



# **Irish Gymnastics**

# **Trampoline Handbook**

# **08-09**

*Irish Gymnastics Trampoline Handbook - Version 20<sup>th</sup> November 2008*

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## **Section 1**

### **Introduction**

The Trampoline Technical Committee (T.T.C.) are delighted to present the Irish Gymnastics Trampoline Gymnastics Handbook. This handbook is intended to be a guide to coaches and judges alike. It should be the main source of reference for coaches and judges during the competition year.

This document contains the most relevant information for coaches and judges who wish to be involved in trampoline events. It includes many of the relevant sections from the F.I.G code of points, template entry forms and tariff sheets, tariff guides required for competition and the rules and regulations governing the various competition formats currently in the Trampoline Technical Committee's competition programme.

Trampoline is a dynamic and exciting discipline which has many benefits for all gymnasts, including those involved in other disciplines. Hopefully this document will help clubs and coaches, and encourage the development and progression of trampolining in Ireland. Any amendments to this document during the competition season will be made known to all clubs by way of email, so as to keep the document as accurate and up-to-date as possible.

## Section 2 – About Irish Gymnastics

### Mission Statement

Irish Gymnastics, through all its disciplines, will promote and develop recreational and competitive gymnastics to the highest level.

### Brief History of Irish Gymnastics

The Irish Amateur Gymnastics Association (IAGA) was founded in 1964 and affiliated to the International Gymnastics Federation (FIG) in 1976. We affiliated to the Olympic Council of Ireland (OCI) in 1979. In 1996, Barry MacDonald became the first and only Irish Gymnast to compete at an Olympics when he performed at the Atlanta Games. In 1998, IAGA adopted Trampolining and Sports Aerobics as disciplines. In 1999, IAGA and Irish Sports Acrobatics Federation (ISAF) merged to create a new body: Irish Gymnastics.

### Structure

Irish Gymnastics consists of 8 regions, and 9 disciplines.

Regions	Disciplines
Northern	Men's Artistic
West	Ladies Artistic
South West	Rhythmic
Southern	Trampoline
South East	Acrobatic Gymnastics
Midlands	Tumbling
North Dublin	Sports Aerobics
South Dublin	Gymnastics for All
	Disability Gymnastics
	(GMPD)

The decision making processes of the organisation are made by the Board of Control (BOC). Each region and each discipline has a seat on this board. The board meets 4 times annually. Each year an Annual General Meeting is held where the officers of the association are elected.

The discipline of trampoline is run by the Trampoline Technical Committee (T.T.C.). This body is chaired by its only elected member – the Vice President (VP) who is elected by members at the AGM of Irish Gymnastics (IG). The VP selects the Trampoline Technical Committee. Further to an agreed proposal at the 2007 AGM and further ratified by the Board of Management (BOM) in 2008, it is intended that all Technical Committees be streamlined for efficiency.

### **Section 3 – Trampolining within Irish Gymnastics (2008 – 2009)**

#### **Vice President**

Les Culliton [tra@irishgymnastics.ie](mailto:tra@irishgymnastics.ie)

#### **Technical Committee Members**

Jean McMahon (Northern), Ann Marie Barr (Northern), Pauric Dooley (Midlands), Terrie Watson (West), Gavin Dillon (Southern), Fran Minter (South West), Barry Wardell (South Dublin), Patricia New (South East) , Francie Craven (Northern)

#### **Judging Co-ordinator**

Anne Marie Barr

#### **Coaching Co-ordinator**

Francie Craven

#### **National Squad Director**

Jean McMahon

#### **International Event Selection Panel** (*subject to criteria in selection policy*)

Brevet judge panel

#### **Competition Co-ordinator**

Terrie Watson [trwats@yahoo.ie](mailto:trwats@yahoo.ie)

#### **Treasurer**

Trish New

**Child Welfare Liaison**

Fran Minter

**Regional Co-Coordinator**

Barry Wardel

**Secretary**

Gavin Dillon

**International Brevet Judges**

Ann Marie Barr, Pauric Dooley, Stuart Harper, Shane Holohan, Jean McMahon, Terrie Watson.

**Coaching Ireland (formerly NCTC) Tutors**

Francie Craven, Jean McMahon,

The Trampoline Technical Committee can be contacted through the Irish Gymnastics Office at :

Irish Gymnastics Ltd.,

Sport HQ,

13 Joyce Way

Park West

D12

Tel : 01-6251125

Or by email at : [tra@irishgymnastics.ie](mailto:tra@irishgymnastics.ie)

## Section 4 -Trampoline Routines

<p><b>Novice – 7 &amp; 8, 9 &amp; 10, 11 &amp;12</b>  <b>Max Vol Tariff: 1.5</b>            Front Drop            To Feet            Straddle Jump            ½ Turn            Seat Drop            ½ Turn to Feet            Tuck Jump            Pike Jump            Seat Drop            ½ Turn to Feet</p>	<p><b>Novice – 13 &amp; 14, 15 &amp; 16, 17 &amp; 18, 19<sub>+</sub></b>  <b>Max Vol Tariff: 1.5</b>            Front Drop            To Feet            Straddle Jump            ½ Turn            Seat Drop            ½ Turn to Feet            Tuck Jump            Pike Jump            Back Drop            ½ Turn to Feet</p>
<p><b>Intermediate – 7 &amp; 8, 9 &amp; 10, 11 &amp;12</b>  <b>Max Vol Tariff: 3.0</b>            Full Turn Jump            Straddle Jump            Seat Drop            ½ Turn to Seat            ½ Turn to Feet            Pike Jump            Back Drop            ½ Turn to Feet            Tuck Jump            Front s/s (t)</p>	<p><b>Intermediate – 13 &amp; 14, 15 &amp; 16, 17 &amp; 18, 19<sub>+</sub></b>  <b>Max Vol Tariff: 3.0</b>            Back s/s (t)            Straddle Jump            Seat Drop            ½ Turn to Seat            ½ Turn to Feet            Pike Jump            Back Drop            ½ Turn to Feet            Tuck Jump            Front s/s (t)</p>
<p><b>Advanced – 7 &amp; 8, 9 &amp; 10, 11 &amp;12</b>  <b>Max Vol Tariff: 5.5</b>            Back s/s (s)            Straddle Jump            Back s/s to Seat Drop (t)            ½ Turn to Feet            ½ Turn Jump            Pike Jump            Back Drop            ½ Turn to Feet            Tuck Jump            Barani (t)</p>	<p><b>Advanced – 13 &amp; 14, 15 &amp; 16, 17 &amp; 18, 19<sub>+</sub></b>  <b>Max Vol Tariff: 5.5</b>            Back s/s (s)            Straddle Jump            Back s/s (t)            Tuck Jump            Barani (t)            ½ Turn Jump            Pike Jump            Back s/s to Seat Drop (t)            ½ Turn to Feet            Front s/s (p)</p>

