.

Angle between upper body and legs after opening	Deduction
190º – 171º	No deduction
170º – 136º	0.1
<135º	0.2

20.2.2 lack of stability after a complete exercise (10 elements), a single deduction for the greater fault only:

20.2.2.1 not standing still in an upright position and showing stability for approximately three (3) seconds (max. 0.2) and/or uncontrolled out-bounce (max. 0.1) 0.1-0.3 pts

20.2.2.1.1 Uncontrolled movements in the out-bounce are judged as part of the instability (if the movement helps the gymnast to produce stability) with a maximum deduction of 0.1 pts

Examples of 0.1 points deduction for out-bounce:

- More than one arm circle (with one or both arms)
- Bent legs (flexed knees)
- Bent body (flexed hip, piking body, trunk movement)
- If a gymnast performs a tuck jump, a pike jump, a straddle jump, or any move without rotation after a complete exercise as an outbounce, then the out bounce will not be considered as an additional element.

Examples of acceptable movement in the out-bounce (no deduction):

- Athlete celebration with arms
- One arm circle
-

20.2.2.1.2 Uncontrolled movements in the landing are judged as part of the instability (if the movement helps the gymnast to produce stability), with a maximum deduction of 0.2 pts.

- Uncontrolled movement of the arms while standing on the bed 0.1 each
- Step(s) or bounce(s) 0.1 each
  - For a bounce: a foot must completely leave the trampoline bed to receive a deduction. (If part of the foot is still on the trampoline bed, then no deduction is taken)
  - The deduction is not connected to the length of the step or the bounce, but to the amount.
- Not standing upright 0.1 pts.
  - Gymnast holds a squat position during more than two seconds before returning to an upright position 0.1 pts.
- Turning to the judges before being totally stabilized 0.2 pts.
  - If a gymnast lands and does not show stability for approximately three seconds, then this deduction should be taken.
  - Taking a step, not correcting, and immediately turning to the judges before returning to a stable position.
- When a step is taken (deduction 0.1 pts), coming back with the same foot to a stable upright position is not considered to be a stepping deduction. If competitors do not correct before turning to the judges and/or do not stand still for approximately three seconds, the competitor will receive a 0.2 deduction for landing in addition to any deductions for the out-bounce.

20.2.2.2 after landing, touching the bed with one or both hands 0.5 pts

20.2.2.3 after landing, touching or stepping out on anything other than the trampoline bed 0.5 pts

20.2.2.4 after landing, touching with or falling to the knees, hands & knees, front, back or seat on the bed 1.0 pt

20.2.2.5 landing or falling outside the trampoline bed, leaving the trampoline area, or performing an additional somersault to avoid a fall 1.0 pt

If a gymnast cannot stop/control the rebound of the bed after final landing (10th element) and has to perform a somersault or a "whip-back" etc, a deduction of 1.0 point will be made.

20.2.2.6 performs an additional element 1.0 pt

20.3 The evaluation of execution in the synchronised competition will be done in the same manner as in the individual competition.

21. DUTIES OF THE JUDGES FOR DIFFICULTY (D7-D8)

21.1 Collect the competition cards from Secretariat at least two (2) hours prior to the start of the competition.

21.2 Check the elements and difficulty values entered on the competition cards.

21.3 Determine and record all elements performed, and its difficulty value, on the competition card (according to the FIG numeric system).

21.4 Evaluation of difficulty

21.4.1 For single somersault, difficulty judges should evaluate the position of the element from the beginning of the take-off up to the remaining 135° (before landing).

21.4.2 For multiple somersaults, difficulty judges should evaluate the position of the element after take-off from:

Backward somersault: 90° up to the remaining 180° (before landing)
Forward somersault: 135° up to the remaining 180° (before landing)

21.4.3 Looking at the position of the feet at landing, feet rotation of more than ¼ twist (90°) is considered as a ½ twist, feet rotation of more than ¾ twist (270°) is considered as a full twist, etc.

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

21.5 Display, in public (red flag), if a gymnast executed other element(s) than indicated on the competition card or change their order.

21.6 Determine whether an exercise has an interruption and advise the CJP accordingly when any of the elements in any exercise were intermediate (straight) jumps (see §15.1.3).

21.7 Check that pairs in synchronised competition perform the same element as per §15.1.9 and notify any discrepancy to the CJP.

21.8 Input the difficulty score and the penalties related to difficulty (see §6.1.2 and §14.1).

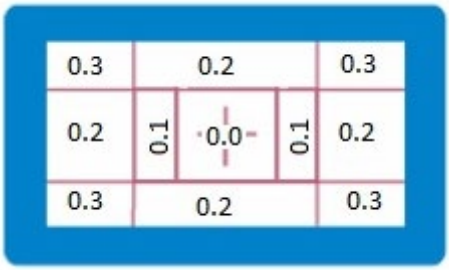
21.9 If there is an acting Superior Jury on site, the Superior Jury and the CJP will control the Synchronised, Time of Flight, Horizontal Displacement Score if the electronic system does not return a score. If there is no acting Superior Jury on site, then Difficulty Judge No. 7 and the CJP will complete this task.

22. DUTIES OF JUDGES FOR HORIZONTAL DISPLACEMENT

22.1 When the evaluation is done by judges, deduction will apply for each element when any part of the body obviously touches outside the outer line of a defined zone.

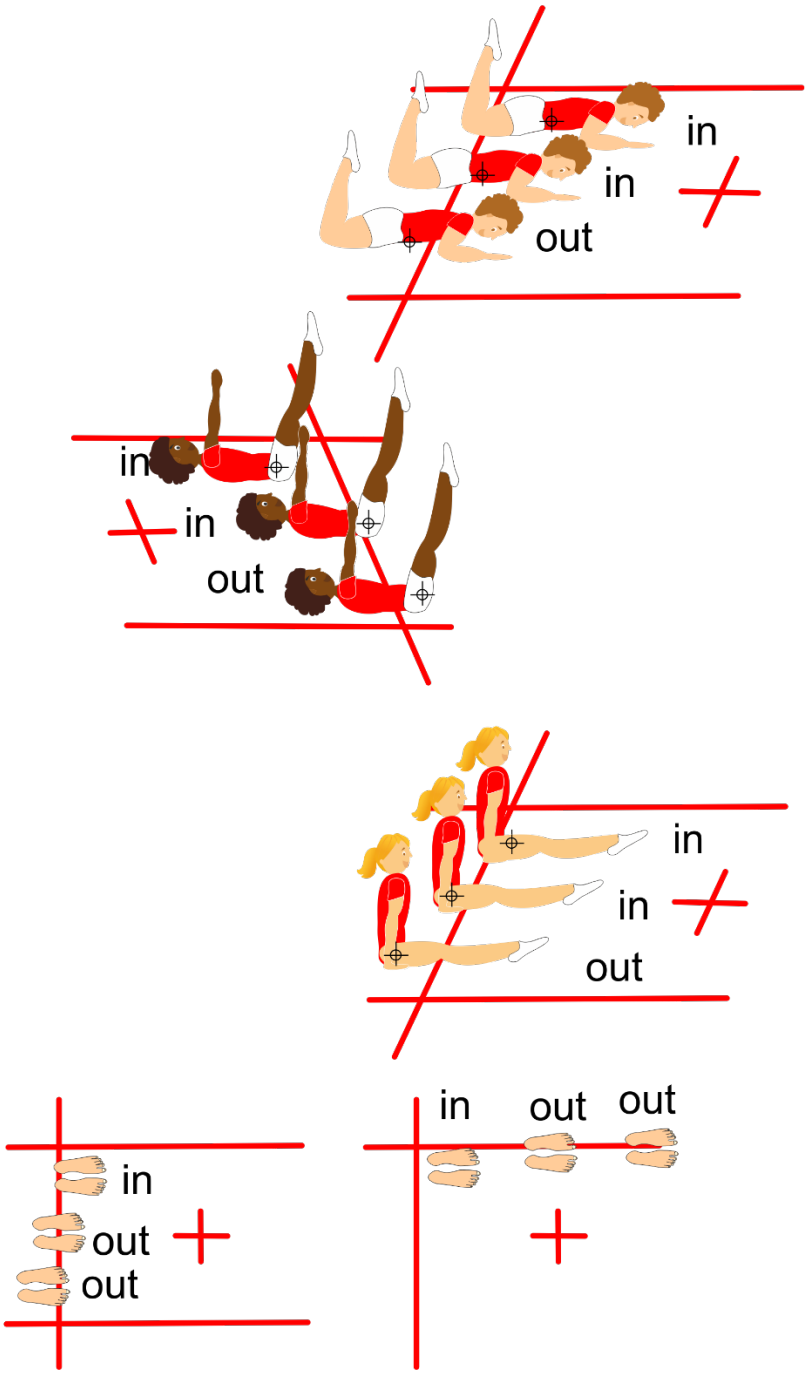
22.2 When the evaluation is done by judges, for the elements performed to the feet, when any part of a foot lands in a zone (obviously outside the outer line), the deduction related to this zone will be applied (see Guide of Judging - Drawings section).

- Landing deduction of each element according to the zones on the bed 0.0-0.3 pts



22.3 When the evaluation is done by judges, for the elements performed to front, back or seat (because a larger portion of the body touches the bed), the hip joint portion of the body touching the bed should be used to determine where the body lands.

HORIZONTAL DISLACEMENT



Lausanne, January 2024

Fédération Internationale de Gymnastique

President Secretary General Trampoline TC President



Code of Points

TUMBLING

Valid from 01.01.2025

A. GENERAL

A tumbling exercise is composed by eight (8) elements and should be planned to demonstrate a variety of forward, backward, and sideward elements. The exercise should show good control, form, execution, and maintenance of tempo. Tumbling is characterised by continuous speedy, rhythmic hand(s) to feet, and feet to feet, rotational jumping elements without hesitation or intermediate steps.

1. INDIVIDUAL COMPETITION

1.1 Tumbling competitions are composed by Qualifications and Finals, according to the following structure:

Competition phase	Who competes?	What performs?	Starting order
Qualification 1	All gymnasts	2 exercises	Draw
Qualification 2	If 48 entries or more, top 24 If 32-47 entrie, top 16 If 31 or fewer entries, none Maximum 3 per NF	1 exercise	Draw
Final 1	Top 8, maximum 2 per NF	1 exercise	Merit + Draw
Final 2	Top 4, no limit per NF	1 exercise	Keep F1 order
Team Final	Top 8, if 12 teams or more Top 5, if less then 12 teams	1 exercise per gymnast	Merit

1.2 **Qualifications**

1.2.1 Qualifications are divided in two rounds: Qualification 1 (Q1) with all registered gymnasts competing, and Qualification 2 (Q2) with a number of gymnasts depending on the number of entries at the definitive registration deadline:

- 1-31 entries No Q2
- 32-47 entries Q2 with 16 gymnasts
- 48 and + entries Q2 with 24 gymnasts

1.2.2 Q1 is composed by two voluntary exercises with no repetition of elements allowed in either exercise. The highest sum of the scores of the two exercises will determine gymnasts qualifying to Q2 **or** to the Finals (see TR).

1.2.3 The starting order for Q1 is decided by a draw taking place after definitive registration deadline.

1.2.4 The gymnasts will be divided in groups, as evenly distributed as possible, of no more than twelve (12) per group, with each group performing their two exercises prior to the next group starting the Qualifying Round. When the total amount of gymnasts is not a multiple of twelve (12), the first competition groups will have one more gymnast than the others.

# Gymnasts	Group 1	Group 2	Group 3	Group 4	Group 5
48	12	12	12	12	

** = See **Part II - Guide to Judging***

49	10	10	10	10	9
51	11	10	10	10	10
53	11	11	11	10	10

1.2.5 The 16 or 24 places for Q2, or the 8 places for the final when there is no Q2, will be granted according to the final ranking of Q1.

1.2.6 Participation in Q2 will be limited to a maximum of 3 gymnasts per NF.

1.2.7 At Q2, each competition group is decided by a draw and will be composed either of 8 or 12 gymnasts. The gymnasts start Q2 with a score of zero. Q2 consists of one voluntary exercise.

1.2.8 The eight (8) places for the Final will be granted according to the final ranking of all gymnasts either in Q1 (less than 32 entries) or in Q2 (32 or more entries at the definitive registration deadline).

1.2.9 Participation in Finals will be limited to a maximum of 2 gymnasts per NF.

1.3 Finals

1.3.1 The starting order for Finals is decided by a draw.
Gymnasts ranked 5th to 8th after Q2 will be drawn for the starting order positions 1 to 4.
Gymnasts ranked 1st to 4th after Q2 will be drawn for the starting order positions 5 to 8.

