



2023 TG Canadian Pathways





TABLE OF CONTENTS

1.0 INTRODUCTION.....	3
2.0 GENERAL INFORMATION.....	3
3.0 TRAMPOLINE CATEGORIES.....	6
4.0 SYNCHRONIZED TRAMPOLINE CATEGORIES	13
5.0 TUMBLING CATEGORIES	15
6.0 DOUBLE-MINI TRAMPOLINE CATEGORIES	27
7.0 SUMMARY OF MOBILITY SCORES.....	33



1.0 INTRODUCTION

The TG Canadian Pathways are designed to help athletes progress in all TG disciplines: Trampoline, Synchronized Trampoline, Tumbling and Double Mini Trampoline.

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2.0 GENERAL INFORMATION

2.1 MOBILITY

- The highest category an athlete may enter the sport is Level 4, unless granted by a petition.
- To enter any category above Level 4 the athlete must meet the mobility requirements of the previous category.
- Mobility requirements must all be met at the same time (total preliminary score, DD, and required elements).
- Age splits for Level 1 to Level 6 are set by the PTO based on registration numbers. Recommended age splits are listed in the charts under 3.0 to 6.2. National Events (Elite Canada, Canadian Championships) age splits are also listed for Level 5 to Senior.
- Age is determined by the participant's age as of December 31 of the competition year

2.2 MOBILITY OPPORTUNITIES

- L4 athletes have the opportunity to mobilize in their first 5 competitions they participate in each season; examples of mobility events are listed below:

Minimum 2, maximum 3 Provincial Cups.

- Provincial Championships.
- Eastern or Western Canadian Championships.
- 1 out-of-province Cup.
- L5 and higher have the following additional opportunities to mobilize: Elite Canada, Canadian Championships or any International meets recognized by GymCan.



2.3 QUALIFICATION SCORES

- Provinces may not set additional qualification scores for attendance to National competitions.
- Provinces may choose to have qualification scores and/or rules for their own Provincial Championships.
- Provinces may set funding scores and/or team requirements for Provincial funding.
- Provinces are responsible to provide to GymCan after each Provincial Cup (trial), the list of athletes that have met mobility. Not providing this information to GymCan will render the athlete not eligible to compete in the new category.
- Host Provinces are required to send results of visiting athletes to GymCan.
- An athlete's home Province is required to notify GymCan of any out-of-Province events athletes are registered for before the event occurs.

2.4 ELIGIBILITY FOR NATIONAL COMPETITIONS

- Athletes must attend a minimum of 1 Provincial Cup and or Provincial Championships in the current competitive season to be eligible to attend Canadian Championships. Any petitions to attend Canadian Championships (medical petitions only) must be approved and submitted to GymCan by the PTO for L5-Senior. All petitions for Junior and Senior National Team Members can be sent directly to GymCan.
- Rules in all categories involving mobility must be identical, no exceptions are allowed in these categories, if so, mobility will not be granted.
- Athletes must have met the mobility requirements for their category in order to be eligible to compete at Elite Canada or Canadian Championships.
- Any petitions to enter the sport in a category above Level 4 or to move down a category must be made to GymCan via the athlete's Provincial T&T Technical Committee.

2.5 ELIGIBILITY FOR INTERNATIONAL COMPETITIONS

- Athletes from Level 3 are allowed to take part at non-FIG sanctioned activities hosted in USA. They must represent either their club or their province but not Canada. These activities will not count for mobility.
- Athletes who have met the mobility requirements for Level 5 (Novice) to Senior are eligible to attend international invitational activities (competitions, camp, etc.) as representatives of their club or province, only if they have already competed in category Level 5 (Novice) to Senior at a Canadian Team Trial and have hit the International travel score in the previous or current competition season. International travel scores can be found in the document Qualifying Standards.
- To be allowed to compete internationally, athletes must also be competing and supporting the national competitions.
- For all international activities, a sanction form must be filled and sent to GymCan with payment at least 2 months prior the activity.



2.6 ELIGIBILITY FOR CANADIAN NATIONAL TEAM

- Athletes must meet qualification scores and requirements as well as rankings required for a specified competition. Team selection documents and rules will be circulated separately.
- World Age Group Teams and Indo's Teams will be selected from Level 5 (Novice), Level 6 (Espoir), Junior, Level 7, or Senior categories. Please note that athletes in levels L6 and above with standards will be granted priority as listed in the Qualifying Standards Document.
- Junior Teams will be selected from Junior category only with gymnasts from 13-16 years old.
- U21 Teams will be selected from Level 7 and Senior categories if an opportunity becomes available for U21 athletes.
- Senior Teams will be selected from Senior category only.