<p><b>National – 7 &amp; 8, 9 &amp; 10, 11 &amp; 12</b></p> <p><b>Max Vol Tariff: 6.5</b></p> <p>Back s/s (s)</p> <p>Straddle Jump</p> <p>Back s/s (t)</p> <p>Barani (p)</p> <p>½ Turn Jump</p> <p>Pike Jump</p> <p>Back s/s to Seat Drop (t)</p> <p>½ Turn to Feet</p> <p>Tuck Jump</p> <p>Barani (t)</p>	<p><b>National – 13 &amp; 14, 15 &amp; 16, 17 &amp; 18, 19+</b></p> <p><b>Max Vol Tariff: 6.5</b></p> <p>Back s/s (s)</p> <p>Barani (s)</p> <p>Back s/s (p)</p> <p>Straddle Jump</p> <p>Barani (p)</p> <p>½ Turn Jump</p> <p>Tuck Jump</p> <p>Back s/s (t)</p> <p>Crash Dive</p> <p>Barani Ball Out (t)</p>
<p><b>Elite - 9 &amp; 10 (no max vol tariff)</b></p> <p>Back s/s (p)</p> <p>Barani (p)</p> <p>Straddle Jump</p> <p>Back s/s to Seat Drop (t)</p> <p>½ Turn to Feet</p> <p>Pike Jump</p> <p>Back s/s (t)</p> <p>Tuck Jump</p> <p>Barani (t)</p> <p>Front s/s (p)</p>	<p><b>Elite - 11 &amp; 12 (no max vol tariff)</b></p> <p>Back s/s (s)</p> <p>Barani (s)</p> <p>Back s/s (p)</p> <p>Straddle Jump</p> <p>Barani (p)</p> <p>½ Turn Jump</p> <p>Tuck Jump</p> <p>Back s/s (t)</p> <p>Crash Dive</p> <p>Barani Ball Out (t)</p>
<p><b>Elite -13 &amp; 14 (no max vol tariff)</b></p> <p>10 different skills, 8 with a minimum of 270° somersault.</p> <p>1 skill landing on either the front or the back of the body followed by a skill with a minimum of 270° somersault.</p> <p>1 somersault between 360° &amp; 720° rotation and with at least either 360° or 540° twist.</p>	<p><b>Elite – 15 &amp; 16, 17 &amp; 18, 19+, Mens &amp; Ladies</b></p> <p>10 different skills, 9 with a minimum of 270° somersault.</p> <p>1 skill landing on either the front or the back of the body followed by a skill with a minimum of 270° somersault.</p> <p>1 somersault between 360° &amp; 720° rotation and with at least 540° twist.</p> <p>1 forward / backward double somersault, with or without twist.</p>

## **Section 5 – Competition Structure**

### **5.1 Regional Qualification Structure**

Regional Qualifiers are held during the competition year, at which gymnasts may qualify for the National Finals. These competitions can be held in each region. Regions must apply to the T.T.C. to host a Regional Qualifier, giving at least 3 months notice, preferably prior to the Irish Gymnastics Ltd. calendar of events which was set in August 2008. These are open competitions at which any IG registered gymnast is entitled to compete. To enter these competitions, coaches must fill out the Regional Entry Form (Appendix 1), and send it to the Competition Co-ordinator Terrie Watson. A copy must also be sent to the Irish Gymnastics Ltd. offices with the appropriate competition fee. The competition fee for Regional Qualification Events is €8. Entries received after the deadline will not be accepted and entries will not be accepted on the day. No entries will be processed without the appropriate entry fee. Clubs must provide officials at each competition and must list these in the space provided on the entry form (Appendix 1 & 2). A fine of €50 will be imposed on each club that fails to provide officials.

At each level there is a qualification mark (see Appendix 3) which the gymnasts must achieve in order to qualify for the All Ireland Final and the Grand Prix Final. Boys and girls compete in separate categories in this event and they are grouped according to their ages (see Section 5.4).

Gymnasts who qualify at one Regional Qualification event may move up a level at the next Regional Qualification event, however, if they fail to qualify at the higher level they may not drop down to the level that they have previously qualified at and must then try to qualify at the higher level.

### **5.1.1 Movement between the levels:**

Gymnasts achieving a specified score at Regional, Grand Prix or National competitions (scores will be set before the beginning of the competition year) at each level must move up to the next level. For the 2008 / 2009 competition season gymnasts who achieve the following scores will be required to move up a level for the next season:

	<i>Execution Only</i>	<i>Execution + Tariff</i>
Novice:	50.0	51.5
Intermediate:	50.0	53.0
Advanced:	51.0	56.5
National:	51.0	57.5

Backward movement can only be allowed with the consent of the TTC.