1.3.2 Finals are divided into two (2) rounds with no repetition of elements allowed in either exercise:

1.3.2.1 In F1, the eight (8) gymnasts will perform one (1) voluntary exercise. Gymnasts start F1 with a score of zero. The best four (4) gymnasts will qualify to F2, while the remaining four (4) will be ranked from 5th to 8th position according to their results in F1.

1.3.2.2 In F2, four (4) gymnasts will perform one (1) voluntary exercise and compete for the title (gold medal) and the remaining places (2nd to 4th). Gymnasts start F2 with a score of zero. The winner is the gymnast with the highest score in F2.

1.3.3 In case of any tie, then tie break rules will apply (see TR).

2. TEAM COMPETITION

2.1 A team is comprised of a minimum of three (3) and a maximum of four (4) gymnasts per event (men's or women's competition).

2.2 **Qualifications**

2.2.1 Q1 acts as qualification for Team Finals.

2.2.2 The team score is calculated after Q1 using the sum of the three (3) highest scores produced by team members across both exercises in Q1. Only one exercise from each gymnast is counted towards the team score.

2.3 **Finals**

2.3.1 The number of teams participating in the Team Finals will be determined according to the number of registered teams at the time of the definitive registration deadline, meeting the following distribution:
Twelve (12) or more registered teams, the eight (8) highest ranked teams in Q1 will qualify for the team final.
Between five (5) and eleven (11) registered teams, the five (5) highest ranked teams in Q1 will qualify for the Team Final.
Four (4) or fewer teams registered, no team final will take place.

2.3.2 Teams in the Finals are composed of (3) gymnasts. Each gymnast will perform one exercise.

2.3.3 Team Finals are composed of three (3) rounds. The starting order for the teams in all three (3) rounds is in reverse order of rank (order of merit). The gymnast from the team ranked 8th

or 5th, depending on the total number of teams competing, will compete first. The gymnast from the team ranked 7th or 4th place will compete second, and so on.

2.3.4 NF will nominate the three (3) gymnasts and the order they will compete for their team in the Final, at least two hours prior to the Team Final.

2.3.5 The classification is determined by the sum of the ranking points (10, 8, 6, 5, 4, 3, 2 and 1) a team achieves in each competition round, according to the following sequency:

Teams in the Final	Place							
	1st	2nd	3rd	4th	5th	6th	7th	8th
Eight teams	10	8	6	5	4	3	2	1
Five teams	10	8	6	5	4	-	-	-

The winner is the team with the highest sum of ranking points in the Team Final.

2.3.6 In case of any tie, then tie break rules will apply (see TR).

2.4 **All Around Team Final**

A team comprises one (1) male and one (1) female gymnast/pair from each of the following categories:

- Individual trampoline
- Synchronized trampoline
- Tumbling
- DMT

2.4.1 Qualifications

2.4.1.1 Q1 acts as qualification for All-Around Team Final.

2.4.1.2 The team score will be the sum of the highest score obtained by one gymnast in each category and gender.

2.4.2 Finals

2.4.2.1 The five (5) highest ranked teams in Q1 qualify for the All-Around Team Final.

2.4.2.2 Teams in the All-Around Team Final consist of one gymnast per country in each category and gender. Each gymnast will perform one exercise.

2.4.2.3 See competition process in TR Section 4

2.4.2.4 The classification is determined by the sum of the ranking points (10, 8, 6, 5 and 4) a team achieves in each round. The winner is the team with the highest sum of ranking points in the Team Final.

2.4.3 In case of any tie, then tie break rules will apply (see TR).

3. EXERCISES

3.1 Each exercise consists of eight (8) elements.

3.2 The first and second exercises of Q1 must be performed without repetition of an element in either of the exercises, as per §13. Q2 consists of one voluntary exercise, where gymnasts may repeat elements performed in Q1.

3.3 The exercises in the Final (F1 and F2) must be performed without repetition of an element in either of the exercises, as per §13.2.

3.4 In the Final a gymnast may repeat elements, or an exercise performed in the Qualifying Round.

3.5 A tumbling exercise must move in one direction only; however, a single element in the reverse direction is allowed at the end of the exercise (8th element) (see §15.3).

3.6 All completed exercises must end with a somersault as per §15.4.

3.7 Second attempt at exercises is not allowed.

3.7.1 If a gymnast is obviously disturbed in an exercise (faulty equipment or substantial external influence or the like), the CJP may allow another attempt. A gymnast's clothing cannot be classed as 'equipment'.

3.7.2 Spectator noise, applause and the like would not normally constitute a disturbance.

4. DRESS FOR GYMNASTS

4.1 **Male gymnasts**

- Sleeveless or short sleeves leotard
- Gym shorts
- White shoes and/or white foot covering may be worn.

4.2 **Female gymnasts**

- Leotard or unitard with or without sleeves (must be skintight)
- Long tights may be worn (must be skintight and be the same colour as the leotard)
- Gym shorts may be worn (must be skintight)
- Head covering may be worn (must be skintight)
- Any other “dress” which is not skintight is not allowed.
- For reasons of safety, covering the face is not allowed.
- White shoes and/or white foot covering may be worn.
- The neckline of the front and back of the leotard/unitard must be proper, the opening is optional but must not exceed half of the sternum and no further than the lower line of the shoulder blades. Leotards/unitards may be with or without sleeves; shoulder strap width must be min. 2 cm. The leg cut of the leotard may not extend up beyond the hip bone (maximum). The leotard leg length cannot exceed the horizontal line around the leg, delineated by no more than 2 cm below the base of the buttocks. Leotards that have some part in lace will have to be lined (from the trunk to the chest).

4.3 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.

4.4 The wearing of jewellery, piercing or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped. Bandages or support pieces must not create big contrast with the skin colour. Underwear must not be visible.

4.5 Any violation of §4.1, §4.2 and §4.4 may result in a penalty of 0.2 points applied by the CJP, which will be deducted from the total score of any of the exercises where the violation occurs. Major violation may result in disqualification from the round in which the offence occurs. This decision is made by the CJP.

4.6 **Teams**

Members of a team must wear uniform dress. Failing to do so may result in disqualification of the team from the team event. This decision is made by the CJP.

4.7 **National emblem or Federation emblem**

See §5.7 in TRA CoP.

4.8 **Coaches**

NF track suit or shorts and T-shirt, and sport shoes.

5. COMPETITION CARDS

5.1 The elements of all exercises must be written down on the competition card with the difficulty value of each element, and in the order as they will be performed. Competition cards could be completed in paper or with an electronic system.

5.2 The FIG numeric system must be used to describe the elements written on the competition card,

otherwise the card will not be accepted (see TUM Difficulty table).

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

5.4 All changes of elements in the competition card will be recorded on the competition card by the Difficulty Judges.

6. EQUIPMENT

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

7. SAFETY REQUIREMENTS

7.1 See TR, Section 4.

8. SCORING SERVICE & SECRETARIAT

8.1 See §9 in TRA CoP.

9. SUPERIOR JURY AND JURY OF APPEAL

9.1 See TR, Section 1.

9.2 In Tumbling, a Superior Jury functions at World Championships, World Games and World Cups.

B. COMPETITION PROCEDURE

10. WARMING UP

10.1 Immediately prior to all competition phases, except All-Around Team Final, each gymnast will be allowed the same number of warm-up passes on the competition apparatus as exercises to be performed in that competition phase (two in Q1, one in Q2, one in TF, and two in F1+F2), one gymnast after the other following the starting order. Once all gymnasts completed their warm-up, competition will start.

10.2 Warm-up control will be conducted by the CJP.

10.3 In the event that a gymnast abuses the number of exercises, the CJP will apply a penalty of 0.2 points from the total score of the following exercise (see §18.10).

10.4 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 six (6) metres in height.

11. START OF AN EXERCISE

11.1 Each gymnast will start on the signal given by the CJP.

11.2 After the signal has been given (as per §11.1), the gymnast must initiate the first element within 20 seconds, otherwise a penalty of 0.2 points will be given by the CJP (see §18.10).

- 61 seconds: the gymnast will not be allowed to start the exercise, no score will be awarded and a designation of "Did Not Start (DNS)" will be given

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 CJP.

** = See **Part II - Guide to Judging***

11.3 A springboard may be used only to initiate the first element. It may be placed anywhere on the tumbling track or the run-up.

11.4 Whether using a springboard or not, the first element must land on the tumbling track, though it may be initiated on the run-up. A tumbling exercise is considered as started when the gymnast initiates the first element (hands touching the track in a round-off or take-off for any forward element).

11.5 After an exercise is started, talking to or giving any form of signal to a gymnast by their own coach during the exercise will result in a penalty of 0.6 pts applied only once by the CJP (see §18.10).

12. REQUIRED POSITIONS DURING AN ELEMENT

12.1 See §13 in TRA CoP.

12.2 Any backward, non-twisting, single somersault, executed at shoulder height or below, regardless of position, will be considered and evaluated as a *whipback*.

12.3 Double somersaults, with or without twist, in straight position may be performed with legs separated (split legs). A minimum angle of 90º between the two legs must be reached to consider this element as valid and different to the straight position. Both legs must be together when the body reaches position parallel to the floor (3 o'clock).

13. REPETITION OF ELEMENTS

13.1 With the exception of cartwheels, round-offs, flic-flacs, front handsprings, whipbacks, no element may be repeated during the two (2) exercises of Q1 as per §3.2, otherwise the difficulty of the repeated element will not be counted (see also §13.5 below).

13.1.1 Full twist backs can be performed a maximum of three times per exercise; otherwise, the difficulty of any extra full twist back will not be counted.

13.1.2 Full twist back can be performed only in one of the two exercises in Q1 as the eighth element; otherwise, the difficulty of the second full twist back as a last element will not be counted.

13.2 In the Final exercises (F1 and F2) the same element may not be repeated, with the exception of the elements mentioned in 13.1, otherwise the difficulty of the repeated element will not be counted (see also §13.5 below).

13.3 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.

13.4 Multiple somersaults (720° or more) having the same number of twists and somersaults will be considered as repetition if the twist is not located in different phases (see Part II: 1.A).

13.5 Elements or exercises from the Q1 may be repeated in any other phase of the individual and team competitions.

14. INTERRUPTIONS OF AN EXERCISE

14.1 An exercise will be considered interrupted if the gymnast:

14.1.1 Is touched by a spotter.

14.1.2 Takes intermediate steps or stops.

14.1.3 Falls to the track/zone/area during an exercise.

14.1.4 Touches any part outside the outer lines of the tumbling track with any part of the body.

14.1.5 Touches the tumbling track with any part of the body other than hands or feet.

14.1.6 Performs movement without rotation round the lateral and dorso-ventral axis of the body.

14.2 No credit will be given for the element in which the interruption occurs.

14.3 A gymnast will be judged only on the number of elements completed on the feet on the tumbling track or the landing area. Any element with a take-off initiated from the landing zone/area will not be counted.

14.4 The CJP will decide the maximum number of valid elements. The maximum E-score equals the number of valid elements plus two (2) points.

15. TERMINATION OF THE EXERCISE

15.1 Each exercise must end on feet on the track or the landing area, otherwise the last element will not be counted.

15.2 After the last element, the gymnasts must stand upright, and show stability for approximately three (3) seconds; otherwise, they will receive a deduction (see §19.2.2).

15.3 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 §3.5. A failure to observe this rule will result in a penalty of 0.4 points by the CJP (see §18.10).

15.4 If a gymnast *touches* the track or the landing 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.

15.5 All completed exercises (8 elements) must end with a somersault, otherwise there will be a penalty of 2.0 points by the CJP (see §18.10).

15.6 If a gymnast executes more than eight (8) elements, the E judges will apply 1.0 points as landing deduction. (see §19.2.2.6).

16. SCORING

Three (3) types of mark are used:
"D" type mark, which is the total of the degree of difficulty in one exercise,
"E" type mark, which is the total given by Execution Judges in one exercise, and
"P" type mark, which are the penalties applied to one exercise.

16.1* **Evaluation of difficulty**

In principle the amount of difficulty obtained in a single element during an exercise is open, but for Junior and Age Group competitions where it is limited according to the FIG Junior and WAGC Rules. Elements with higher difficulty can be performed but will get the limited difficulty value corresponding to their respective age group. Quadruple somersaults in Youth/Junior competitions are not allowed and will result in a disqualification from the competition.