2.7 REGULATIONS

- This is only a summary of the regulations.
- For complete rules refer to the FIG Code of Points and section 5 of the Trampoline & Tumbling Program Regulations



3.0 TRAMPOLINE CATEGORIES

3.1 1 LEVEL 1 TO 4 REQUIREMENTS (TRAMPOLINE)

CATEGORY	LEVEL 1		LEVEL 2		LEVEL 3		LEVEL 4	
Recommended Min. Age	8		8		8		8	
Maximum Age	None		None		None		None	
Recommended Age Split	12U, 13+		12U, 13+		14U, 15+		14U, 15+	
Mobility Requirements	None		None		None		None	
Preliminary Round (Compulsory Routine)	4 – o – – o – – L – 1 L – 1 ↑ – – < 1 – F 1 – ↑ – – v 4 – < <u>OR</u> 4 1 o	Back Tuck Tuck Jump Seat Drop ½ Twist To Seat ½ Twist To Feet Pike Jump Front Drop To Feet Pike Straddle Jump Front Pike <u>OR</u> Barani Tuck	4 – / 4 – o 4 1 o – – o 4 1 < 4 – < – – L – 1 ↑ – – < 4 1 /	Back Straight Back Tuck Barani Tuck Tuck Jump Barani Pike Back Pike Seat Drop ½ Twist To Feet Pike Jump Barani Straight	4 1 / 4 – < 4 – / – – o 4 1 o 4 – o 4 1 < – – < 3 – / 5 1 o	Barani Straight Back Pike Back Straight Tuck Jump Barani Tuck Back Tuck Barani Pike Pike Jump ¾ Front Straight Barani Ballout Tuck	7 – – o 5 1 o 4 – o 4 1 / 4 – / 4 – < 4 1 < – – o 3 – / 5 – o	1 ¾ Front Tuck Barani Ballout Tuck Back Tuck Barani Straight Back Straight Back Pike Barani Pike Tuck Jump ¾ Back Straight Cody Tuck
Preliminary Round (Voluntary Routine)	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG Repetition Rules 							
Final Round								
Minimum DD	1.5		3.6		4.5		6.0	
Maximum DD	3.6		4.5		6.0		7.8	



2023 TG CANADIAN PATHWAYS

Specific Rules	<ul style="list-style-type: none">• The compulsory routine will be considered interrupted if it is not performed using required sequence as written above.• Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed.• In categories Level 1 to 4 a bonus equivalent to the DD performed will be given in voluntary and final routines. SCORING: ALL BONUSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED.• Time of Flight and Horizontal Displacement are part of the score calculation in each routine for categories Level 1 to 4.
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3.2 LEVEL 5 - 6, REQUIREMENTS (TRAMPOLINE)

CATEGORY		LEVEL 5 (NOVICE)	LEVEL 6 (ESPOIR)
Minimum Age		11	11 (recommended 13)
Maximum Age		None	16
Age splits at National Events		14U, 15-16, 17+	14U, 15-16
Mobility Requirements		Must meet L5 (Novice) mobility requirements in L4 to enter	Must meet L6 mobility requirements in L5 to enter
Preliminary Round	1 st Voluntary Routine	<ul style="list-style-type: none"> 10 different elements, only one (1) element allowed with less than 270 somersault rotation FIG repetition rules The requirements must be performed as separate elements <p><u>REQUIRED ELEMENTS</u></p> <ul style="list-style-type: none"> 1 element landing on the front or back 1 element taking off from the front or back 4 2 Back Full 4 3 Rudy 4 1 < Barani Pike 	<ul style="list-style-type: none"> 10 different elements, only one (1) element allowed with less than 270o somersault rotation. FIG repetition rules The requirements must be performed as separate elements <p><u>REQUIRED ELEMENTS:</u></p> <ul style="list-style-type: none"> 1 element landing on the front or back 1 element taking off from the front or back- (in combination with element above) 1 forward or backward double somersault (720o) with or without twist 1 element with at least 540 o twist
	2 nd Voluntary Routine	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules <p><u>REQUIRED ELEMENT:</u> 1 forward or backward double somersault (720o) with or without twist</p>	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules
Final Round		<ul style="list-style-type: none"> Finals recommended for all Provincial Cups & Championships 1 voluntary routine of 10 elements FIG repetition rules 	
Minimum DD		7.0	Women: 8.8 / Men 9.1
Maximum DD		Women: 9.4 / Men 10.2	Women: 11.2 / Men 13.5