### **5.2 All Ireland Finals**

All Ireland Finals are held each year. Boys and girls compete in separate categories in this event. Only those who have qualified through the regional qualification structure may compete at the All Ireland Finals. To enter gymnasts that have qualified for the Nationals Finals, coaches must fill out the All Ireland Entry Form (Appendix 2) and send it to Irish Gymnastics Ltd. with the appropriate competition fee. A copy must also be sent to the Competition Co-ordinator, Terrie Watson. No entries will be processed without the appropriate entry fee. The competition fee for All Ireland Finals is €15.

The Jim O'Leary Perpetual trophies will be awarded to the highest form scoring Senior Men's and Senior Ladies competitors.

The Francie Craven Perpetual trophy will be awarded to the highest Form scoring competitor on the day.

At the All Ireland finals, clubs will be allowed to enter gymnasts into a team event. A team may consist of three (3) or four (4) gymnasts, having qualified through the Regional Qualification Events, who compete in the same level, regardless of age group or gender. The best three (3) total scores from this team will make up the team score. Teams must be made up of gymnasts registered in the same club for which they qualified for All Ireland Finals. The competition fee for the Team Event at the All Ireland Finals is €12 per team.

Synchronised (synchro) Trampoline is to be introduced at club level this year but will not be part of the National Finals this year. There will be 3 levels as shown below. Pairs can be boy/boy, girl/girl or boy/girl. Pairs do not have to belong to the same club. People shall compete in the same level as they do in individual competition but may follow same procedure of applying to TTC if they wish to compete at a lower level. People over 13 who cannot complete the higher level set in individual but can complete the higher level set in synchro can compete at higher level in synchro than individual. (e.g. a 17 year old novice may be able to do a front s/s but not a back s/s). Synchro to be held at Athy and Rathdrum, any other clubs wishing to host synchro shall make a request to the VP. The groups and routines are as follows.

<b>Novice</b>	<b>Intermediate/Advanced</b>	<b>National/Elite</b>
Front Drop	Full Turn	Back s/s (S)
To Feet	Straddle Jump	Straddle Jump
Straddle Jump	Seat Drop	Back s/s (T)
½ Turn	½ Turn to Seat	Barani (P)
Seat Drop	½ Turn to Feet	½ Turn
½ Turn to Feet	Pike Jump	Pike Jump
Tuck Jump	Back Drop	Back Drop
Pike Jump	½ Turn to Feet	½ Turn to Feet
Seat Drop	Tuck Jump	Tuck Jump
½ Turn to Feet	Front s/s (T)	Barani (T)

### 5.3 Grand Prix Finals

Separate to All Ireland Finals, the Grand Prix Final takes the 3 highest scores recorded in the Regional Qualification events for each level from each region regardless of gender or age group. These gymnasts compete individually as well as part of a regional team in this final.

Points are awarded for the total gold, silver and bronze medals won by each region. Gold medals will receive 3 points, silver will receive 2 points and bronze will receive 1 point. Each regional team's points will be calculated at the end of the competition, this will decide the Grand Prix Team Champions.

The champions will be presented with the Francie Craven Grand Prix trophy.

Substitutions: A maximum of two substitutions per region allowed.

### 5.4 Age Groups

Please note the Age Groups for the 2008/2009 competition season:

7-8:	born 02 or 01 **
9-10:	born 00 or 99
11-12:	born 98 or 97
13-14:	born 96 or 95
15-16:	born 94 or 93
17-18:	born 92 or 91
19+:	born 90 or earlier

\*\* *Please note that under Irish Gymnastics Ltd. rules, gymnasts may not compete until they are 7 years of age. So gymnasts born in 2002 must be a minimum of 7 years of age on the day of their competition.*

The age of the performer for this year's competition season is reckoned as the age of the competitor on the 31<sup>st</sup> of December, 2009, i.e.: the oldest age in the year of the National Finals.

In general, the age group of a gymnast can be obtained by subtracting the minimum and maximum age in the age group from the year in which the National Finals will be held. The resulting years will be the required years of birth for that age group, as per the above example.

## **5.5 Dress Code**

Novice participants may wear leotard (girls) or leotard and whites (boys) or matching plain white t-shirt, shorts and socks or gym shoes.

All other levels must wear the correct competition attire, which is a leotard for girls (long sleeve or sleeveless) and a leotard and whites for boys. Plain white socks or gym shoes must be worn. Failure to do so may result in a deduction of 0.2 under the direction of the Chair of Judges Panel.

Jewellery should not be worn at any Regional or National event, under the direction of the Chair of Judges Panel a ring without a gem stone may be taped.

## **Section 6 – National Squad**

### **6.1 Selection**

Selection to the National Squad is as per Selection Policy Document Section 1.

The gymnasts, and their coaches, must demonstrate a desire to be involved in the National Squad and show that they can work in a group situation taking direction from the National Squad Coaches Panel. The Trampoline Technical Committee may also invite gymnasts following a good performance at either Grand Prix Finals or National Finals. Any coach wishing to have a gymnast assessed for National Squad should contact the Trampoline Technical Committee on [tra@irishgymnastics.ie](mailto:tra@irishgymnastics.ie)

### **6.2 Eligibility**

As per Irish Gymnastics rules, all members in good standing and holding a competition, student or full membership, are eligible to trial for the National Squad when the criteria as per 6.1 are met.

### **6.3 Selection to international events**

To represent Ireland, the gymnast must be a member of the National Squad, have competed (or qualified to compete) at the National Finals and the gymnast must also hold or be entitled to hold an Irish passport. Selection of gymnast for international events is based on the criteria as set out in Section 2 of our Trampoline Selection Policy Document which is available from the Download section of the Website.