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

16.1.1	Only elements terminating on the feet will be evaluated.	
16.1.2	Cartwheels, aerials, flic-flacs, round-offs and front handsprings	0.1 pts
16.1.3	Whipbacks (tempo salto)	0.2 pts
16.1.4	Somersaults:	
16.1.4.1	Each somersault (360°)	0.5 pts
16.1.4.2	Single somersaults done in the pike or straight position, without twist, will receive a bonus of	0.1 pts
16.1.4.3	Each front somersault will receive a bonus of	0.1 pts
16.1.5	Somersaults with twisting:	
16.1.5.1	Single somersault:	
	• ½ twist (180°)	0.2 pts
	• Each ½ twist more than two (2) twists (720°)	0.3 pts
	• Each ½ twist more than three (3) twists (1080°)	0.4 pts
16.1.5.2	Double somersaults:	
	• ½ twist (180°)	0.1 pts
	• Each ½ twist more than one (1) twist (360°)	0.2 pts

** = See **Part II - Guide to Judging***

- Each ½ twist more than two (2) twists (720°) 0.3 pts
- Each ½ twist more than three (3) twists (1080°) 0.4 pts

16.1.5.3 Triple somersaults:

- Each ½ twist (up to 360°) 0.3 pts
- Each ½ twist more than one (1) twist (360°) 0.4 pts

16.1.6 Multiple somersaults - with or without twist

16.1.6.1 Bonus for elements in pike position

Double somersaults	0.1 pts
Triple somersaults	0.2 pts
Quadruple somersaults	0.3 pts

16.1.6.2 Bonus for elements in straight position

Double somersaults	0.2 pts
Triple somersaults	0.4 pts

16.1.6.3 In double somersaults the value of the element, including any twist, any bonus for position will be doubled.

16.1.6.4 Double back somersaults with split legs will be considered as different from double back straight somersaults, but it will receive the same D value (2.4 points for a double back straight; or 2.8 for a full in back out straight). The symbol for this element is "- - Y" or "2 – Y".

16.1.6.5 In triple somersaults the value of the element, including any twist, any bonus for position will be tripled.

16.1.6.6 In quadruple somersaults the value of the element, including any twist, any bonus for position will be quadrupled.

16.1.7 Bonus for Women's competition only:

16.1.7.1 The second, third, etc. element with minimum difficulty of 2.0 in one exercise will receive a bonus of 1.0 pts. This will be added as a bonus to the total D score for that pass.

16.1.7.2 If two elements with a minimum difficulty of 2.0 points are directly linked, then the exercise will receive an additional bonus of 1.0 points.

16.1.8 Bonus for Men's competition only:

16.1.8.1 The second, third, etc. element with minimum difficulty of 4.4 in one exercise will receive a bonus of 1.0 pts. This will be added as a bonus to the total D score for that pass.

16.1.8.2 If two elements with a minimum difficulty of 2.0 points are directly linked, then the exercise will receive an additional bonus of 1.0 points.

16.2 Method of scoring

16.2.1 The evaluation of execution and difficulty is done in 1/10 of a point.

16.2.2 Judges must input their deductions into the scoring system independently of each other.

16.2.3 Evaluation of the score for execution (E):

16.2.3.1 The Execution judges make deductions for poor execution as per §19.2.

16.2.3.2 The sum of the two (2) median deductions of the execution judges is taken as the deduction per element, then the sum of the median deductions [considering landing deductions] is subtracted from the highest possible execution score [max. 20 pts] to give the gymnast's execution score for an exercise.

16.2.4 Missing deduction(s)

16.2.4.1 If an Execution Judge fails to enter deductions for an exercise, the average of the other deductions per element and/or landing will be taken for the missing deduction(s). This decision is made by the CJP.

16.2.5 Evaluation of the score for difficulty:

16.2.5.1 The Difficulty Judges calculate the difficulty of the voluntary exercises as per §3.2, §3.3, §13, §14 and §16.1.1-16.1.8.

16.2.6 Total score for an exercise:

16.2.6.1 Each element is scored separately and a total of execution plus difficulty is calculated for each voluntary exercise.

16.2.6.2 The total score is calculated by adding together the two (2) "E" marks (execution) plus the "D" mark (difficulty) minus penalties as per §3.6, §4.5, §4.7, §10.3, §11.2, §11.5, §15.3 and §15.4. The "E" mark (execution) is the result of the maximum mark (20 pts.) minus the sum of the two median deductions per element and landing.

Score = E (max. 20 pts) + D – P

16.2.7 All scores will be rounded to two (2) decimal places. Such rounding will only be made in respect of the gymnasts' total score for an exercise.

16.2.8 The CJP is responsible for determining the validity of the final scores.

C. THE JUDGES' PANEL

17. THE JUDGES' PANEL

17.1 Composition:

17.1.1	Chair of Judges Panel	1
17.1.2	Judges for Execution (E1-E6)	6
17.1.3	Judges for Difficulty (D7-D8)	2
17.1.4	**Total**	**9**

17.2 The CJP and judges 1-8 must sit separately on a podium of at least 50 cm of height and placed at least at five (5) meters from the side of the tumbling track, with the judges' tables positioned starting from meter 16 of the tumbling track.

17.3 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. When there is no Superior Jury, the decision is taken by the CJP. See TR, Section 1 and §9.2 of CoP.

17.3.1 If an Execution Judge is replaced, the CJP may decide that his previous marks will be replaced by the average of the remaining marks (see §16.2.4).

17.4 Some competitions can be conducted with only 4 execution judges (see General Judges' Rules)

18. DUTIES OF THE CHAIR OF JUDGES' PANEL

18.1 Control of the facilities and electronic judging systems.

18.2 Organise the Judges' conference and the trial scoring (see TR, Section 1).

18.3 Place and supervise all Judges and recorders.

18.4 Direct the competition.

18.5 Convene the judges' panel.

18.6 Decide if a second attempt should be allowed (see §3.7).

18.7 Declare the maximum mark in the case of an interrupted exercise (see §16).

18.8 Apply the following landing penalties:

20.8.1	landing outside the outer lines of the track or landing zone	1.0 pts
18.8.2	after landing, touching or stepping out of the landing zone to the landing area or the track	0.2 pts

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 §19.2 or a penalty as per §18.10.

18.9 Decide if a Judge fails to show his score immediately (see §16.2.4).

18.10 Decide about penalties as per §4.5, §4.7, §10.3, §11.2, §11.5, §15.3, §15.4, and §18.8.2, and input accordingly.

18.11 Supervise and control all scores, calculations and the final results and interfere if he recognizes obvious calculation errors.

18.12 Decide about inquiries before the start of the next round (see TR, Section 1).

19. DUTIES OF THE JUDGES FOR EXECUTION (E1-E6)

19.1 Evaluate the execution in the range 0.0 to 0.5 points as per §19.2 and register their deductions.

19.2 Deductions for execution

19.2.1* lack of form, control, height, and rhythm in each element 0.1-0.5 pts

- These deductions are not applied after the body is parallel to the floor (at 3 o'clock), as gymnast must prepare their landing.

19.2.1.1 Position of the arms

Whenever possible, not keeping arms close to the body	0.1 pts
Opening of the arms in a twist	0.1 pts

19.2.1.2 Position of the legs

Bent knees in pike and straight positions during the flying phase 0.1-0.2 pts

Feet not together	0.1 pts
Knees not together	0.1 pts
Toes not pointed	0.1 pts

- All these deductions are added up to a maximum of 0,5 points.

19.2.1.3 Opening of the element

- A tuck or pike element is considered as open when the angle between legs and the upper body reaches 180º (at 12 o'clock). This straight position must be showed, at the earliest, at 10 o'clock in multiple somersaults, and, at the latest, at 1 o'clock. If this 180º angle is never reached, then the element will receive a 0.1 points deduction.
- A straight element is not expected to be opened, as the flying phase is meeting the 180º requirement.
- As tumblers are not expected to open the multiple twisting elements or the triple somersaults, judges must evaluate the preparation for landing, according to the following figures:

- ... if the upper body is clearly under 90° 0.2



- ... if the upper body is close to 90° 0.1



- …if the upper body becomes clearly over 90° 0.0



** = See **Part II - Guide to Judging***

19.2.1.4 End of twisting

- Elements including twisting rotation until the landing time will receive a 0.2 points deduction.

19.2.1.5 Keeping straight body position after opening any single somersault and double somersault without multiple twisting:

- After opening, gymnasts must keep the straight position until the body reaches a position parallel to the floor. If the straight position is not kept until 3 o'clock, then the element will be considered as piking down and it will receive a 0.1 points deduction.
- Pike down deduction is applied when the angle between the upper body and the legs reaches 135º or less after opening (12 o'clock) and before reaching a trunk position parallel to the floor (3 o'clock). If that angle reaches 135º or less, then a 0.2 points deduction will be applied to that element.

Angle between upper body and legs after opening	**Deduction**
190º – 171º	No deduction
170º – 136º	0.1
<135º	0.2

19.2.2* lack of stability after a complete exercise (8 elements), a single deduction <u>for the greater fault only</u>:

19.2.2.1 not standing still in an upright position and showing stability for approximately three (3) seconds 0.1-0.3 pts

If the gymnast forgets to stand still and leaves the landing area within approximatively three (3) seconds of landing the E-judges will decide whether this was due to lack of stability (deduction 1.0 pts), or merely that he forgot to stand still (deduction 0.3 pts).

19.2.2.2 after landing, and with the feet on the landing zone/area, touching the track or landing zone/area with one or both hands 0.5 pts

19.2.2.3 after landing, touching the track or landing area or falling to any part of the body apart from the feet 1.0 pt

19.2.2.4 assistance from a spotter after landing 1.0 pt

19.2.2.5 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, or performing an additional somersault to avoid a fall 1.0 pt

If a gymnast cannot stop/control the rebound of the track after final landing (8th element) and has to perform a somersault or a "whip-back" etc, a deduction of 1.0 will be made.

19.2.2.6 performs an additional element 1.0 pt

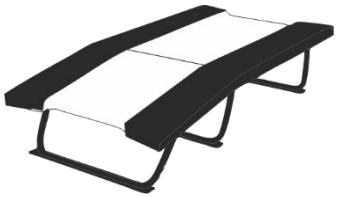
20. DUTIES OF THE JUDGES FOR DIFFICULTY (D7-D8)

20.1 Collect the competition cards from Secretariat at least two (2) hours prior to the start of the competition.
20.2 Check the elements and difficulty values entered on the competition cards.
20.3 Determine and record all elements performed, and its difficulty value, on the competition card (according to the FIG numeric system).
20.4 Display, in public (red flag), if a gymnast executed other element(s) than indicated on the competition card or change their order.
20.5 Input the difficulty score.

Lausanne, January 2024

Fédération Internationale de Gymnastique

President Secretary General Trampoline TC President



DOUBLE MINI-TRAMPOLINE

Valid from 1.1.2025

A. GENERAL

A DMT exercise is composed by two (2) elements and should be planned to demonstrate a variety of forward and backward twisting or non twisting elements. The exercise should show good control, form, execution, height, and maintenance of height show good control, form, execution and maintenance of tempo. DMT is characterised by high, continuous rhythmic feet to feet rotational jumping elements, without hesitation or intermediate straight bounces.

1. INDIVIDUAL COMPETITION

1.1 DMT competitions are composed by Qualifications and Finals, according to the following structure:

Competition phase	Who competes?	What performs?	Starting order
Qualification 1	All gymnasts	2 exercises	Draw
Qualification 2	If 48 entries or more, top 24 If 32-47 entrie, top 16 If 31 or fewer entries, none Maximum 3 per NF	1 exercise	Draw
Final 1	Top 8, maximum 2 per NF	1 exercise	Merit + Draw
Final 2	Top 4, no limit per NF	1 exercise	Keep F1 order
Team Final	Top 8, if 12 teams or more Top 5, if less then 12 teams	1 exercise per gymnast	Merit

1.2 **Qualifications**

1.2.1 Qualifications are divided in two rounds: Qualification 1 (Q1) with all registered gymnasts competing, and Qualification 2 (Q2) with a number of gymnasts depending on the number of entries at the definitive registration deadline:

- 1-31 entries No Q2
- 32-47 entries Q2 with 16 gymnasts
- 48 and + entries Q2 with 24 gymnasts

1.2.2 Q1 is composed by two voluntary exercises with no repetition of elements allowed in either exercise. The highest sum of the scores of the two exercises will determine gymnasts qualifying to Q2 **or** to the Finals (see TR).

1.2.3 The starting order for Q1 is decided by a draw taking place after definitive registration deadline.

1.2.4 The gymnasts will be divided in groups, as evenly distributed as possible, of no more than twelve (12) per group, with each group performing their two exercises prior to the next group starting the Qualifying Round. When the total amount of gymnasts is not a multiple of twelve (12), the first competition groups will have one more gymnast than the others.