2023 TG CANADIAN PATHWAYS

Specific Rules	<ul style="list-style-type: none">• If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the voluntary routine score. This deduction will be applied by the DD judges.• In all categories the penalty for not completing any required element(s) or required 270o of rotation is 2.0 per requirement applied by the difficulty judges. Time of Flight and Horizontal Displacement are part of the score calculation in each routine for Level 5 (Novice) and Level 6 (Espoir) categories.
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3.3 JUNIOR, LEVEL 7 & SENIOR REQUIREMENTS (TRAMPOLINE)

CATEGORY		JUNIOR	LEVEL 7 (OPEN)	SENIOR
Minimum Age		13	17	17
Maximum Age		16	None	None
Mobility Requirements		Must meet Junior mobility requirements in L6 to enter	Must meet Level 7 mobility requirements in L5. From L6 or Junior age 17+	Must meet Senior mobility requirements in L6, Junior, or L7 to enter
Preliminary Round	1 st Voluntary Routine	<ul style="list-style-type: none"> 10 different elements, only one (1) element allowed with less than 270o somersault rotation. FIG repetition rules The requirements must be performed as separate elements <u>REQUIRED ELEMENTS</u>: 1 element landing on the front or back 1 element taking off from the front or back 1 forward or backward double somersault (720o) with or without twist 1 element with at least 540 o twist 	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules 	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules
	2 nd Voluntary Routine	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules 	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules 	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules
Final Round		<ul style="list-style-type: none"> Finals recommended for all Provincial Cups & Championships 1 voluntary routine of 10 elements FIG repetition rules 		
Minimum DD		Women: 9.5 / Men: 11.2	Women: 8.8 / Men: 9.1	Women: 11.2 / Men: 13.5
Maximum DD		None	None	None



2023 TG CANADIAN PATHWAYS

Specific Rules	<ul style="list-style-type: none">• If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the voluntary routine score. This deduction will be applied by the DD judges.• In all categories the penalty for not completing any required element(s) or required 270o of rotation is 2.0 per requirement applied by the difficulty judges.• Time of Flight and Horizontal Displacement are part of the score calculation in each routine for Junior, L7 and Senior categories.• In the L7 and Senior category only the highest scoring voluntary routine in the preliminary round will be counted towards total preliminary score. It is mandatory to perform both a 1st voluntary routine and a 2nd voluntary routine in the preliminary round even though only one voluntary routine will count.
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TRAMPOLINE MOBILITIES

TRAMPOLINE WOMEN

FROM	TO	SCORE	DD	REQUIREMENT
L4	L5	89.0 (DDx2)	7.0	1 double salto
L5	L6 or L7	85.0	8.8	None
L6	Junior	87.0	9.5	None
L6 or Junior	L7	By age 17+		
L6 or Junior	Senior	90.0	11.2	None
L7	Senior	48.3	11.2	None

TRAMPOLINE MEN

FROM	TO	SCORE	DD	REQUIREMENT
L4	L5	89.0 (DDx2)	7.0	1 double salto
L5	L6 or L7	87.7	9.1	None
L6	Junior	90.8	11.2	None
L6 or Junior	L7	By age 17+		
L6 or Junior	Senior	95.0	13.5	None
L7	Senior	52.8	13.5	None



4.0 SYNCHRONIZED TRAMPOLINE CATEGORIES

4.1 LEVEL 1 TO 4 REQUIREMENTS (SYNCHRO)

CATEGORY	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Recommended Minimum Age	8	8	8	8
Maximum Age	None	None	None	None
Recommended Age Split	12U, 13+	12U, 13+	14U, 15+	14U, 15+
Mobility Requirements	None	None	None	None
Preliminary Round (Voluntary Routine)	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG Repetition Rules 			
Final Round				
Minimum DD	1.5	3.6	4.5	6.0
Maximum DD	3.6	4.5	6.0	7.8
Specific Rules	<ul style="list-style-type: none"> Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed. In categories Level 1 to 4 a bonus equivalent to the DD performed will be given in voluntary and final routines. SCORING: ALL BONUSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. Synchro Score and Horizontal Displacement are part of the score calculation in each routine for categories Level 1 to 4. 			



