



Domestic Competition Structure

Trampoline (Individual)

FIG Level 2021

Trampoline National Technical Committee – Final Version 25th September 2020

NATIONAL TRAMPOLINE TECHNICAL COMMITTEE - National Competition Structure 2021

The British Gymnastics (BG) National Trampoline Technical Committee (NTTC) is responsible and accountable to BG for the development and direction of all Trampoline, Double Mini-Trampoline and Tumbling for all BG members. Any 'Open' competitions organised under BG membership/insurance must be authorised by the NTTC. Any regional activity providing opportunity for members of the region must be authorised by the relevant Regional Executive Committee and in consultation with the NTTC.

The competition seasons are from 1st October to 30th September.

Gymnasts and Coaches may select their competition pathway and entry level. After the appropriate level has been selected and competed at, a gymnast cannot change levels during the same competition season. If a gymnast competes at the NDP Regional Qualifier in March, they will not then be eligible to compete at FIG in the Spring Event Series as they will have selected their pathway.

New for 2021:

Removal of the Approval Panel Process. Due to the extra workload from our volunteer judges and the TRA programme officer, we will not be proceeding with the Approval Panel. Entry to the FIG pathway will be open to any gymnast who can meet the requirements for this level of competition and we would encourage all Coaches to use their professional judgement on whether or not the gymnast(s) are capable of achieving both the difficulty requirements and a minimum E scores for both routines before submitting the entry.

In addition, all FIG TRA gymnasts should also be able to demonstrate the FIG R&C set routine. At the SES events in 2021, random gymnasts will be selected to perform this set routine AFTER they have they have competed. A national or pathway coach will mark the R&C of those gymnasts selected and they will be expected to achieve a minimum pass score of 70%.

To assist coaches in determining whether or not the gymnast should compete at FIG level, please see the chart below:

ADD IN Flow chart

At all British Gymnastics events, a nominated panel (Member of TC, Chair of Panel & 1 x national or pathway coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time. If a gymnast is deemed unsafe or not competing at the correct level for their ability, the panel will follow up with the personal coach.

All other minor changes are outlined below.

The British Club Teams Competition is for all disciplines: TRA, DMT, TUM & DIS and there is a link to the technical document in the competition handbook.

The TC would like to thank those involved in the consultation and look forward to this next step in our drive to improve performance, opportunity and delivery of events.

A reminder of the changes for 2020 still relevant for 2021

1. FIG Development Level is now amalgamated at FIG Level
2. Changes to difficulty requirements (all age groups)
3. Changes to routine requirements (9-10yrs, 11-12yrs & 13-14yrs)
4. Changes to the performance standards to qualify to the British Championships (Individual)
5. The British Championships (Individual) July 2021
6. The Synchronised event will not be included at the Individual British Championships
7. A new event has been introduced - British Club Teams and Synchronised event

Please refer to the National Competition Handbook for further information

TRA FIG Level Technical Requirements

TRA 9-10yrs		
1st Routine –		
<ol style="list-style-type: none"> 1. Back s/s (S) 2. Barani (S) 3. Straddle Jump 4. Back s/s (P) 5. Barani (P) 6. Tuck Jump 7. Barani (T) 8. Back s/s (T) 9. Pike Jump 10. Front s/s (P) 		
2 nd Routine – Performance Standard		
<ol style="list-style-type: none"> 1. Minimum difficulty 4.1 2. Maximum difficulty 6.3 3. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. 4. Difficulty will be capped at 1.1 per element 5. The performing of triple and quadruple somersaults is prohibited and will result in disqualification 		
Minimum standard to qualify to the British Championships	WAGC Routine Execution score of 16.0	Voluntary Routine Execution score of 15.0

TRA 11-12yrs		
1st Routine – WAGC Requirements		
<p>The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.</p> <ol style="list-style-type: none"> 1. One element landing on the front of the body 2. One element landing on the back of the body 3. One element with 360° somersault rotation with at least 360° of twist 		
2 nd Routine – Performance Standard		
<ol style="list-style-type: none"> 1. Minimum difficulty of 6.3 for male & female gymnasts 2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. 3. Difficulty will be capped at 1.5 per element 4. The performing of triple and quadruple somersaults is prohibited and will result in disqualification 		
Minimum standard to qualify to the British Championships	WAGC Routine Execution score of 16.0	Voluntary Routine Execution score of 15.0