# Gymnasts	Group 1	Group 2	Group 3	Group 4	Group 5
48	12	12	12	12	
49	10	10	10	10	9
51	11	10	10	10	10
53	11	11	11	10	10

1.2.5 The 16 or 24 places for Q2, or the 8 places for the final when there is no Q2, will be granted according to the final ranking of Q1.

1.2.6 Participation in Q2 will be limited to a maximum of 3 gymnasts per NF.

1.2.7 At Q2, each competition group is decided by a draw and will be composed either by 8 or 12 gymnasts. The gymnasts start Q2 with a score of zero. Q2 consists of a voluntary exercise.

1.2.8 The eight (8) places for the Final will be granted according to the final ranking of all gymnasts either in Q1 (less than 32 entries) or in Q2 (32 or more entries at the time of definitive registration deadline).

1.2.9 Participation in Finals will be limited to a maximum of 2 gymnasts per NF.

1.3 Finals

1.3.1 The starting order for Finals is decided by a draw.
Gymnasts ranked 5th to 8th after Q2 will be drawn for the starting order positions 1 to 4.
Gymnasts ranked 1st to 4th after Q2 will be drawn for the starting order positions 5 to 8.

1.3.2 Finals are divided into two (2) rounds with no repetition of elements allowed in either exercise:

1.3.2.1 In F1, the eight (8) gymnasts will perform one (1) voluntary exercise. Gymnasts start F1 with a score of zero. The best four (4) gymnasts will qualify to F2, while the remaining four (4) will be ranked from 5th to 8th position according to their results in F1.

1.3.2.2 In F2, four (4) gymnasts will perform one (1) voluntary exercise and compete for the title (gold medal) and the remaining places (2nd to 4th). Gymnasts start F2 with a score of zero. The winner is the gymnast with the highest score in F2.

1.3.3 In case of any tie, then tie break rules will apply (see TR).

2. TEAM COMPETITION

2.1 A team comprises a minimum of three (3) and a maximum of four (4) gymnasts per event (men's or women's competition).

2.2 **Qualifications**

2.2.1 Q1 acts as qualification for Team Finals.

2.2.2 The team score is calculated after Q1 using the sum of the three (3) highest scores produced by team members across both exercises in Q1. Only one exercise from each gymnast is counted towards the team score.

2.3 **Finals**

2.3.1 The number of teams participating in the Team Finals will be determined according to the number of registered teams at the time of the definitive registration deadline, meeting the following distribution:
If the total number or registered teams is twelve (12) or more, the eight (8) highest ranked teams in Q1 qualify for the Team Final.
If the total number of registered teams is from five (5) to eleven (11)., the five (5) highest ranked teams in Q1 qualify for the Team Final
If the total number of registered teams is four or less, no team final will take place.

2.3.2 Teams in the Finals are composed of three (3) gymnasts. Each gymnast will perform one exercise.

2.3.3 Team Finals are composed of three (3) rounds. The starting order for the teams in all three (3) rounds is in reverse order of rank (order of merit). The gymnast from the team ranked 8th or 5th, depending on the total number of teams competing, will compete first. The gymnast from the team ranked 7th or 4th place will compete second, and so on.

2.3.4 NF will nominate the three (3) gymnasts and the order they will compete for their team in the Final, at least two hours prior to the Team Final.

2.3.5 The classification is determined by the sum of the ranking points (10, 8, 6, 5, 4, 3, 2 and 1) a team achieves in each competition round, according to the following sequency:

Teams in the Final	Place							
	1st	2nd	3rd	4th	5th	6th	7th	8th
Eight teams	10	8	6	5	4	3	2	1
Five teams	10	8	6	5	4	-	-	-

The winner is the team with the highest sum of ranking points in the Team Final.

2.3.6 In case of any tie, then tie break rules will apply (see TR).

2.4 **All Around Team Final**

A team comprises one (1) male and one (1) female gymnast/pair from each of the following categories:

- Individual trampoline
- Synchronized trampoline
- Tumbling
- DMT

2.4.1 Qualifications

2.4.1.1 Q1 acts as qualification for All-Around Team Final.

2.4.1.2 The team score will be the sum of the highest score obtained by one gymnast in each category and gender.

2.4.2 Finals

2.4.2.1 The five (5) highest ranked teams in Q1 qualify for the All-Around Team Final.

2.4.2.2 Teams in the All-Around Team Final consist of one gymnast per country in each category and gender. Each gymnast will perform one exercise.

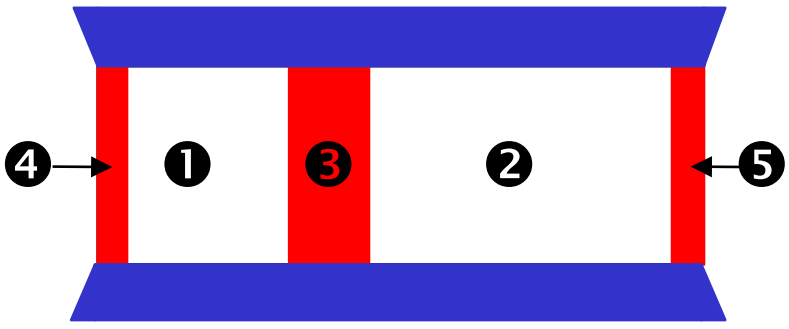
2.4.2.3 See competition process in TR Section 4

2.4.2.4 The classification is determined by the sum of the ranking points (10, 8, 6, 5 and 4) a team achieves in each round. The winner is the team with the highest sum of ranking points in the Team Final.

2.4.3 In case of any tie, then tie break rules will apply (see TR).

3. EXERCISES

3.1 In a DMT exercise a maximum of three (3) contacts with the bed are allowed with no intermediate bounce between the two elements, and according to the following definition of DMT zones:



3.1.1 The mounting zone is defined as the area of the bed in front of and including the middle

zone **(4+1+3)**

3.1.2 Middle zone **(3)**

3.1.3 The spotter/dismount zone is defined as the area of the bed to the rear of and including the middle zone **(3+2+5)**

3.1.4 End markers **(4+5)**

3.2 Each exercise consists of two (2) elements: one (1) mounting element or spotter element and one (1) dismount element.

3.2.1 A straight mounting jump or mounting element must take off from the mounting area and land in the spotter/dismount zone.

3.2.2 The spotter element must take off and land in the spotter/dismount zone.

3.2.3 If any of these (mounting element or spotter element) are not executed in the correct area as detailed here, the exercise will be invalid (score 0).

3.2.4 A dismount element must take off from the spotter/dismount zone and land in the landing area.

3.2.5 A dismount element not executed from a mounting element or spotter element is not valid.

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

3.2.6 A straight mounting jump without twists is not considered an element. If a straight jump is used as a spotter element or dismount element, the exercise will be interrupted (see §14.1.8).

3.2.7 Any violation of §3.2 will cause an interruption of the exercise (see §14.1.7).

3.3 Second attempts at exercises are not allowed.

3.3.1 If a gymnast is obviously disturbed in an exercise (faulty equipment or substantial external influence or the like), the CJP may allow another attempt. A gymnast's clothing cannot be classed as 'equipment'.

3.3.2 Spectator noise, applause and the like would not normally constitute a disturbance.

4. DRESS FOR GYMNASTS AND SPOTTERS

4.1 **Male gymnasts**

- Sleeveless or short sleeves leotard
- Gym shorts
- White trampoline shoes and/or socks.

4.2 **Female gymnasts**

- Leotard or unitard with or without sleeves (must be skintight)
- Long tights may be worn (must be skintight and be the same colour as the leotard)
- Gym shorts may be worn (must be skintight)
- Head covering may be worn (must be skintight)
- Any other “dress” which is not skintight is not allowed.
- For reasons of safety, covering the face is not allowed.
- White trampoline shoes and/or socks.
- The neckline of the front and back of the leotard/unitard must be proper, the opening is optional but must not exceed half of the sternum and no further than the lower line of the shoulder blades. Leotards/unitards may be with or without sleeves; shoulder strap width must be min. 2 cm. The leg cut of the leotard may not extend up beyond the hip bone (maximum). The leotard leg length cannot exceed the horizontal line around the leg, delineated by no more than 2 cm below the base of the buttocks. Leotards that have some part in lace will have to be lined (from the trunk to the chest).

4.3 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.

4.4 The wearing of jewellery, piercing or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped. Bandages or support pieces must not create big contrast with the skin colour. Underwear must not be visible.

4.5 Any violation of §4.1, §4.2 and §4.4 may result in a penalty of 0.2 points applied by the CJP, which will be deducted from the total score of any of the exercises where the violation occurs. Major violation may result in disqualification from the round in which the offence occurs. This decision is made by the CJP.

4.6 **Teams**
Members of a team must wear uniform dress. Failing to do so may result in disqualification of the team from the team event. This decision is made by the CJP.

4.7 **National emblem or Federation emblem**
See §5.7 in TRA CoP.

4.8 **Coaches**
NF track suit or shorts and T-shirt, and sport shoes.

5. COMPETITION CARDS

5.1 The elements of all exercises must be written down on the competition card with the difficulty value of each element, and in the order as they will be performed. Competition cards could be completed in paper or with an electronic system.

5.2 The FIG numeric system must be used to describe the elements written on the competition card, otherwise the card will not be accepted (see DMT Difficulty table).

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

5.4 All changes of elements in the competition card will be recorded on the competition card by the Difficulty Judges.

6. EQUIPMENT

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

7. SAFETY REQUIREMENTS

7.1 See TR, Section 4.

8. SCORING SERVICE & SECRETARIAT

8.1 See §9 in TRA CoP.

9. SUPERIOR JURY AND JURY OF APPEAL

9.1 See TR, Section 1.

9.2 In DMT, a Superior Jury functions at World Championships, World Games and World Cups.

B. COMPETITION PROCEDURE

10. WARMING UP

10.1 Immediately prior to all competition phases, except All-Around Team Final, each gymnast will be allowed the same number of warm-up passes on the competition apparatus as exercises performed in that competition phase (two in Q1, one in Q2, one in TF, and two in F1+F2), one gymnast after the other following the starting order. Once all gymnasts completed their warm-up, competition will start.

10.2 Warm-up control will be conducted by the CJP.

10.3 In the event that a gymnast abuses the number of exercises, the CJP will apply a penalty of 0.2 points from the total score of the following exercise (see §18.10).

10.4 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 six (6) metres in height.

11. START OF AN EXERCISE

11.1 Each gymnast will start on the signal given by the CJP.

11.2 After the signal has been given (as per §11.1), the gymnast must initiate the first element within 20 seconds, otherwise a penalty of 0.2 points will be given by the CJP (see §18.10).

- 61 seconds: the gymnast will not be allowed to start the exercise, no score will be awarded and a designation of "Did Not Start (DNS)" will be given

If this time limit is exceeded because of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the CJP.

11.3 If there is a faulty start and the gymnast has not initiated the first element, then the gymnast may re-start on a signal from the CJP. A DMT exercise is considered as started when the gymnast initiates the first element (take-off from DMT either at the mount or at the spotter zone). A slight flexion of the knees is not considered as an element when an exercise is started with an element performed in the spotter zone.

11.4 After an exercise is started, talking to or giving any form of signal to a gymnast by their own coach will result in a penalty of 0.6 pts applied only once by the CJP (see §18.10).

12. REQUIRED POSITIONS DURING AN ELEMENT

12.1 See §13 in TRA CoP.

12.2 Double somersaults, with or without twist, in straight position may be performed with legs separated. A minimum angle of 90º between the two legs must be reached to consider this element as valid and different to the straight position. Both legs must be together when the body reaches a position parallel to the floor (3 o'clock).

13. REPETITION OF ELEMENTS

13.1 No element may be repeated during the two (2) exercises of Q1, otherwise the difficulty of the repeated element will not be counted (see also §13.5 below).

13.2 No element may be repeated during the two (2) exercises in the Final (F1 and F2), otherwise the difficulty of the repeated element will not be counted (see also §13.5 below).

13.3 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.

13.4 All multiple somersaults with the same amount of twisting rotation, performed without a recognisable pause in twisting rotation or without defined positions, will be considered as repetitions if used more than once.

13.5 Elements or exercises from the Q1 may be repeated in any individual and team Finals. In Q2, elements can be repeated, but not in the same zone of the DMT as in Q1.