4.2 LEVEL 5, 6 & SENIOR REQUIREMENTS (SYNCHRO)

CATEGORY		LEVEL 5	LEVEL 6	SENIOR
Minimum Age		11	Min age 11 (recommended age 13)	17 (one athlete in the pair)
Maximum Age		None	None	None
Age splits at National Events		None	None	None
Mobility Requirements		Both athletes must meet Level 5 (Novice) mobility requirements in TRI to enter. Open to TRI L5 athletes only.	One athlete in the pair must be TRI L6, Junior or Level 7. (open to L5 TRI athletes if paired with a TRI L6, Junior or L7). Senior TRI athletes are ineligible.	One athlete in the pair must be TRI Senior. (open to Junior and L7 if paired with a TRI Senior)
Preliminary Round	1 st Voluntary Routine	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules 	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules 	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules
	2 nd Voluntary Routine	None	None	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules
Final Round		<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules 		
Minimum DD		6.5	Women: 7.8/ Men: 8.5	Women: 9.0 / Men 9.7
Maximum DD		Women: 9.4 / Men 10.2	Women: 10.9/ Men: 13.1	None
Specific Rules		<ul style="list-style-type: none"> If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the voluntary routine score. This deduction will be applied by the DD judges. In all categories the penalty for not completing any required element(s) or required 270o of rotation is 2.0 per requirement applied by the difficulty judges. Synchro Score and Horizontal Displacement are part of the score calculation in each routine for Level 5, Level 6 and Senior categories. In the Senior category only the highest scoring voluntary routine in the preliminary round will be counted towards total preliminary score. It is mandatory to perform both a 1st voluntary routine and a 2nd voluntary routine in the preliminary round even though only one voluntary routine will count. New Mixed Category: 1 Level only, using L5 Rules (Min DD: 6.5, Max DD: 10.2) **Athletes can compete in EITHER Women's, Men's OR Mixed Category. Please note, anyone wishing to be selected to National teams or wishing to be named to an International event must compete in either the Women's or Men's category. 		



5.0 TUMBLING CATEGORIES

5.1 LEVEL 1 & 2 REQUIREMENTS (TUMBLING)

CATEGORY	LEVEL 1	LEVEL 2
Minimum Age	8	8
Maximum Age	None	None
Recommended Age Split	12U, 13+	12U, 13+
Mobility Requirements	None	None
Preliminary Round (Compulsory Pass)	(f Round off f Backspring f Backspring f Backspring f Backspring *Followed by a straight jump as a requirement	(^ f Round off f - Whip o Backspring Backspring Back Tuck
Preliminary Round (Voluntary Pass)	1 voluntary pass of 5 elements <ul style="list-style-type: none"> • FIG repetition rules • No salto required *** • Maximum 1 salto • No element with twist Bonus of 0.5 for backward salto	1 voluntary pass of 5 elements <ul style="list-style-type: none"> • FIG repetition rules • Minimum 1 salto • Maximum 2 saltos • Maximum element of 0.9 Bonus of 0.3 for competing the max DD
Final Round		
Minimum DD	0.5	1.0
Maximum DD	1.0	1.4



2023 TG CANADIAN PATHWAYS

Specific Rules	<p><i>** In the voluntary or final pass, whips can be placed anywhere with the exception of the last element.</i></p> <p><i>*** In Level 1, if the voluntary pass doesn't end with a salto, it must be followed by a straight jump as this is a required element. A one-foot landing will only receive a 0.3 deduction, which will be the maximum for steps instability. All other levels MUST end in a salto.</i></p> <ul style="list-style-type: none"><i>• The compulsory pass will be considered interrupted if not performed using the sequence written above.</i><i>• Minimum DD's are expected and should be adhered to. No penalty will apply if minimum DD is not performed.</i><i>• In all categories the penalty for not completing any required element(s) is 2.0 per requirement applied by the difficulty judges.</i><i>• Bonus of 0.5 for Backward Salto in L1 (Voluntary and Final Pass)</i><i>• SCORING: ALL BONUSSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED.</i><i>• There will be a 2.0 penalty applied by the DD Judge for performing a restricted element; however, the athlete will still get the DD for the element up to the maximum for the category.</i><i>• No deduction will be applied for landing on the track in L1 and L2 (Section 17.3 in the Code of Points will not be applied)</i>
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2023 TG CANADIAN PATHWAYS

5.2 LEVEL 3 & 4 REQUIREMENTS (TUMBLING)

CATEGORY	LEVEL 3	LEVEL 4
Minimum Age	8	8
Maximum Age	None	None
Recommended Age Split	14U, 15+	14U, 15+
Mobility Requirements	None	None
Preliminary Round (Compulsory Pass)	(Round off ^ Whip ^ f Whip f f Spring f - Spring o Spring Spring Back Tuck	(Round off ^ Whip ^ Whip ^ f Whip f f Spring - Spring / Spring Back Straight
Preliminary Round & Final Round (Voluntary Pass 1)	1 voluntary pass of 8 elements <ul style="list-style-type: none"> • FIG repetition rules • Minimum 3 saltos • Maximum 5 saltos • Maximum element 0.9 Bonus of 0.3 for competing the max DD	1 voluntary pass of 8 elements <ul style="list-style-type: none"> • FIG repetition rules • Minimum 4 salto • Maximum element of 2.0 Bonus of 0.3 for competing the max DD
Minimum DD	1.5	1.7
Maximum DD	2.0	2.5
Preliminary Round & Final Round (Voluntary pass 2)	1 voluntary pass of 3 elements <ul style="list-style-type: none"> • FIG repetition rules DO NOT apply • Minimum 1 salto • Maximum element of 1.3 	1 voluntary pass of 3 elements <ul style="list-style-type: none"> • FIG repetition rules • Minimum 1 salto • Maximum element 2.2 Bonus of 1.0 for a double salto
Minimum DD	1.1	1.3
Maximum DD	1.5	2.4