### **6.4 General Squad Rules**

- All gymnasts must arrive to training sessions in good time to participate in warm-up. Persons arriving after the warm-up may be refused permission to join the session.
- A qualified coach must accompany gymnasts from each club at each session. This is essential for the coaches to be present to pick up any information that may be given to gymnasts.
- Any injury or illness must be reported by the gymnast to a member of the National Squad coaches' panel. Likewise any injury during the session must be reported. After injury when returning to National Squad gymnast must provide evidence of fitness to return to training.
- Positions on the National Squad are conditional on attendance at all training sessions. Any gymnast failing to attend a National Squad session without a satisfactory reason may be removed from the Squad with immediate effect. A gymnast must provide written notice to the Trampoline Technical Committee in a case where they know they will be absent from an official Squad event.
- All gymnasts must attend sessions correctly attired. No loose or baggy clothes are permitted.
- Gymnasts are expected to show due respect to all coaches and other Squad members at all times. Gymnasts must also apply themselves to all tasks with utmost effort and concentration at all times.
- All National Squad members are expected to show continual dedication to improving their trampolining skills and abilities. For this reason, gymnasts should assume that at each session they will be expected to show improvement from the previous session.





Category	7&8, 9&10, 11&12	13&14, 15&16, 17&18, 19+
Novice	44.0	44.5
Intermediate	43.5	44.0
Advanced	45.0	45.5
National	46.0	46.5
Elite	47.0	48.0
Mens / Ladies	49	

# Appendix 4

Irish Gymnastics  
Trampoline Tariff Sheet

Name:  
Club:

Level:  
Age Group:

Compulsory Set				Voluntary				
	Routine	S	Adjustments		Routine	S	Adjustments	Tariff
1				1				
2				2				
3				3				
4				4				
5				5				
6				6				
7				7				
8				8				
9				9				
10				10				
				<b>Total</b>				

**PLEASE NOTE**

*It is the responsibility of the competitor to ensure that all moves are correct and That all shapes (S) are correctly defined.*

**P = Piked**

**T = Tucked**

**S = Straight**

*Failure to do so may result in the routine being terminated early.*

**PLEASE CHECK YOUR ROUTINE CAREFULLY BEFORE SUBMITTING IT TO THE REGISTRATION CLERK.**

# Appendix 5

## Guide for Judges

### 1 ROUTINES (FIG Code 5)

1.1 Each routine consists of 10 (ten) elements.

1.2 The second routine and the Final routine are voluntary routines in which the execution score is added to the difficulty score to give the total for a routine.

1.3 Second attempts at routines are not allowed.

1.3.1 If a gymnast is obviously disturbed in a routine (faulty equipment or substantial external influence or the like), the Chair of Judges Panel may allow another attempt. A gymnast's clothing cannot be classed as "equipment".

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

### 2 DRESS FOR GYMNASTS AND SPOTTERS (FIG Code 6)

#### 2.1 Male gymnasts\*

- Sleeveless leotard
- Gym trousers in a single colour, except black or any other deep dark colour
- Trampoline shoes and/or foot covering of the same colour as the gym trousers or white.

#### 2.2 Female gymnasts\*

- Leotard with or without sleeves.
- Trampoline shoes and/or white foot covering

\* Plain white shorts and plain white T-shirts are permitted at Novice Level only.

2.3 The wearing of jewelry or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped.

2.4 Any violation of 2.1, 2.2 and 2.3 may result in disqualification from the round in which the offence occurs. This decision is made by the Chair of Judges Panel.

2.5 Members of a team or a synchronised pair must wear uniform dress. Failing to do so will result in disqualification of the team or synchronised pair from the team or synchronised event. This decision is made by the Chair of Judges Panel.

## 2.6 Spotters

Track suit and gym shoes or equivalent.

## 3. COMPETITION CARDS (FIG Code 7)

3.1 For Elite\* (see 3.1.1), Mens and Ladies competitors the elements of the first routine must be written down on the competition card. Each of the required elements must be marked with an asterisk (\*). For all competition levels (Advanced and above) the elements of the second routine must also be written down on the competition card with the difficulty value of each element.

3.1.1 \*Only those Elite competitors who perform optional first routines submit competition cards with their first routine. Those Elite competitors that have compulsory first routines must perform those routines as written in the routines section of this handbook (Section 4) else it will be deemed as an interruption to the first routine (see 9.1.7)

3.2 The competition card must be handed in at the time and place specified by the organising committee, otherwise the gymnast may not be allowed to start.

3.3 For Elite, Mens and Ladies competitors, in the first routine, the gymnast should execute the elements as written on the competition card. Any missing required element(s) or requirement(s) will result in a deduction of 1.0 point for each missing required element/requirement, by each Execution Judge. Such changes will be recorded on the competition card by the Difficulty Judges.

3.3.1 For Novice, Intermediate, Advanced, National and Elite (9-10, 11-12, 13-14 age group) compulsory routines are used instead of a first voluntary routine, any change will be judged as an interruption (see 9.1.7)

3.4 In the second routine changes to the elements and the order in which they are written on the competition card are permitted without penalty.

#### 4. SAFETY REQUIREMENTS (FIG Code 9)

4.1 A competitor must have 4 (four) spotters around the trampoline. At no time should there be more than 4 (four) spotters around the trampoline. 1(one) spotter with a mat may replace 2 (two) spotters on one side.

#### 5. WARMING UP (FIG Code 12)

5.1 Immediately prior to the competition each gymnast will be allowed (max) 2 (two) touch warm-up on the competition apparatus. In the event that a gymnast abuses this, the Chair of Judges Panel may instruct the Chief Recorder to deduct a penalty of 0.3 points from the total score of the following routine.

#### 6. START OF A ROUTINE (FIG Code 13)

6.1 Each gymnast will start on a signal given by the Chair of Judges Panel.

6.2 After the signal has been given, the gymnast must initiate the first element within one minute, otherwise there will be deductions as follows by each of the Execution Judges on the instruction of the Chair of Judges Panel.

- 61 seconds: 0.1 pts deduction
- 91 seconds: 0.2 pts deduction
- 121 seconds: 0.3 pts deduction

6.2.1 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 Chair of Judges Panel.