14. INTERRUPTIONS OF AN EXERCISE

14.1 An exercise will be considered interrupted if the gymnast:

14.1.1 Obviously does not land simultaneously on both feet on the bed.

14.1.2 Does not use the elasticity of the bed after landing for the immediate continuation of the next element.

14.1.3 Is touched by a spotter or a spotter mat.

14.1.4 Leaves the DMT.

14.1.5 Lands on any part of his body except his feet on the DMT bed.

14.1.6* Lands on any part of the DMT other than the bed during the exercise.
Due to the narrowness of the DMT bed, it is possible for the gymnast may touch something other than the bed (pad / springs) with some part of the body, even though his feet land on the bed as required - §14.3 will apply (see below). However, if it is obvious that the foot lands outside the bed (frame/pad etc.) this will constitute an interruption.

14.1.7 Does not perform a mounting element, spotter element or dismount element from or to the correct area (as per §3.2).

14.1.8 Performs a straight jump as a spotter or dismount (as per §3.2.6).

14.2 No credit will be given for the element in which the interruption occurs in respect of §14.1.

14.3 Due to the narrowness of the apparatus, touching anything other than the bed (pad/springs) during an exercise will not cause an interruption, but will get a penalty of 0.2 points from the CJP (see §18.10). This deduction will be applied for each time the pad or springs are touched.

14.4 A gymnast will be judged only on the number of elements completed on both feet.

14.5 The CJP will decide the maximum number of valid elements. The maximum E-score for an exercise composed of two elements is 20 points. The maximum E-score for an exercise composed of one element is 16 points.

15. TERMINATION OF THE EXERCISE

15.1 After the dismount element, the exercise must end under control, with feet within the landing area, otherwise the dismount element will not be counted.

15.2 After the dismount element, the gymnasts must stand upright, for approximately three (3) seconds, otherwise there will be a deduction for lack of stability (see §19.2.2).

16. SCORING

Three (3) types of mark are used:
"D" type mark, which is the total of the degree of difficulty in one exercise,
"E" type mark, which is the total given by Execution Judges in one exercise, and
"P" type mark, which are the penalties applied to one exercise.

16.1 **Evaluation of difficulty**

In principle the amount of difficulty obtained in a single element during an exercise is open, but for Junior and Age Group competitions where it is limited according to the FIG Junior and WAGC Rules. Elements with higher difficulty can be performed but will get the limited difficulty value corresponding to their respective age group. Quadruple somersaults in Youth/Junior competitions are not allowed and will result in a disqualification from the competition.

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

16.1.1 Only elements terminating on the feet will be evaluated.

16.1.2 Each 1/2 twist (180°) (with the exception in § 16.1.4.2) 0.2 pts

16.1.3 Each somersault (360°) 0.5 pts

16.1.4 Single somersaults:

16.1.4.1 Single somersaults done in the piked or straight position, without twist, will receive a bonus of 0.1 points.

16.1.4.2 In single somersaults with more than one (1) twist (360°), the difficulty of twist will be as follows:

- Each ½ twist more than one (1) twist (360°) 0.3 pts
- Each ½ twist more than two (2) twists (720°) 0.4 pts
- Each ½ twist more than three (3) twists (1080°) 0.5 pts
- Each ½ twist more than four (4) twists (1440°) 0.6 pts

16.1.5 Side somersaults have no difficulty value.

16.1.6 Multiple somersaults - with or without twist:

16.1.6.1 Double somersaults performed in the piked position will receive a bonus of 0.4 points, triple somersaults in the piked position will receive a bonus of 0.8 points and quadruple somersaults in the piked position will receive a bonus of 1.6 points.

16.1.6.2 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.

16.1.6.3 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.

16.1.6.4 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.

16.1.6.5 In quadruple somersaults the value of the element, including any twist, will be quadrupled. The bonus for pike or straight position is then added to give the total value of the element.

16.1.7 In elements combining somersault and twist, the difficulty values for somersault and twist are added together.

16.2 Method of scoring.

16.2.1 The evaluation of execution and difficulty is done in 1/10 of a point.

16.2.2 Judges must input their deductions into the scoring system independently of each other.

16.2.3 Evaluation of the score for execution (E):

16.2.3.1 The Execution judges make deductions for poor execution as per §19.2.

16.2.3.2 The sum of the two (2) median deductions of the execution judges is taken as the deduction per element, then the sum of the median deductions [considering landing deductions] is subtracted from the highest possible execution score [max. 20 pts] to give the gymnast's execution score for an exercise.

16.2.4 Missing deduction(s)

16.2.4.1 If an Execution Judge fails to enter deductions for an exercise, the average of the other deductions per element and/or landing will be taken for the missing deduction(s). This decision is made by the CJP.

16.2.5 Evaluation of the score for difficulty:

16.2.5.1 The Difficulty Judges calculate the difficulty of the exercises as per §3.2, §13, §14 and §16.1.

16.2.6 Total score for an exercise:

16.2.6.1 Each exercise is scored separately and a total of execution plus difficulty is calculated for each exercise.

16.2.6.2 The total score is calculated by adding together the two (2) "E" marks (execution) plus the "D" mark (difficulty) minus penalties as per §4.5, §4.7,

§10.3, §11.2, §11.4, §14.3 and §18.8. The "E" mark (execution) is the result of the maximum mark (20 pts.) minus the sum of the two median deductions per element and landing.

Score = E (max. 20 pts) + D – P

18.2.7 All scores will be rounded to two (2) decimal places. Such rounding will only be made in respect of the gymnasts' total score for an exercise.

18.2.8 The CJP is responsible for determining the validity of the final scores.

C. THE JUDGES' PANEL

17. THE JUDGES' PANEL

17.1 Composition:

17.1.1	Chair of Judges Panel	1
17.1.2	Judges for Execution (E1-E6)	6
17.1.3	Judges for Difficulty (D7-D8)	2
17.1.4	**Total**	**9**

17.2 The CJP and judges 1-8 must sit separately on a podium of at least 50 cms. of height, at least five (5) metres from the side of the Double Mini-Trampoline.

17.3 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. When there is no Superior Jury, the decision is taken by the CJP. See TR, Section 1 and §9.2 of CoP.

17.3.1 If an Execution Judge is replaced, the CJP may decide that his previous marks will be replaced by the average of the remaining marks (see §16.2.4).

17.4 Some competitions can be conducted with only 4 execution judges (see General Judges' Rules)

18. DUTIES OF THE CHAIR OF JUDGES PANEL

18.1 Control of the facilities and electronic judging systems.

18.2 Organise the Judges' conference and the trial scoring (see TR, Section 1).

18.3 Place and supervise all Judges and recorders.

18.4 Direct the competition.

18.5 Convene the judges' panel.

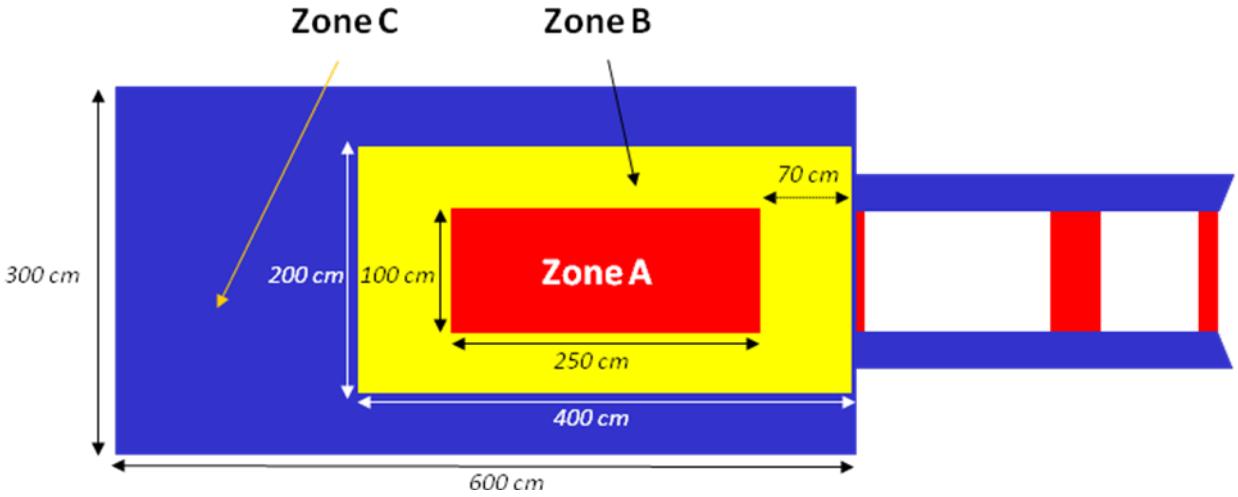
18.6 Decide if a second attempt should be allowed (see §3.3.1).

18.7 Declare the maximum mark in the case of an interrupted exercise (see §14).

18.8 Apply the following landing penalties:

18.8.1*	landing inside zone B (see Part II – Guide to Judging)	0.6 pts
18.8.2*	landing inside zone C (see Part II – Guide to Judging)	1.0 pts
18.8.3	touching or stepping out from zone A to zone B or from zone A to zone C or from zone B to C	0.2 pts

The outer edge of zone/area marks the boundary of the DMT landing zone/area. If any part of the body touches outside the boundary, it will result in a deduction as per §19.2 or a penalty as per §18.8.



18.9 Decide if a Judge fails to show his score immediately (see §16.2.4).

18.10 Decide about penalties as per §4.5, §4.7, §10.3, §11.2, §11.4, §14.3 and §18.8, and input accordingly.

18.11 Supervise and control all scores, calculations and the final scores and interfere if any obvious calculation errors in recognised.

18.12 Decide about inquiries before the start of the next round (see TR, Section 1).

19. DUTIES OF THE JUDGES FOR EXECUTION (E1-E6)

19.1 Evaluate the execution in the range 0.0 to 0.5 points as per §19.2 and register their deductions.

19.2 Deductions for execution

19.2.1 lack of form and control in each element 0.1-0.5 pts

- These deductions are not applied after the body is parallel to the bed (at 3 o'clock), as gymnast must prepare their landing.

19.2.1.1 Position of the arms

Opening of the arms in a twist	0.1 pts
Elbows apart from the trunk	0.1 pts

- Elements comprising 540 or less degrees of twisting rotation must be performed with straight arms and close to the gymnast's body. Flexed elbows in these elements will receive a 0.1 pts deduction.
- Elements comprising 720 or more degrees of twisting rotation can be performed with flexed or straight elbows, but they must remain close to the gymnast's body to avoid deductions.

19.2.1.2 Position of the legs

Bent knees in pike and straight positions during the flying phase	0.1-0.2
Feet not together	0.1 pts
Knees not together	0.1 pts
Toes not pointed	0.1 pts

- All these deductions are added up to a maximum of 0,5 points.

19.2.1.3 Opening of the element

- A tuck or pike element is considered as open when the angle between legs and the upper body reaches 180º (at 12 o'clock). This straight position must be showed, at the earliest, at 10 o'clock in multiple somersaults, and, at the latest, at 1 o'clock. If this 180º angle is never reached, then the element will receive a 0.1 points deduction.
- A straight element is not expected to be opened, as the flying phase is meeting the 180º requirement.

19.2.1.4 End of twisting

- Elements comprising more than 360º of twist in the last somersault, and finishing 90º of twisting at 3 o'clock or later, will receive a 0.3 points deduction.

19.2.1.5 Keeping straight body position after opening

- After opening, gymnasts must keep the straight position until the body reaches a position parallel to the floor. If the straight position is not kept until 3 o'clock, then the element will be considered as piking down and it will receive a 0.1 points deduction.
- Pike down deduction is applied when the angle between the upper body and the legs reaches 135º or less after opening (12 o'clock) and before reaching a body position parallel to the floor (3 o'clock). If that angle reaches 135º or less, then a 0.2 points deduction will be applied to that element.

Angle between upper body and legs after opening	**Deduction**
190º – 171º	No deduction
170º – 136º	0.1
<135º	0.2

19.2.2 lack of stability after the dismount, a single deduction <u>for the greater fault only</u>:

19.2.2.1 not standing still in an upright position and showing stability for approximately three (3) seconds 0.1-0.3 pts
If the gymnast forgets to stand still and leaves the landing area within approximatively three (3) seconds of landing the E-judges will decide whether this was due to lack of stability (deduction 1.0 pts), or merely that he forgot to stand still (deduction 0.3 pts).