2023 TG CANADIAN PATHWAYS

Specific Rules	<ul style="list-style-type: none">• For L3 & L4, the expectation is to have athletes compete the compulsory pass as well as both voluntary passes once at all Provincial Cups. At all Championships, the expectation is to compete a 2 pass preliminary (compulsory + voluntary 1) and a 2 pass Final (Voluntary 1 & 2).• <i>The compulsory pass will be considered interrupted if not performed using the sequence written above.</i>• <i>Minimum DD's are expected and should be adhered to. No penalty will apply if minimum DD is not performed.</i>• <i>In all categories the penalty for not completing any required element(s) is 2.0 per requirement applied by the difficulty judges. • Max DD bonus is applied to all passes valued at or above the max DD</i>• SCORING: ALL BONUSSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED.• <i>There will be a 2.0 penalty applied by the DD Judge for performing a restricted element; however, the athlete will still get the DD for the element up to the maximum for the category.</i>
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2023 TG CANADIAN PATHWAYS

5.2 LEVEL 5 REQUIREMENTS (TUMBLING)

CATEGORY		LEVEL 5 (NOVICE)	
Minimum Age	11		
Maximum Age	None		
Age Splits at National Events	14U, 15-16, 17+		
Mobility Requirements	Must meet Level 5 (Novice) mobility requirements in Level 4 to enter		
Preliminary Round (2 Voluntary Passes)	1 st Voluntary Pass	2 nd Voluntary Pass	
	<ul style="list-style-type: none">1 voluntary pass of 8 elementsFIG repetition rules <u>REQUIRED ELEMENTS</u>:Minimum of 1 element of 0.9 or higherMinimum of 1 element with at least 360° of twist (in 1 prelim pass)1 element of 1.1 or higher in one preliminary pass (both requirements can be combined in 1 element) Minimum DD: 2.1 / Maximum DD: Women 3.4 Men 3.9	<ul style="list-style-type: none">1 voluntary pass of 8 elementsFIG repetition rules <u>REQUIRED ELEMENTS</u>:Minimum of 1 element with at least 360° of twist (in 1 prelim pass)1 element of 1.1 or higher in one preliminary pass (both requirements can be combined in 1 element) Minimum DD: 2.1 / Maximum DD: Women 3.4 Men 3.9	
Final Round (2 Voluntary passes) <i>Finals must be held at all Provincial Cups and Championships</i>	1 st Voluntary Pass	2 nd Voluntary Pass	
	<ul style="list-style-type: none">1 voluntary pass of 8 elementsFIG repetition rules <u>REQUIRED ELEMENT</u>:Minimum of 1 element of 0.9 or higher1 element of 1.1 or higher in one final pass (both requirements can be combined in 1 element) Minimum DD: 2.1 Maximum DD: Women 3.4 Men 3.9	<u>REQUIRED ELEMENT:</u> Provincial Cups & Championships <ul style="list-style-type: none">1 voluntary pass of 3 elementsFIG repetition rulesMinimum of 1 element of 1.1 or higher Minimum DD: 1.3 Maximum DD: Women 2.6 Men 2.6 Domestic National Events: <ul style="list-style-type: none">1 voluntary pass of 8 elementsFIG repetition rules1 element of 1.1 or higher in one final pass (both requirements can be combined in 1 element) Minimum DD: 2.1 Maximum DD: Women 3.4 Men 3.9	
Bonus	1.0 for double salto (Bonus applies to all 4 passes)		



2023 TG CANADIAN PATHWAYS

Specific Rules	<ul style="list-style-type: none">• If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges. (This deduction is up to a max of 1.0)• SCORING: ALL BONUSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED.• In all categories the penalty for not completing any required element(s) is 2.0 per requirement applied by the difficulty judges.• Domestic National Events – Final Round will consist of 2 Voluntary Passes of 8 elements
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5.3 LEVEL 6 REQUIREMENTS (TUMBLING)