6.3 If there is a faulty start, the gymnast may re-start on a signal from the Chair of Judges Panel.

## 7. REQUIRED POSITIONS DURING AN ELEMENT (FIG Code 15)

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

7.2 Depending on the requirements of the element, the body should be tucked, piked or straight.

7.3 In the tucked and piked positions the thighs should be close to the upper body, except in the twisting phase of multiple somersaults (see 7.7).

7.4 In the tucked position the hands should touch the legs below the knees except in the twisting phase of multiple somersaults (see 7.7).

7.5 The arms should be straight and/or held close to the body whenever possible.

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

7.6.1 Straight position: The angle between the upper body and thighs must be greater than  $135^\circ$ .

7.6.2 Pike position: The angle between the upper body and thighs must be equal to or less than  $135^\circ$  and the angle between the thighs and the lower legs must be greater than  $135^\circ$ .

7.6.3 Tuck position: The angle between the upper body and thighs must be equal to or less than  $135^\circ$  and the angle between the thighs and the lower legs must be equal to or less than  $135^\circ$ .

7.7 In multiple somersaults with twists, the tuck and pike position may be modified during the twisting phase known as puck and pike twisting positions.

## 8. REPETITION OF ELEMENTS (FIG Code 16)

8.1 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.

8.1.1 The tucked and piked positions are considered to be the same position.

8.2 Multiple somersaults (of 630° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases.

## 9. INTERRUPTIONS OF A ROUTINE (FIG Code 16)

9.1 A routine will be considered interrupted if a gymnast:

9.1.1 Obviously does not land simultaneously on both feet on the trampoline bed.

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

9.1.3 Performs an intermediate straight bounce.

9.1.4 Lands on any part of the body except feet, seat, back or front.

9.1.5 Performs an incomplete element (e.g. ¼ twist from back landing).

9.1.6 Is touched by a spotter or spotter mat or frame pads.

9.1.7 Leaves the trampoline due to insecurity.

9.1.8 Performs a different element from that of their partner in a synchronised routine.

9.1.8.1 If one of the gymnasts is more than half an element ahead of their partner they will be deemed to have performed different elements.

9.1.9 Does not perform a prescribed compulsory routine using the required elements and/or in the sequence written on the competition card.

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

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

9.4 The Chair of Judges Panel will decide the maximum mark.

#### 10. TERMINATION OF THE ROUTINE (FIG Code 17)

10.1 The routine must end under control in an upright position, with both feet on the trampoline bed, otherwise there will be a deduction (see 14.3.2).

10.2 After the final landing on the bed, the gymnast must stand upright for approximately 3 (three) seconds, otherwise there will be a deduction for lack of stability (see 14.3.2).

10.3 A routine is deemed to have ended only after the time as per 10.2, have elapsed.

10.4 In individual competition, the gymnast is allowed to do 1 (one) more jump in a stretched position (out-bounce) after the last element, using the elasticity of the bed.

10.5 In synchronised competition both gymnasts must either do one more jump in a stretched position (out-bounce) after the last element, or they must both stand still, otherwise there will be a deduction of 0.2 points from the Synchronisation Judges (see 16.3.3). This decision is made by the Chair of Judges Panel.

10.6 If a gymnast executes more than 10 (ten) elements, a deduction of 1.0 point will be made (see 14.4.3). Intermediate straight jumps will be counted as elements.

## 11. SCORING (FIG Code 18)

(Two types of mark are used, 'A' type mark, which is the total of the degree of difficulty in one routine and 'B' type mark, which is the total given by an Execution Judge in one routine. The total score for a routine is based on one A mark plus three B marks)

### 11.1 Degree of difficulty

11.1.1 The difficulty of each element is calculated on the basis of the amount of twist and somersault rotation with a bonus for completed ( $360^\circ$ ) somersaults:

11.1.1.1 per  $\frac{1}{4}$  somersault ( $90^\circ$ ) 0.1 pts

11.1.1.2 bonus per completed somersault ( $360^\circ$ ) 0.1 pts

11.1.1.3 per  $\frac{1}{2}$  twist ( $180^\circ$ ) 0.1 pts

11.1.2 Side somersaults and elements without twist or somersault rotation have no difficulty value.

11.1.3 In elements combining somersault and twist, the difficulty values of the somersault and twist are added together.

11.1.4 Single somersaults of  $360 - 630^\circ$  without twists, executed in the straight or pike position, will be awarded an extra 0.1 points.

11.1.5 Multiple somersaults of  $720^\circ$  or more, with or without twists, executed in the straight or pike position, will be awarded an extra 0.1 points per completed somersault.

### 11.2 Method of scoring

11.2.1 The evaluation of execution, difficulty and synchronisation is done in 10ths of a point.

11.2.2 Judges must write their deductions independently of one another.

11.2.3 When signaled by the Chair of Judges Panel, the marks of the Execution and Synchronisation Judges must be shown simultaneously.

11.2.4 If any of the Execution or Synchronisation Judges fails to show their marks when signaled by the Chair of Judges Panel, the average of the other marks will be taken for the missing mark(s). This decision is made by the Chair of Judges Panel.

11.2.5 Evaluation of the score for execution:

11.2.5.1 The deductions for poor execution as per 14.3 and the additional deductions on the instruction of CJP as per 14.4 are subtracted from the maximum mark, i.e. 10.0 points or the mark decided by the Chair of Judges Panel (see 9.4).

11.2.5.2 In individual competition, the highest and lowest marks of the five Execution Judges are deleted and the three remaining marks are added together to give the gymnast's execution score for the routine (B+B+B).

11.2.5.3 In synchronised competition, the highest and lowest marks of the four Execution Judges are deleted and the two remaining marks are added together to give the pair's execution score for the routine (B+B).