19.2.2.2 after landing, touching the DMT with any part of the body or landing zone/area with one or both hands 0.5 pts

19.2.2.3 after landing, touching with or falling to the knees, hands & knees, front, back or seat on the landing area 1.0 pt

19.2.2.4 assistance from a spotter after landing 1.0 pt

19.2.2.5 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

20. DUTIES OF THE DIFFICULTY JUDGES (D7-D8)

20.1 Collect the competition cards from Secretariat at least two (2) hours prior to the start of the competition.
20.2 Check the elements and difficulty values entered on the competition cards.
20.3 Determine and record all elements performed, and its difficulty value, on the competition card (according to the FIG numeric system).
20.4 Display, in public (red flag), if a gymnast executed other element(s) than indicated on the competition card or change their order.
20.5 Input the difficulty score.

Lausanne, January 2024

Fédération Internationale de Gymnastique

President Secretary General Trampoline TC President

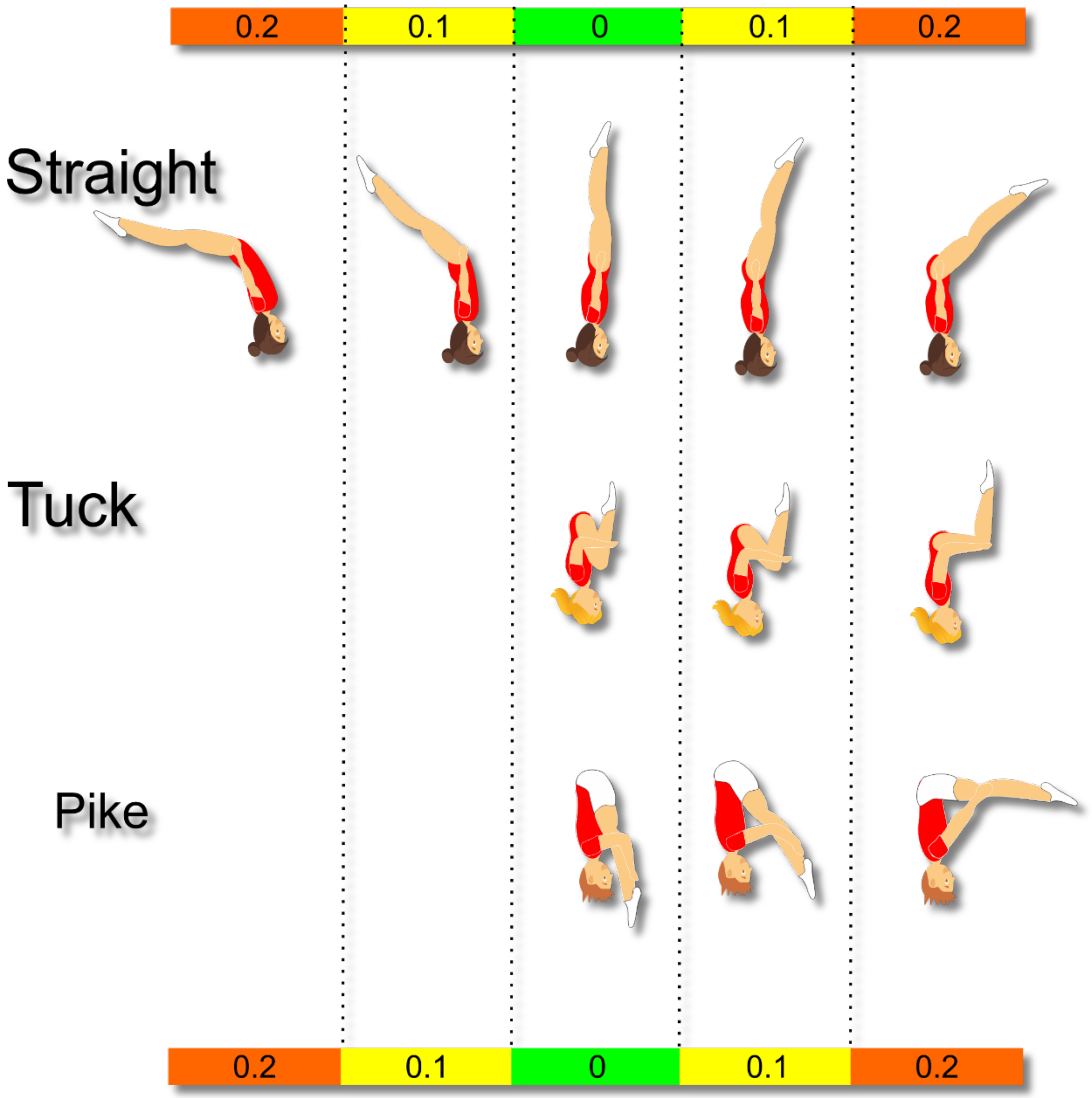
Part II - APPENDICES

Valid from 01.01.2025

A. DRAWINGS

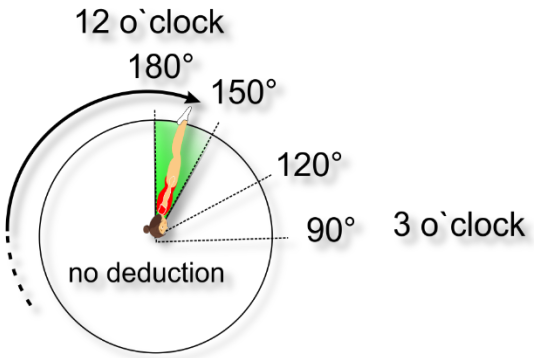
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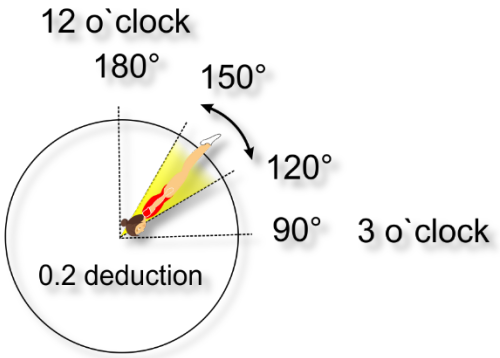
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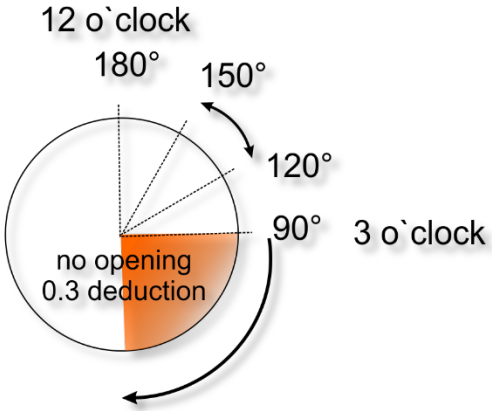


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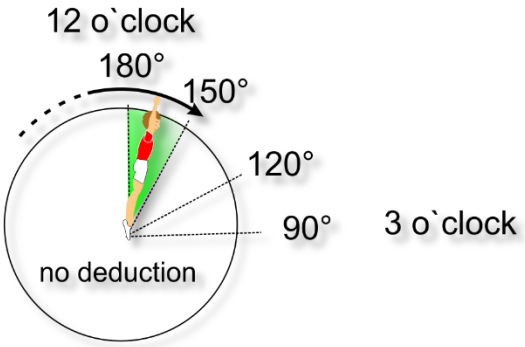
FOR FEET OR FRONT LANDING