CATEGORY	LEVEL 6 (ESPOIR)	
Minimum Age	11	
Maximum Age	16	
Age Splits at National Events	14U, 15-16	
Mobility Requirements	Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter	
Preliminary Round	1st Voluntary Pass	2nd Voluntary Pass
	<ul style="list-style-type: none"> 1 voluntary pass of 8 elements FIG repetition rules <u>REQUIRED ELEMENT:</u> Minimum of 1 element with at least 360° of twist in one preliminary pass 	<ul style="list-style-type: none"> 1 voluntary pass of 8 elements FIG repetition rules <u>REQUIRED ELEMENT:</u> Minimum of 1 element with at least 360° of twist in one preliminary pass
Final Round <i>Finals must be held at all Provincial Cups and Championships</i>	1st Voluntary Pass	2nd Voluntary Pass
	<ul style="list-style-type: none"> 1 voluntary passes of 8 elements FIG repetition rules 	<ul style="list-style-type: none"> 1 voluntary passes of 8 elements FIG repetition rules
Minimum DD	Women: 3.0/Men: 3.2	
Maximum DD	Women: 4.5/Men: 5.5	
Bonus	0.3 for barani, full twist and double salto – in transition (not applied to the 8 th element of the pass) Maximum of 0.6 per pass	
Specific Rules	<ul style="list-style-type: none"> FIG Bonus for DD is applied to the DD If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges. (This deduction is up to a maximum of 1.0) All bonuses are only applied to skills in transition (bonus is not applied to the 8th element of the pass). Elements must receive credit for DD to be eligible for bonus SCORING: ALL BONUSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. (except for the FIG Bonus for DD for women that is applied to the difficulty). In all categories the penalty for not completing any required element(s) is 2.0 per requirement applied by the difficulty judges. 	



5.4 JUNIOR REQUIREMENTS (TUMBLING)

CATEGORY			JUNIOR
Minimum Age			13
Maximum Age			16
Mobility Requirements			Must meet Junior mobility requirements in Level 6 (Espoir) to enter
Preliminary Round (2 passes)	1 st Pass	Requirements	<ul style="list-style-type: none">• 1 voluntary pass of 8 elements• FIG repetition rules
		Required Elements	<ul style="list-style-type: none">• 1 element of 2.0 or higher• 1 element with at least 360o of twist (in either pass)
		Min DD / Max DD	Women: 3.4 / None Men: 4.1 / None
	2 nd Pass	Requirements	<ul style="list-style-type: none">• 1 voluntary pass of 8 elements• FIG repetition rules
		Required Elements	<ul style="list-style-type: none">• 1 element with at least 360o of twist (in either pass)
		Min DD / Max DD	Women: 3.4 / None Men: 4.3 / None
Final Round		Requirements	<ul style="list-style-type: none">• 2 voluntary pass of 8 elements• FIG repetition rules
		Required Element	No Required Element
		Min DD / Max DD	Women: 3.4 / None Men: 4.1 / None
Bonus			<ul style="list-style-type: none">• 0.3 for barani, full twist and double salto – in transition (not applied to the 8th element of the pass)• Maximum of 0.6 per pass



2023 TG CANADIAN PATHWAYS

Specific Rules	<ul style="list-style-type: none">• FIG Bonus for DD is applied to the DD• If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges. (This deduction is up to a maximum of 1.0)• All bonuses are only applied to skills in transition (bonus is not applied to the 8th element of the pass).• Elements must receive credit for DD to be eligible for bonus• SCORING: ALL BONUSSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. (except for the FIG Bonus for DD for women that is applied to the difficulty).• In all categories the penalty for not completing any required element(s) is 2.0 per requirement applied by the difficulty judges. <p>COMPETITION FORMAT:</p> <ul style="list-style-type: none">• Jr, L7 & SR: The 3rd prelim pass (Q2) in Provincial Cups could replace the Finals round if needed• Jr, L7 & SR: Domestic National Events: Q1, Q2 and Final Rounds will be performed• Q1 + Q2 = Qualification to Final Round• Q1 = Pass 1 and 2 (FIG Repetition Rules)• Q2 = Semi-Finals (Pass 3 – all athletes advance to Q2 in Canada)• Q2: Can repeat any skills from Q1• Q2 Min/Max are the same as Finals Passes• Q2 no required element
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5.5 LEVEL 7 & SENIOR REQUIREMENTS (TUMBLING)