11.2.6 Evaluation of the score for difficulty:

11.2.6.1 The Difficulty Judges calculate the difficulty of a routine as per 11.1 and enter it on the competition card.

11.2.7 Evaluation of the score for synchronisation:

11.2.7.1 The deductions for lack of synchronisation are subtracted from the maximum mark, i.e. 10.0 points or the mark decided by the Chair of Judges Panel (see 9.4). This mark is then doubled and taken as the score for synchronisation.

11.2.7.2 The middle mark of the Synchronisation Judges (nos. 8, 9 & 10) is doubled and taken as the score for synchronisation.

11.2.7.3 The recorders add this score for synchronisation to the execution score (see 11.2.5.3) to give the pair's total B type score for the routine.

11.2.8 Evaluation of the gymnasts' total score for a routine:

11.2.8.1 Where appropriate, the difficulty score is added to the execution score.

11.2.8.2 The recorders will calculate the total score by adding together the B marks (execution/synchronisation) plus A mark (difficulty).

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

## 12. THE JUDGES' PANEL (FIG Code 19)

12.1 Composition:	Individual	Synchronised
12.1.1 Chair of Judges Panel	1	1
12.1.2 Judges for Execution		
- for individual competition (nos. 1-5)	5	
- for synchronised competition (Trampoline N° 1: Judges nos. 1 & 3 ) (Trampoline N° 2: Judges nos. 2 & 4 )		4
12.1.3 Judges for Difficulty (nos. 6 & 7)	2	2
12.1.4 Judges for Synchronisation (no. 8 9 & 10)		3
12.1.5 Total	8	10

12.2 Judges nos. 1-7 must sit on the judges platform 5 to 7 meters from Trampoline N° 1 and raised by a minimum of 1 (one) meter and maximum 2 (two) meters.

12.3 Judges nos. 8-10 will be placed alongside, the judge's platform, so that the trampoline is at eye level.

12.4 If the quota of judges cannot be met, on approval from the trampoline technical committee, a minimum of 3 (three) judges may officiate, with all 3 (three) judges score to count. If this system is being used, all scores must be within a tolerance of 0.5.

12.5 If a Judge fails to carry out his duties in a satisfactory manner he must be replaced. This decision will be made by the Chair of Judges Panel.

12.5.1 If an Execution or Synchronised Judge is replaced, the Chair of Judges Panel may decide that his previous marks will be replaced by the average of the remaining marks (see 11.2.4).

### 13. DUTIES OF THE CHAIR OF JUDGES PANEL (FIG Code 20)

13.1 Control of the facilities.

13.2 Organise the Judges' conference and the trial

13.3 Place and supervise all Judges, spotters and recorders.

13.4 Direct the competition.

13.5 Convene the Competition Jury.

13.6 Decide if a second attempt should be allowed (see 1.2).

13.7 Decide about a gymnast's dress (see 2).

13.8 Decide whether any assistance given by a spotter was necessary.

13.9 Declare the maximum mark in the case of an interrupted routine (see 9).

13.10 Inform the Execution Judges and Synchronisation Judges of additional deductions (see 14.3.2.2-14.3.2.6, 14.4 & 14.3.3).

13.11 Decide if a Judge fails to show his mark immediately (see 11.2.4).

13.12 Judge a Synchronised routine on video if the electronic system fails (see 11.2.7).

13.13 Decide about penalties as per 2 and 5.2 and inform the Chief Recorder.

13.14 Supervise and control all scores, calculations and the final results.

13.15 Decide before the end of a round, when approached by an official representative of a Club or a Judge, about obvious errors in the calculation of difficulty or numerical errors concerning execution or synchronised scores.

#### 14. DUTIES OF THE JUDGES FOR EXECUTION (FIG Code 20)

14.1 Evaluate the execution in the range 0.0 to 0.5 points as per 14.3 and write down their deductions on the deduction sheets.

14.2 Subtract their deductions from the maximum mark indicated by the Chair of Judges Panel (see 9.4).

#### 14.3 Deductions for execution

14.3.1 Lack of form, consistency of height and control in each element 0.1-0.5 pts

14.3.2 Lack of stability on or after the last element (a single deduction for the greater fault only):

14.3.2.1 Not standing still in an upright position for approximately 3 (three) seconds 0.1-0.2 pts or make the following deductions on the instruction of the Chair of Judges Panel:

14.3.2.2 touching the bed with one or both hands 0.5 pts

14.3.2.3 touching the bed with the knees or hands & knees, falling to seat, front or back 0.5 pts

14.3.2.4 touching the springs, pads, frame or safety platform 0.5 pts

14.3.2.5 landing/falling on the springs, pads, frame or safety platform and spotter mat 1.0 pts

14.3.2.6 landing /falling outside the area of the trampoline 1.0 pts

14.4 Make the following additional deductions on the instruction of the Chair of Judges Panel:

14.4.1 Talking to or giving any form of signal to a gymnast by their own spotters or coach during the routine, for each occurrence 0.3 pts

14.4.2 Additional elements, 1.0 pts

14.4.3 Exceeding the time limit, as per 6.2, 0.1-0.3 pts

14.4.4 Missing required elements/requirement in the first routine as per 3.3, for each element 1.0 pts

14.4.5 Repetition of an element during the first routine (for Elite 15/16 and above only) as per 4.1, for each repetition 1.0 pts (with the exception as noted in 8.1.1)

14.5 During synchronised competitions Judges nos. 1 & 3 evaluate the execution of the routine on trampoline N° 1, Judges nos. 2 & 4 evaluate the execution on trampoline N°2.

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

## 15. DUTIES OF THE JUDGES FOR DIFFICULTY (NOS. 6 & 7) (FIG Code 22)

15.1 Collect the competition cards from the Chief Recorder at least 2 (two) hours prior to the start of the competition.

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

15.3 Check the required elements/requirements of the first routine as per 3.1, 3.3 and notify the Chair of Judges Panel of the number of changed/missed elements/requirements (see also 4.4.5-14.4.6).