TRA 13-14yrs		
1st Routine – WAGC Requirements		
The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.		
<ol style="list-style-type: none"> 1. One element to front or back 2. One element from front or back – in combination with requirement No. 1 3. One double front or back somersault with or without twist <u>and</u> 4. One element with a minimum of 540° twist and minimum of 360° somersault rotation 		
2nd Routine – Performance Standards		
<ol style="list-style-type: none"> 1. Minimum difficulty of 8.3 for male gymnasts and 7.8 for female gymnasts 2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. 3. Difficulty will be capped at 1.7 per element 4. The performing of quadruple somersaults is prohibited and will result in disqualification 		
Minimum standard to qualify to the British Championships	WAGC Routine Execution score of 16.4	Voluntary Routine Execution score of 15.0

TRA 15-16yrs		
1st Routine – WAGC Requirements		
The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.		
<ol style="list-style-type: none"> 1. One element to front or back 2. One element from front or back – in combination with requirement No. 1 3. One double front or back somersault with or without twist <u>and</u> 4. One element with a minimum of 540° twist and minimum of 360° somersault rotation 		
2nd Routine – Performance Standard		
<ol style="list-style-type: none"> 1. Minimum difficulty of 9.5 for male gymnast and 8.3 for female gymnasts 2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. 3. Difficulty will be capped at 1.8 per element 4. The performing of quadruple somersaults is prohibited and will result in disqualification 		
Minimum standard to qualify to the British Championships	WAGC Routine Execution score of 16.4	Voluntary Routine Execution score of 15.0

TRA 17-21yrs		
1st Routine – WAGC Requirements		
<ol style="list-style-type: none"> 1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. 2. Two elements marked with an asterisk (*) on the competition card will have difficulty ratings. The difficulty will be added to the execution, time of flight and horizontal displacement scores to give the total score. 3. None of these two elements may be repeated in the second routine of the qualifying round otherwise the difficulty will not be counted. 4. If any of the Two asterisk (*) moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine 		
2nd Routine – Performance Standard		
<ol style="list-style-type: none"> 1. Minimum combined 1st & 2nd routine difficulty of 13.0 for male gymnast and 10.8 for female gymnasts 2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. 3. Difficulty will be capped at 1.8 per element (see 18.1 in CoP) 4. The performing of quadruple somersaults is prohibited and will result in disqualification 		
Minimum standard to qualify to the British Championships	WAGC Routine Execution score of 16.4	Voluntary Routine Execution score of 15.0

TRA Senior		
1st Routine – FIG A Requirements		
<ol style="list-style-type: none"> 1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. 2. Four elements marked with an asterisk (*) on the competition card will have difficulty ratings. The difficulty will be added to the execution, time of flight and horizontal displacement scores to give the total score. 3. None of these four elements may be repeated in the second routine of the qualifying round otherwise the difficulty will not be counted. 4. If any of the four asterisk (*) moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine 		
2nd Routine – Performance Standard		
<ol style="list-style-type: none"> 1. Minimum combined 1st & 2nd routine difficulty of 17.5 for male gymnast and 15.3 for female gymnasts 2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. 		
Minimum standard to qualify to the British Championships	WAGC Routine Execution score of 17.0	Voluntary Routine Execution score of 15.0

TRA FIG Level Individual Events FIG Level

Spring Event Series

- 2 x British Gymnastics qualifying events for FIG Level leading to the British Championships
 - Cumulative 2 round score will determine the ranking
 - Incomplete routines will result in a zero 'DNF' score
 - Gymnasts receiving a zero 'DNF' score will not be awarded a medal
 - Gymnasts who do not demonstrate the minimum difficulty performance standard will:
 - not be awarded a medal
 - not be eligible to qualify for the Individual British Championships

Individual British Championships

- Culmination event for FIG Level Gymnasts
 - FIG rules will be applied other than;
 - if there are fewer than 8 gymnasts in any age group the score will be cumulative over the 2 rounds of competition (qualification & final)
 - The starting order for the Final will be in order of merit, the gymnast with the lowest total score in the Qualifying Round going first.

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Qualification to the Individual British Championships 2021

Qualification Process post the SES 1 & 2:

1. Up to a maximum of 20 places per age group, per gender. This will include (in priority order);
 - a. any gymnast who achieves the minimum performance standards stated above and the minimum DD at the same event;
 - b. any gymnast with a higher ranking than (a) at the same event;
 - c. any gymnast that achieve the minimum E scores, plus minimum DD at different events;
 - d. any gymnast who achieves the minimum E scores for both routines plus minimum DD at a Home Nations or International competition. Coaches should submit evidence of scores achieved to Sharon.wood@british-gymnastics.org for consideration

Allocated places

In the interest of the British Championships as an event, additional allocated places may be awarded in consultation with the national performance pathway programme coaches and the NTTTC, **provided the gymnast has competed in at least one of the Spring Events. In exceptional circumstances, a request can be made to the Technical Committee for a gymnast who has not competed at one of the Spring events, and after consultation with the Head National Coach an allocated place may be awarded.**

Please note that allocated places are not guaranteed