CATEGORY			LEVEL 7 (OPEN)	SENIOR
Minimum Age			17	17
Maximum Age			None	None
Mobility Requirements			Must meet Level 7 mobility requirements in L5. From Level 6 or Junior by age 17+	Must meet Senior mobility requirements in Junior, or Level 7 to enter
Preliminary Round (2 passes)	1 st Pass	Requirements	<ul style="list-style-type: none">• 1 voluntary pass of 8 elements• FIG repetition rules	<ul style="list-style-type: none">• 1 voluntary pass of 8 elements• FIG repetition rules
		Required Elements	<ul style="list-style-type: none">• 1 element with at least 360o of twist in one preliminary pass• Women: Min 1 double salto in 1 preliminary pass• Men: Min 1 double salto	<ul style="list-style-type: none">• Min of 1 double salto (Canadian rule)• Women: Min of 1 skill of 2.4 or higher in 1 preliminary pass (Canadian Rule)• Men: 1 skill of 2.4 or higher
		Min DD / Max DD	Women: 3.0 / None Men: 3.2 / None	Women: 3.6 / None Men: 5.5 / None
	2 nd Pass	Requirements	Same as above	Same as above
		Required Elements	<ul style="list-style-type: none">• 1 element with at least 360o of twist in one preliminary pass• Women: Min 1 double salto in 1 preliminary pass• Men: Min 1 double salto	<ul style="list-style-type: none">• Min of 1 double salto (Canadian Rule)• Women: Min of 1 skill of 2.4 or higher in 1 preliminary pass (Canadian Rule)• Men: 1 skill of 2.4 or higher
		Min DD / Max DD	Women: 3.0 / None Men: 3.2 / None	Women: 3.8 / None Men: 4.8 / None
Final Round		Requirements	<ul style="list-style-type: none">• 2 voluntary passes of 8 elements• FIG repetition rules	<ul style="list-style-type: none">• 2 voluntary passes of 8 elements• FIG repetition rules
		Required Element	No required element	No Required Element
		Min DD / Max DD	Women: 3.0 / None Men: 3.2 / None	Women: 3.6 / None Men: 4.8 / None
Bonus			<ul style="list-style-type: none">• 0.3 for barani, full twist and double salto – in transition (not applied to the 8th element of the pass)• maximum of 0.6 per pass	<ul style="list-style-type: none">• 0.3 for barani, full twist and double salto – in transition (women only) (not applied to the 8th element of the pass) (Canadian Rule)• maximum of 0.6 per pass



2023 TG CANADIAN PATHWAYS

Specific Rules	<ul style="list-style-type: none">• FIG Bonus for DD is applied to the DD• If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges (this deduction is up to a maximum of 1.0)• Elements must receive credit for DD to be eligible for bonus• SCORING: ALL BONUSES MUST BE IN PUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. (except for the FIG Bonus for DD for women that is applied to the difficulty).• In all categories the penalty for not completing any required element(s) is 2.0 per requirement applied by the difficulty judges. <p>COMPETITION FORMAT:</p> <ul style="list-style-type: none">• Jr, L7 & SR: The 3rd prelim pass (Q2) in Provincial Cups could replace the Finals round if needed• Jr, L7 & SR: Domestic National Events: Q1, Q2 and Final Rounds will be performed• Q1 + Q2 = Qualification to Final Round• Q1 = Pass 1 and 2 (FIG Repetition Rules)• Q2 = Semi-Finals (Pass 3 – all athletes advance to Q2 in Canada)• Q2: Can repeat any skills from Q1• Q2 Min/Max are the same as Finals Passes• Q2 no required element
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TUMBLING MOBILITIES

TUMBLING WOMEN

FROM	TO	SCORE	DD	REQUIREMENT
L4	L5	34.9	2.1 (2 nd pass)	None
L5	L6 or L7	39.2	6.0 (2 passes)	None
L6	Junior	40.6	7.0 (2 passes)	None
L6 or Junior	L7	By age 17+		
L7 or Junior	Senior	41.8	7.4 (2 passes)	None

TUMBLING MEN

FROM	TO	SCORE	DD	REQUIREMENT
L4	L5	34.9	2.1 (2 nd pass)	None
L5	L6 or L7	39.8	6.6 (2 passes)	None
L6	Junior	42.0	8.4 (2 passes)	None
L6 or Junior	L7	By age 17+		
L7 or Junior	Senior	43.9	10.3 (2 passes)	None