15.4 Write down any changes in a routine and record any repetitions as per 3.3 and 8.

15.5 Determine the difficulty score of each of the elements in the second and final routines as per 11.1, 8.1 and 9.4 and enter it on the competition card.

15.6 Determine whether or not any of the elements in the second and final routines were intermediate (straight) jumps and advise the Chair of Judges Panel accordingly (see 14.4.2).

15.7 Check that pairs in synchronised competition perform the same elements at the same time as per 9.1.6 and notify the Chair of Judges Panel.

15.8 Display the difficulty score.

## 16. DUTIES OF THE JUDGES FOR SYNCHRONISATION (NOS. 8, 9 & 10) (FIG Code 24)

16.1 Evaluate the synchronised performance in the range 0.0 to 0.5 points as per 16.3 and write down their marks on the respective deduction sheets.

16.2 Subtract their deductions from the maximum mark indicated by the Chair of Judges Panel (see 9.4).

16.3 Make and record the following deductions for each un-synchronised landing:

16.3.1 Landing difference under 80 cm in height 0.1-0.3 pts

16.3.2 Landing difference of 80 cm or more in height 0.4-0.5 pts

16.3.3 After the 10th element, not making the same landing (out-bounce or standing still), on the instruction of the CJP. 0.2 pts

## Appendix 6

### Sample Tariff Guide

<b>Name</b>	<b>Shape</b>	<b>FIG Code</b>	<b>Tariff</b>
Shape Jump	T, P, S	N/A	0.0
Seat Drop	N/A	N/A	0.0
½ twist	N/A	N/A	0.1
Full twist	N/A	N/A	0.2
Front drop to feet	N/A	N/A	0.2
Back drop ½ to feet	N/A	N/A	0.3
Front Sommi	T	4 o	0.5
Front Sommi	P	4 v	0.6
Front Sommi	S	4 /	0.6
Back Sommi	T	4 o	0.5
Back Sommi	P	4 v	0.6
Back Sommi	S	4 /	0.6
Barani	T	4 1 o	0.6
Barani	P	4 1 v	0.6
Barani	S	4 1 /	0.6
¾ back	T	3 o	0.3
¾ back	P	3 v	0.3
¾ back	S	3 /	0.3
Cody	T	5 o	0.6
Cody	P	5 v	0.7
Cody	S	5 /	0.7
Crash dive	S	3 /	0.3
Barani ball out	T	5 – 1 o	0.7
Barani ball out	P	5 – 1 v	0.7
Barani ball out	S	5 – 1 /	0.7
Rudi ball out	S	5 – 3 /	0.9
Randi ball out	S	5 – 3 /	1.1
Full	S	4 2 /	0.7
Double full	S	4 4 /	0.9
Rudi	S	4 3 /	0.8
Randi	S	4 5 /	1.0
1 & 3	T	7 – – o	0.8
1 & 3	P	7 – – v	0.9

1 & 3	S	7 - - /	0.9
Double back	T	8 - - o	1.0
Double back	P	8 - - v	1.2
Double back	S	8 - - /	1.2
½ out	T	8 - 1 o	1.1
½ out	P	8 - 1 v	1.3
½ out	S	8 - 1 /	1.3
½ in back out	T	8 1 - o	1.1
½ in back out	P	8 1 - v	1.3
½ in back out	S	8 1 - /	1.3
½ in ½ out	T	8 1 1 o	1.2
½ in ½ out	P	8 1 1 v	1.4
Rudi out	T	8 - 3 o	1.3
Rudi out	P	8 - 3 v	1.5
Full in ½ out	T	8 2 1 o	1.3
Full in ½ out	P	8 2 1 v	1.5
Full in ½ out	S	8 2 1 /	1.5
Full in back out	T	8 2 - o	1.2
Full in back out	P	8 2 - v	1.4
Full in back out	S	8 2 - /	1.4
Back in full out	T	8 - 2 o	1.2
Back in full out	P	8 - 2 v	1.4
Full full	T	8 2 2 o	1.4
Full full	S	8 2 2 /	1.6
½ in Rudi out	T	8 1 3 o	1.4
½ in Rudi out	P	8 1 3 /	1.6
Full in Rudi out	T	8 2 3 o	1.5
Full in Rudi out	P	8 2 3 v	1.7
Full in Rudi out	S	8 2 3 /	1.7
Miller	T	8 2 4 o	1.6
Miller	T	8 4 2 o	1.6
Miller	S	8 3 3 /	1.8
Triffus	T	12 - - 1	1.7
Triffus	P	12 - - 1	2.0

## Appendix 7

### Guidelines to hosting a Grand Prix or Qualifier Competition

1. Contact the competition coordinator by the closing date to confirm details.
2. The coordinator needs to know the times that the venue is available, the location of the hall, the number of trampolines at the venue (minimum 2), agree details of competition and anything which you think you may need assistance with.
3. The following equipment is required for the competition:
  - a) Trampoline – no (minimum 2). Dictated by number of entries.
  - b) End decks/crash mats for each trampoline.
  - c) Mats for the floor around the trampolines.
  - d) Throw in mat.
  - e) Benches for the competitors.
  - f) Chairs for the audience.
  - g) Tables & chairs for judges and recorders.
  - h) Podium for medal ceremony.
  - i) First aid kit.
  - j) Extension leads for scorekeeper tables.
  - k) Lunches for judges.
4. The hall needs to be completely set up 30 minutes before the start of the competition.
5. The coordinator will email the program to you one week after the closing date for the entries.
6. The coordinator will organise computers, printer, score cards, score sheets, medals, certificates.

7. The coordinator is there to help with the smooth running of the competition both in the preparation and on the day.
8. The host needs to submit a list of judges available to judge on the day with their own entries. The judging panel/s will be decided/selected by the competition coordinator.
9. The host needs to provide spotters and scorekeepers. When more than one scorekeeper is required the coordinator will appoint a head scorekeeper. All scorekeepers will bring the results from their panel to the head scorekeeper.
10. A Competition Marshall (see appendix 8) is needed for every competition and should be selected or approved by the competition coordinator.
11. A Warm-up Marshall (see appendix 9) is needed for each trampoline at competitions.