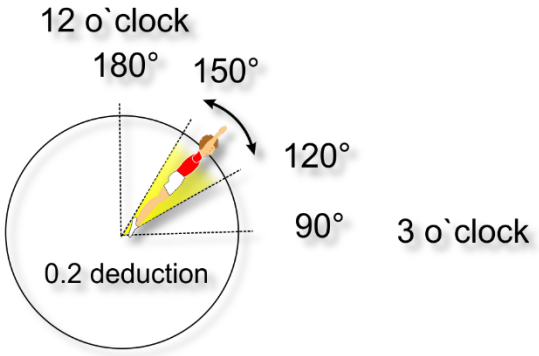


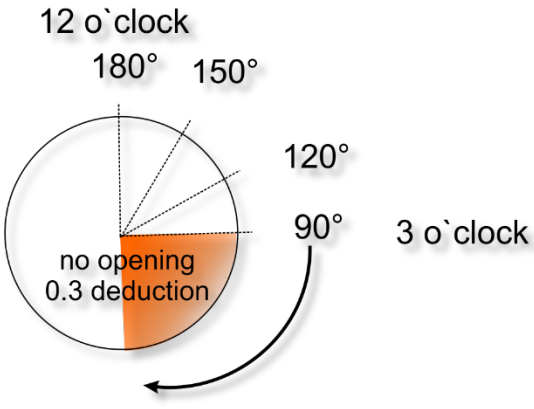




FOR BACK LANDING

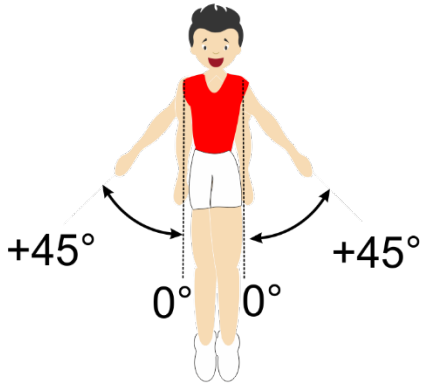




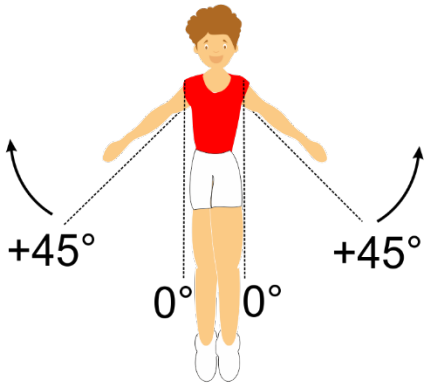


ARMS TO STOP TWISTING ROTATION

BARANI, FULL, MULTIPLE SOMERSAULTS WITH 1/2 OUT

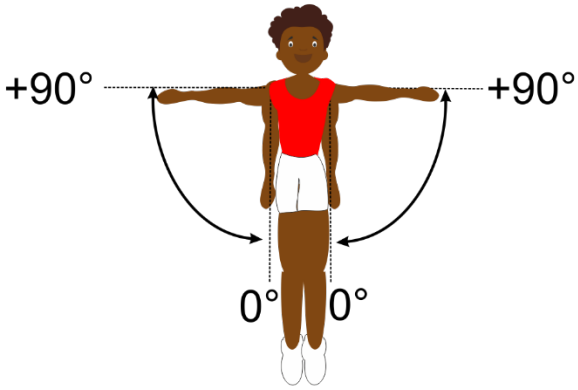


no deduction

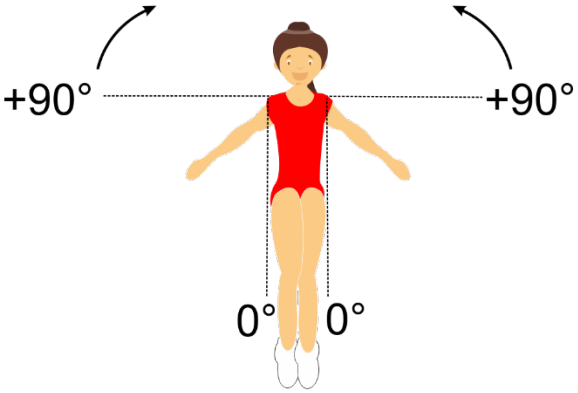


0.1 deduction

SINGLE SOMERSAULTS WITH MORE THAN FULL TWIST AND ALL OTHER MULTIPLE TWISTING SOMERSAULT



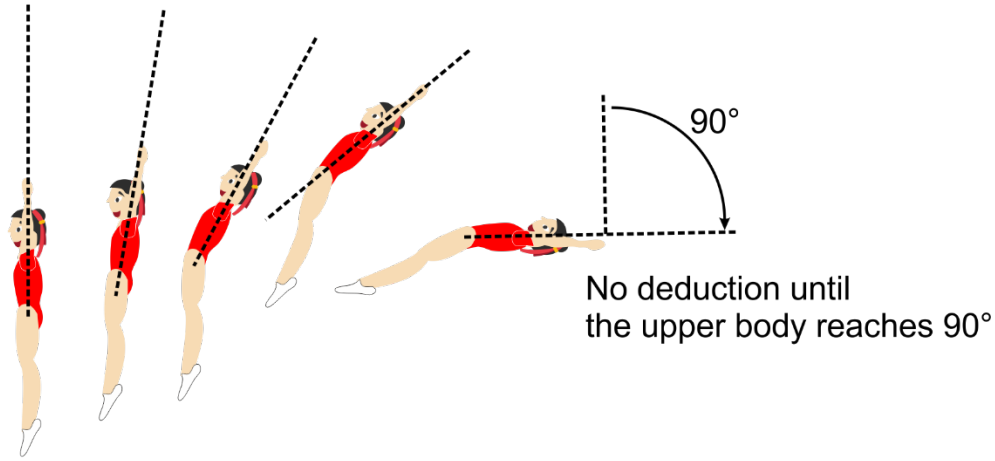
no deduction



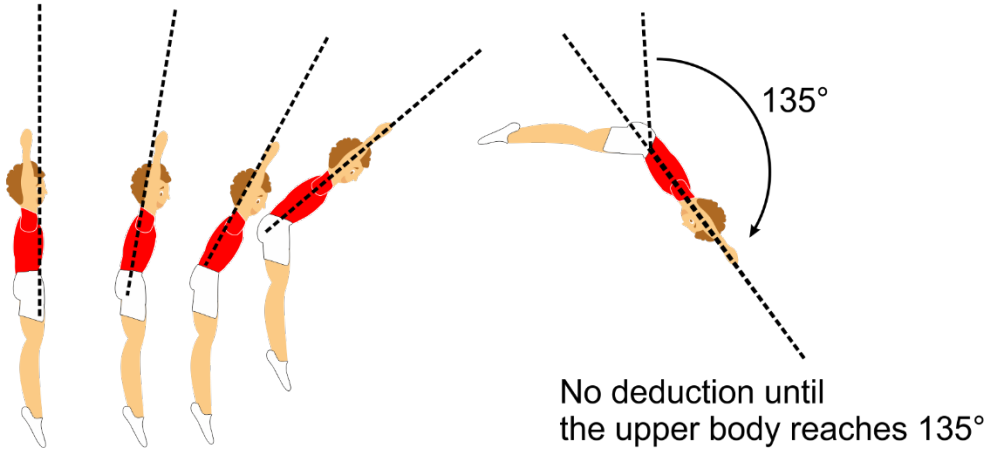
0.1 deduction

MULTIPLE SOMERSAULTS TAKE-OFF

Backward

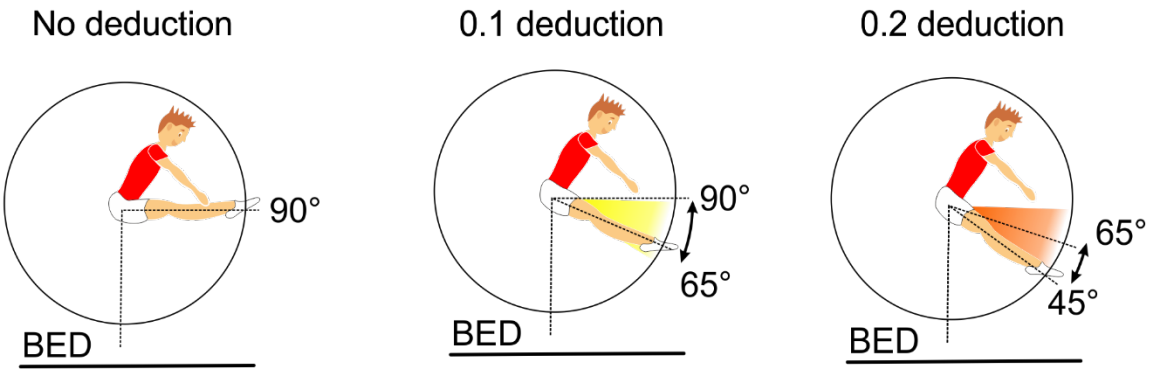


Forward

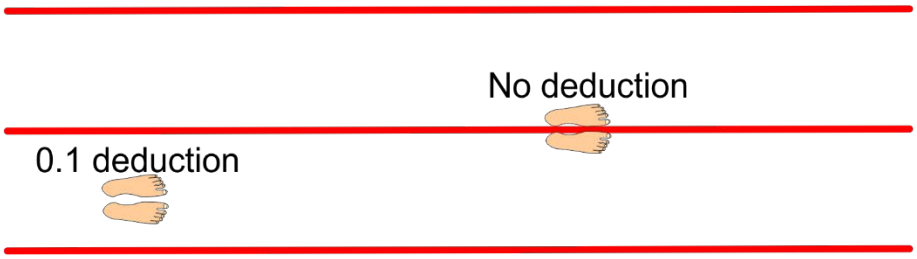


PIKE AND PIKE STRADDLE JUMPS

ANGLE OF LEGS WITH HORIZONTAL



DEVIATION FROM CENTER - TUMBLING



B. DIFFICULTY CALCULATION TRAMPOLINE – PRINCIPLES

Base		
	Degrees	Value
Per 1/4 Somersault	90°	0,1
Per 1/2 Twist	180°	0,1

Positions beyond 360° Somersault Rotation		
Position		Value
Tuck	o	0,0
Pike	<	0,1
Straight	/	0,1

Value For completed Somersaults		
	Degrees of Sommersault	Value
Single	360°	0,5
Double	720°	1,0
Triple	1080°	1,6
Quadruple	1440°	2,2

Backward Skills Bonus	
Degrees of Somersault	Value
360°-630°	0,0
720°-900°	0,1
1080°-1260°	0,2
1440°	0,3

Twisting Double Somersault	
For doubles with more than 720 degrees of twist, each additional 180 degrees of twist will receive 0.1 bonus	
Degrees of Twist	**Value**
0°	0,0
180°	0,0
360°	0,0
520°	0,0
720°	0,0
900°	0,1
1080°	0,2
1260°	0,3
1440°	0,4
1620°	0,5
1800°	0,6

Twisting Triple Somersaults	
For triples with more than 180 degrees of twist, each additional 180 degrees of twist will receive 0.2	
Degrees of Twist	**Value**
0°	0,0
180°	0,0
360°	0,2
520°	0,4
720°	0,6
900°	0,8
1080°	1,0
1260°	1,2
1440°	1,4
1620°	1,6
1800°	1,8

Twisting Quadruple Somersaults	
Each 180 degrees of twist will receive a bonus of 0.2	
Degrees of Twist	**Value**
Per 180°	0,2

Triple & or Quadruple Somersaults in the routine	
Women	Exercsises with more than 2 elements that have 1080° of somersault or more will receive additional value of 0.3 for each additional element that is more than 1080°
Men	Exercsises with more than 5 elements that have 1080° of somersault or more will receive additional value of 0.3 for each additional element that is more than 1080°
	Value
Per Additional Element of 1080° or More	0,3

C. DIFFICULTY TRAMPOLINE – EXAMPLES

	Forward Skills			Backward Skills		
	Element		Difficulty Value	Element		Difficulty Value
Singles	Front Drop	1 0 o	0,1	Back Drop	1 0 o	0,1
	Front Drop	1 0 <	0,1	Back Drop	1 0 <	0,1
	Front Drop	1 0 /	0,1	Back Drop	1 0 /	0,1
	1/2 Twist to Back	1 1 /	0,2	1/2 Twist to Front	1 1 /	0,2
	Full Twist to Front	1 2 /	0,3	Full Twist to Back	1 2 /	0,3
	3/4 Front	3 0 /	0,3	3/4 Back	3 0 o	0,3
	Barani to Front	3 1 o	0,4	3/4 Back	3 0 <	0,3
	Barani to Front	3 1 <	0,4	3/4 Back	3 0 /	0,3
	Barani to Front	3 1 /	0,4	Half in 3/4 Front	3 1 /	0,4
				Back full to Front	3 2 /	0,5
	Front Somersault	4 0 o	0,5	Back Somersault	4 0 o	0,5
	Front Somersault	4 0 <	0,6	Back Somersault	4 0 <	0,6
	Front Somersault	4 0 /	0,6	Back Somersault	4 0 /	0,6
	Barani	4 1 o	0,6	Back Somersault with 1/2 Twist	4 1 o	0,6
	Barani	4 1 <	0,6	Back Somersault with 1/2 Twist	4 1 <	0,6
	Barani	4 1 /	0,6	Back Somersault with 1/2 Twist	4 1 /	0,6
	Rudolph (Rudy)	4 3 /	0,8	Back Full	4 2 /	0,7
	Randolph (Randy)	4 5 /	1,0	Double Full	4 4 /	0,9
	3 1/2 Twisting Front	4 7 /	1,2	Triple Full	4 6 /	1,1
	4 1/2 Twisting Front	4 9 /	1,4	Quadruple full	4 8 /	1,3
	Barani Ballout	5 1 o	0,7	Cody or 1 1/4 Back	5 0 o	0,6
	Barani Ballout	5 1 <	0,7	Cody or 1 1/4 Back	5 0 <	0,7
	Barani Ballout	5 1 /	0,7	Cody or 1 1/4 Back	5 0 /	0,7
	Rudolph Ballout	5 3 /	0,9	Cody with Full Twist	5 2 /	0,8
	Randolph Ballout	5 5 /	1,1	Cody with Double Twist	5 4 /	1,0
	1 3/4 Front	7 0 o	0,8			
	1 3/4 Front	7 0 <	0,9			
	1 3/4 Front	7 0 /	0,9			

Element		o	< or /
¾ back or front	3 –	0.3	0.3
Back or front somersault	4 –	0.5	0.6
Barani	4 1	0.6	0.6
Cody	5 –	0.6	0.7
Barani ball out	5 1	0.7	0.7
Full	4 2	0.7	
Rudolf	4 3	0.8	
1¾ somersault	7 – –	0.8	0.9
Double-full	4 4	0.9	
Rudi ball out	5 3	0.9	
Double back	8 – –	1.1	1.3
Half out	8 – 1	1.1	1.3
Half in Half out	8 1 1	1.3	1.5
Full out	8 – 2	1.3	1.5
2 ¾ somersault	11 – – –	1.3	1.5
Rudi out	8 – 3	1.3	1.5
Full in Half out	8 2 1	1.3	1.5

Element		O	< or /
Full in Full out	8 2 2	1.5	1.7
Half in Rudi out	8 1 3	1.5	1.7
Randi out	8 – 5	1.6	1.8
Full in Rudi out	8 2 3	1.6	1.8
Triple back	12 – – –	1.8	2.1
Half in Randi out	8 1 5	1.9	2.1
Full in Double-full out	8 2 4	1.9	2.1
Half out Triffis	12 – – 1	1.7	2.0
Full in Randi out	8 2 5	2.0	2.2
Half in Half out Triffis	12 1 – 1	2.0	2.3
Full in Half out Triffis	12 2 – 1	2.1	2.4
Rudi out Triffis	12 – – 3	2.1	2.4
Half in Rudi out Triffis	12 1 – 3	2.6	2.9
Full in Rudi out Triffis	12 2 – 3	2.7	3.0
Full Full Full	12 2 2 2	3.2	3.5
Half out Quadriffis	16 – – – 1	2.5	2.9
Half in Half out Quadriffis	16 1 – – 1	3.0	3.4