# **Appendix 8**

## **Competition Marshall**

- 1) Make sure that you are ready to help about 15 minutes before the competition begins. Come equipped with a pen and a clipboard.
- 2) Introduce yourself to the Superior Judge at the earliest opportunity as he/she will be your boss.
- 3) See the recorders who should be able to give you a start list, or they may ask you to cross off names on a programme as they call them out to you. Or indeed you may have to do this while the competition is going on
- 4) When competitors have finished warming up you should call out their names and sit them down in competition order.
- 5) With youngsters it may be beneficial to have a talk to them first, explain what will happen and who you are etc. This may help them feel at ease and make things easier for you in the end. Remind them about things like not being at the toilet when it is their warm-up turn and staying at their trampoline until their rotation is finished. Use provided spotters or use the gymnasts to speed up the competition.
- 6) Be organised and ready. Call out the first 5 names and tick them off on the programme, ask them to go have one warm-up turn each.
- 7) Have number 1 ready to jump. While he/she is competing get number 6 out stood by you ready to go warm-up, with the appropriate number of spotters.
- 8) While number 6 is warming up get number 2 ready for their competition turn.

- 9) Always try and be ahead rather than behind with the competitors. It doesn't really matter if a performer is ready to compete before the previous competitor has finished competing. Better that way than have the Superior judge waiting for you to get competitors ready.
- 10) The worst to get ready are the warm-ups before competing. Sometimes if there are two marshalls it is worth having one for warm-ups and one for competing.
- 11) The worst to work with are usually higher level competitors and older performers who know it all and apparently don't have to be told what to do or what is expected of them. Friendly but firm is probably the best way.
- 12) Your job as well as to keep the competition running is to check for jewellery, keep the competitors in the right order, look after lost property, deal with the tears and the tantrums and of course keep the competitors sat down or at least not blocking the view of judges or eager parents. A suggestion is that the nearer the marshall goes towards the trampolines, the nearer the performers get.

# Appendix 9

## Warm-Up Marshall

- 1) Be on time for the competition. About 15 minutes before warm-ups start  
(They can't start without you)
- 2) Collect warm-up cards from competitors and keep them in order or use the warm-up sheet provided.
- 3) Call out the name of the person to warm-up (Loud enough to be heard)
- 4) Put their ticket to the back of the pack of cards (Ticking off on the card if necessary)
- 5) Make sure you call out the name of the next person while the first one is warming up so that they are ready for their turn.
- 6) If anyone wants to change beds and asks for their card, find it without mixing up the other cards and still make sure there is a performer warming up and one ready to go.  
(Don't have an empty bed while you are looking for a card)
- 7) Once all the competitors have had two goes (if that is what is required) then either give them their card back or keep it with the rest.
- 8) During the competition keep the cards (or put them on the recorders table) so they are ready in the same order for the next round.
- 9) Competitors are allowed only 30 seconds warm-up per turn. If a performer abuses this (i.e. tries for longer, perhaps 2 routines) tell them that their warm-up has finished and they are to get off the bed. If they fail to do this or carry on inform the superior judge for that panel or competition organiser who will deal with it.

- 10) Whilst performers are warming up check for jewellery and ask performers to remove it before jumping.
- 11) Check that there are 2 spotters on both sides of the trampoline.
- 12) If whilst a performer is warming up you see an 'unsafe move' have a word with the superior judge and inform him/her so they can have a look and if necessary take action.

# Appendix 10

## Irish Gymnastics Judging Structure

### The Structure

The Judging Structure for Trampoline Gymnastics is organised as outlined in the table below. The Structure allows Judges to move up through the levels in a progressive manner. Judges enter the structure at level 1 and build on their ability in Judging Technical Form and Difficulty for Trampoline and Double-Mini Trampoline Routines and Passes.

<b>Judging Level</b>	<b>Age/Experience Criteria</b>	<b>COURSE CONTENT</b>	<b>Theory Paper Pass Mark</b>	<b>Practical Judging Form Pass Mark</b>	<b>Practical Judging Tariff Pass Mark</b>	<b>Practical Judging Synchronisation Pass Mark</b>
<b>Level 1</b>	Minimum age is 14yrs No experience required	Form Judging – Individual Trampoline & Synchro Difficulty Judging for above Judge to max 5.2 Tariff	60%	60%	60% <b>Optional</b>	60%
<b>Level 2</b>	Minimum age is 16yrs 6mths previous experience	Form Judging – Trampoline, Synchro, DMT Difficulty Judging for above Judge to a maximum 7.4 Tariff	60%	60%	60%	60%
<b>Level 3</b>	Minimum age is 18yrs 6mths previous experience	Form Judging – Trampoline, Synchro, DMT Duties & Responsibilities of Chair of Panel Judge to a maximum 10.5 Tariff	70%	60%	60%	60%

# Irish Gymnastics Judging Structure

(cont'd)

<b>Judging Level</b>	<b>Age/Experience Criteria</b>	<b>COURSE CONTENT</b>	<b>Theory Paper</b> <b>Pass Mark</b>	<b>Practical Judging Form</b> <b>Pass Mark</b>	<b>Practical Judging Tariff</b> <b>Pass Mark</b>	<b>Practical Judging Synchronisation</b> <b>Pass Mark</b>
<b>Superior Difficulty Module</b>	Minimum age is 18yrs By Selection	Difficulty Judging in preparation for Superior Judge 10.6+ difficulty Routines Difficulty Exam under FIG Brevet Award	N/A	N/A	100%	N/A
<b>Level 4</b>	Minimum age is 18yrs By Selection	FIG Brevet Judge Award	70% Subject to Change	60% Subject to change	60% Subject to change	60% Subject to change By FIG