	Forward Skills				Backward Skills		
	Element		Difficulty Value		Element		Difficulty Value
Doubles	Half Out	8 01 o	1,1		Double Back	8 00 o	1,1
	Half Out	8 01 <	1,3		Double Back	8 00 <	1,3
	Half Out	8 01 /	1,3		Double Back	8 00 /	1,3
	Rudy Out	8 03 o	1,3		Half In Half Out	8 11 o	1,3
	Rudy Out	8 03 <	1,5		Half In Half Out	8 11 <	1,5
	Rudy Out	8 03 /	1,5		Half In Half Out	8 11 /	1,5
	Full Half	8 21 o	1,3		Back In Full Out	8 02 o	1,3
	Full Half	8 21 <	1,5		Back In Full Out	8 02 <	1,5
	Full Half	8 21 /	1,5		Back In Full Out	8 02 /	1,5
	Full Rudy	8 23 o	1,6		1 1/2 in Half Out	8 31 o	1,5
	Full Rudy	8 23 <	1,8		1 1/2 in Half Out	8 31 <	1,7
	Full Rudy	8 23 /	1,8		Full In Full Out	8 22 o	1,5
	Randy Out	8 05 o	1,6		Full In Full Out	8 22 /	1,7
	Randy Out	8 05 <	1,8		Half In Rudy Out	8 13 o	1,5
	Randy Out	8 05 /	1,8		Half In Rudy Out	8 13 <	1,7
	Full Randy	8 25 o	2,0		1 1/2 In 1 1/2 Out	8 33 o	1,9
	Full Randy	8 25 <	2,2		1 1/2 In 1 1/2 Out	8 33 <	2,1
	Full Randy	8 25 /	2,2		1 1/2 In 1 1/2 Out	8 33 /	2,1
	3 1/2 Out	8 07 o	2,0		Half In Randy Out	8 15 o	1,9
	3 1/2 Out	8 07 <	2,2		Half In Randy Out	8 15 <	2,1
	3 1/2 Out	8 07 /	2,2		1 1/2 In Randy Out	8 35 o	2,3
					1 1/2 In Randy Out	8 35 <	2,5
					Double Full In Double Full Out	8 44 /	2,3
					Half In 2 1/2 Out	8 17 o	2,3
					Half In 2 1/2 Out	8 17 <	2,5
	2 3/4 Front	11 0 0 o	1,3		2 3/4 Back with Half Twist	11 1 0 o	1,5
	2 3/4 Front	11 0 0 <	1,5		2 3/4 Back with Half Twist	11 1 0 <	1,7
	2 3/4 Front	11 0 0 /	1,5		2 3/4 Back with Half Twist	11 1 0 /	1,7
Triples	Front Front Half	12 001 o	1,7		Triple Back	12 000 o	1,8
	Front Front Half	12 001 <	2,0		Triple Back	12 000 <	2,1
	Front Front Rudy	12 003 o	2,1		Triple Back	12 000 /	2,1
	Front Front Rudy	12 003 <	2,4		Half Front Half	12 101 o	2
	Full Front Half	12 201 o	2,1		Half Front Half	12 101 <	2,3
	Frull Front Half	12 201 <	2,4		Half Front Rudy	12 103 o	2,6
	Front Full Half	12 021 o	2,1		Half Front Rudy	12 103 <	2,9
	Front Full Half	12 021 <	2,4		Half Full Half	12 121 o	2,6
	Full Front Rudy	12 203 o	2,7		Half Full Half	12 121 <	2,9
	Full Front Rudy	12 203 <	3		Full Full Full	12 222 o	3,2
	Front Full Rudy	12 023 o	2,7		Full Full Full	12 222 /	3,5
	Front Full Rudy	12 023 <	3		1 1/2 Front Rudy Out	12 303 o	3,2
	Full Full Half	12 221 o	2,7		1 1/2 Front Rudy Out	12 303 <	3,5
	Full Full Half	12 221 <	3				
Quadruple	Front Front Front Half	16 0001 o	2,5		Half in half out quadriffis	16 1001 o	3
	Front Front Front Half	16 0001 <	2,9		Half in half out quadriffis	16 1001 <	3,4
	Front Front Front Rudy	16 0003 o	3,1		Half in rudy out quadriffis	16 1003 o	3,6
	Front Front Front Rudy	16 0003 <	3,5		Half in rudy out quadriffis	16 1003 <	4

D. 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**

E. DIFFICULTY CALCULATION TUMBLING – POSITION BONUSES

Body position	Single	Double	Triple	Quadruple
Tuck (o)	0.0	0.0	0.0	0.0
Pike (<)	0.1	0.1	0.2	0.3
Straight (/)	0.1	0.2	0.4	---

F. DIFFICULTY CALCULATION TUMBLING – TWIST VALUE

Twists	Single	Double	Triple
Half twist	0.2	0.1	0.3
First twist	0.4	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

For example, one (1) backward somersault with triple twists (only straight position):

- Back Somersault	0.5
- First twist	0.4
- Second twist	0.4
- Third twist	0.6
TOTAL	1.9

For example, one (1) forward somersault with double twists (only straight position):

- Front Somersault	0.6
- First twist	0.4
- Second twist	0.4
TOTAL	1.4

G. DIFFICULTY TUMBLING – EXAMPLES

Element		Diff
Cartwheel		0.1
Round-off	(	0.1
Front Handspring	H	0.1
Flic-flac	F	0.1
Whipback(tempo salto)	^	0.2
Back somersault (ss)	– o	0.5
Back somersault	– <	0.6
Back somersault	– /	0.6
Front somersault	. – o	0.6
Front somersault	. – <	0.7
Side somersault	– o x	0.5
Side somersault	– < x	0.6
Back ss with ½ twist	1. /	0.7
Barani (o, < or /)	.1	0.8
Back ss with 1/1 twist	2.	0.9
Front ss with 1/1 twist	.2	1.0
Back ss with 1½ twist	3.	1.1
Front ss with 1½ twist	.3	1.2
Back ss with 2/1 twist	4.	1.3
Front ss with 2/1 twist	.4	1.4
Back ss with 2½ twist	5.	1.6
Back ss with 3/1 twist	6.	1.9
Back ss with 3½ twists	7.	2.3
Back ss with 4 twists	8.	2.7
Double back somersault	– – o	2.0
Double back somersault	– – <	2.2
Double back somersault	– – /	2.4
Double back somersault	– – Y	2,4
Double front somersault	. – – o	2.4
Double front somersault	. – – <	2.6
Double side somersault	– – o x	2.0
Double side somersault	– – < x	2.2

Element		Diff
Half in (“arabian”)	1 – o	2.2
Half in (“arabian”)	1 – <	2.4
Half out (backwards)	– 1 o	2.2
Half out (backwards)	– 1 <	2.4
Half out (backwards)	– 1 /	2.6
Half out (forward)	. – 1 o	2.6
Half out (forward)	. – 1 <	2.8
Full in back out	2 – o	2.4
Full in back out	2 – <	2.6
Full in back out	2 – /	2.8
Full in half out	2 1 /	3.2
Full in Full out	2 2 o	3.2
Full in Full out	2 2 /	3.6
Full in 1½ twist out	2 3 o	3.8
Full in 1½ twist out	2 3 /	4.2
Full in Double-full out	2 4 o	4.4
Full in Double-full out	2 4 /	4.8
Double-full in Double-full out	4 4 /	6.4
Triple back	– – – o	4.5
Triple back	– – – <	5.1
Triple back	– – – /	5.7
Half in Triple (“arabian")	1 – – o	5.4
Half in Triple (“arabian”)	1 – – <	6.0
Full in Triple	2 – – o	6.3
Full in Triple	2 – – <	6.9
Quadruple back	– – – – o	8.0
Quadruple back	– – – – <	9.2

H. DIFFICULTY CALCULATION TUMBLING (reference to §13 in TUM CoP)

1st exercise	(	F	F	- - /	^	F	^	- - <
Value:	0.1	0.1	0.1	2.4	0.2	0.1	0.2	2.2 *

2nd exercise	.1	2.	F	F	- - /	^	F	2 2 /
Value:	0.8	0.9	0.1	0.1	**0.0** (rep.)	0.2	0.1	3.6

* Women would receive a bonus of 1.0 for performing a second element with a DD value of at least 2.0
* Men would receive a bonus of 1.0 for performing a second element with a DD value of at least 4.4

I. DIFFICULTY DOUBLE MINI-TRAMPOLINE – EXAMPLES

Forward elements	Element	Shape	Diff.
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	Element	Shape	Diff.
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
Quadruple back	16 - - - -	O	8.0
Quadruple back	16 - - - -	<	9.6

J. FIG NUMERIC SYSTEM – TRAMPOLINE & DMT

Only FIG numeric system will be accepted during FIG events.

- the first digit describes the number of somersaults, in quarters (¼)
- 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	¼ saltos	½ 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 ¾ back, tucked	7	1	-		o	0.9	---
Half out double ball out, piked	9	-	1		<	1.4	---

K. FIG SYMBOLS – TUMBLING

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

- Use **-** for somersault without twist
- Use **1** for somersault with ½ 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 / Front Handspring	**f h**
Whipback (tempo salto)	**^**
Single somersaults	
Salto tuck	**- o**
Salto pike	**- <**
Salto straight	**- /**
Barani	**.1**
Back with ½ twist	**1.**
Full twist backwards	**2.**
1 ½ twist backwards	**3.**
Double-full backwards	**4.**

Double somersaults	
Double tuck	**- - o**
Double pike	**- - <**
Double straight	**- - /**
Full in tuck	**2 - o**
Full in pike	**2 - <**
Full in Full out tuck	**2 2 o**
Full in Full out straight	**2 2 /**
Miller straight	**2 4 /**
Triple somersaults	
Triple tuck	**- - - o**
Triple pike	**- - - <**
Full in Triple tuck	**2 - - o**

Side elements = marked with an additional **x**
Front or backwards = if necessary marked with a dot: **.1 =** Barani or **1.** = back with ½ twist

L. 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 is performed in the first part of the element.
OUT	Indicates that the number of twists shown is performed in the last part of the element.
MIDDLE	Indicates that the number of twists shown is performed in the middle part of the element.
BARANI	Forward somersault with ½ 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 1½ twists
RANDOPLH (RANDY)	A front somersault with 2½ twists
ADOLPH	A front somersault with 3½ twists

Examples:

Nº of somersaults	*Nº of twists*	*Distribution*	*Terminology*
2	½	OUT	Half out FLIFFIS
2	½ + ½	IN & OUT	Half in half out FLIFFIS
3	1 + ½	MIDDLE & OUT	Full middle half out TRIFFIS
2	½ + 1½	IN & OUT	Half in rudy out FLIFFIS

M. EXAMPLES OF CALCULATION AND ROUNDING

1. T-Score (time of flight score) – 18.2.1

18.2.1: The evaluation of execution, difficulty and synchronisation is done in 10ths of a point. The time of flight is evaluated in 1/1000 of seconds rounded down to 1/100.

Example

Score for Time of flight 1:	16.233	>>> rounded down to: **16.23**
Score for Time of flight 2:	17.196	>>> rounded down to: **17.19**
Score for Time of flight 3:	17.455	>>> rounded down to: **17.45**
Score for Time of flight 4:	17.194	>>> rounded down to: **17.19**

2. Missing E-Deductions – 18.2.7

18.2.7: "If any of the Execution Judges fails to input their deductions, the average of the other deductions will be taken for the missing deduction(s)."

Example

E1	E2	E3	E4	E5	E6
0.1	0.1	0.2	---	0.2	0.3

In this case the average of the 5 shown marks (0.1+0.1+0.2+0.2+0.3)/5 = 0.18 and 0.18 replaces the missing deduction:

E1	E2	E3	E4	E5	E6
0.1	0.1	0.2	0.18	0.2	0.3

The E-deduction (2 median scores added together) for this element is **0.380**

N. BREAKDOWN OF ELECTRONIC SYSTEM

In case of a failure of the operating judge or TMD. The judges must have an extra tool to back up the TMD, preferable a video with a range of 50 to 240 frames per second which can instantly be replayed in a computer. The organizer of a competition, the CJP and the Superior Jury must make sure that this tool is available and set up to the right angle for clear vision.

1. Individual Trampoline and use of back-up video – 18.2.5.1.1

Use the specialized software for ToF measurement by video recording offered by the producer(s) of the TMD

or

1. Measure the **total time of the exercise** including the landing time spent in the trampoline bed by video recording using e.g.
    - the standard software with time measurement functionality
    - the time measurement built in the video camera

2. Measure the **total landing time** spent in the trampoline bed counting the total number of video recording frames spent in the trampoline bed transformed into the 1/100 seconds:

Number of Frames	Time interval (50 frames/sec)	Time interval (240 frames/sec)
1	0,02	0,004
2	0,04	0,008
3	0,06	0,012
4	0,08	0,016
5	0,10	0,020
Etc.	Etc.	Etc.

3. **Deduct** the total landing time spent in the trampoline bed from the total time of the exercise to get the Time of Flight.

2. Synchronised Trampoline and use of back-up video – 18.2.6.1.1

Conversion time to video frames 100 frames/sec

Deductions	Time difference	Diff. in Frames		Deductions	Time difference	Diff. in Frames
0,05	0,02	5		0,55	0,22	55
0,10	0,04	10		0,60	0,24	60
0,15	0,06	15		0,65	0,26	65
0,20	0,08	20		0,70	0,28	70
0,25	0,10	25		0,75	0,30	75
0,30	0,12	30		0,80	0,32	80
0,35	0,14	35		0,85	0,34	85
0,40	0,16	40		0,90	0,36	90
0,45	0,18	45		0,95	0,38	95
0,50	0,20	50		1,00	0,40	100

1. On the official video count frames of differences in landing per element:

Frames per second (frequency)	50	100	120	200	240
Max. frames counted per element	20	40	48	80	96

(Note: the maximum deduction per landing is 1.0 pts)

2. Divide total number of frames by frequency to get total time.
3. Multiply the total time by 2,5 or divide by 0,4 to get total deduction per exercise.

Example: (Video 120 25 frames/sec)

a) Total 82 frames
b) 82 / 120 = 0,6833 sec
c) 0,6833 x 2,5 = 1,708 pts deduction
d) 10 – 1,708 = 8,292 = 8,29 mark for synchronisation

Lausanne, January 2024

Fédération Internationale de Gymnastique