DOUBLE MINI-TRAMPOLINE CATEGORIES

6.1 LEVEL 1 TO 4 REQUIREMENTS (DMT)

CATEGORY		LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Minimum Age		8			
Maximum Age		None			
Recommended Age Split		12U, 13+	12U, 13+	14U, 15+	14U, 15+
Mobility Requirements		None			
Preliminary Round	Requirements	<ul style="list-style-type: none"> 2 voluntary passes 2016-2020 FIG repetition rules will apply 			
	Required Elements	<ul style="list-style-type: none"> 1 element of 0.5 or higher in each preliminary pass 	<ul style="list-style-type: none"> 2 saltos in one preliminary pass 1 element of 0.7 or higher in each preliminary pass Bonus: 0.7 for each Barani Mount** 	<ul style="list-style-type: none"> 1 element of 0.9 or higher in one preliminary pass 2 saltos in each preliminary pass Only one spotter permitted 	<ul style="list-style-type: none"> 1 element of 0.9 or higher in each preliminary pass 2 saltos, or 1 double salto in each preliminary pass Only one spotter permitted
Final Round	Requirement s	<ul style="list-style-type: none"> 2 voluntary passes 2016-2020 FIG repetition rules will apply 			
	Required Elements	<ul style="list-style-type: none"> 1 element of 0.5 or higher in each final pass 	<ul style="list-style-type: none"> 2 saltos in one final pass 1 salto in each final pass Bonus: 0.7 for each Barani Mount** 	<ul style="list-style-type: none"> 1 element of 0.9 or higher in one of the final pass 2 saltos or one double in each final pass 	<ul style="list-style-type: none"> 1 element of 0.9 or higher in each final pass 2 saltos or one double in each final pass
Minimum DD / Maximum DD		0.5 / 0.7	0.7 / 1.3	1.3 / 1.9	1.6 / 2.9



2023 TG CANADIAN PATHWAYS

Specific Rules	<p>** Only Barani Mounts that receive credit for DD will be eligible for bonus</p> <ul style="list-style-type: none">• Minimum DD's are expected and should be adhered to. No penalty will apply if minimum DD is not performed.• In all categories the penalty for not completing any required element(s) is 2.0 per requirement applied by the difficulty judges.• L3 & L4- Only one spotter permitted in Preliminary Round. Any additional spotters performed in Preliminary Round will not receive DD.• As per the previous code of points, skill repetition will only be permitted if the skills are performed in a different zone
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6.2 LEVEL 5 & LEVEL 6 REQUIREMENTS (DMT)

CATEGORY		LEVEL 5 (NOVICE)	LEVEL 6 (ESPOIR)
Minimum Age		11	11 (recommended 13)
Maximum Age		None	16
Mobility Requirements		Must meet Level 5 (Novice) mobility requirements in Level 4 to enter	Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter
Age Splits		14U, 15-16, 17+	14U, 15-16
Preliminary Round	Requirements	<ul style="list-style-type: none"> 2 voluntary passes 2016-2020 FIG repetition rules will apply 	
	Required Element	Minimum 1 Double Salto in one Prelim Pass	Minimum 1 double salto in each pass <i>Bonus Women only: 0.3 for 8-1< Mount</i>
Final Round	Requirements	<ul style="list-style-type: none"> 2 voluntary passes 2016-2020 FIG repetition rules will apply 	
	Required Element	• 1 element of 1.2 or higher in each final pass	Same as above
Minimum DD / Maximum DD		Women: 2.1 / 4.4 Men: 2.1 / 4.4	Women: 3.0 / 5.6 Men: 3.3 / 6.8
Specific Rules		<ul style="list-style-type: none"> Each element must have a minimum 360° somersault rotation, if not the pass will be interrupted. If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges. (This deduction is up to a maximum of 1.0) In all categories the penalty for not completing any required element(s) is 2.0 per requirement applied by the difficulty judges. L5 & L6 – Only one spotter permitted in Preliminary Round. Any additional spotters performed in preliminary round will not receive DD. As per the previous code of points, skill repetition will only be permitted if the skills are performed in a different zone 	



6.3 JUNIOR, LEVEL 7 & SENIOR REQUIREMENTS (DMT)

CATEGORY		JUNIOR	LEVEL 7 (OPEN)	SENIOR
Minimum Age		13	17	17
Maximum Age		16	None	None
Mobility Requirements		Must meet Junior mobility requirements in Level 6 (Espoir) to enter	Must meet Level 7 mobility requirements from Level 5 (Novice) to enter. From Junior or L6 by age 17+	Must meet Senior mobility requirements in Level 6 (Espoir), L7 (Open) or in Junior to enter
Preliminary Round	Requirements	<ul style="list-style-type: none"> 3 voluntary passes (Q1 + Q2) Q1 = Pass 1 and 2 (FIG repetition rules) Q2 = Pass 3: can repeat but not in the same zone (FIG repetition rules) 		
	Required Element	<ul style="list-style-type: none"> Minimum 1 double salto in each pass Double salto to double salto (or better) in 1 pass <p>Only one spotter is permitted for women in the qualifying rounds. No spotters permitted for Men</p>	<ul style="list-style-type: none"> Minimum 1 double salto in each pass <p>Bonus Women only: 0.3 for 8-1 < Mount</p> <p>Only one spotter is permitted for women in the qualifying rounds. No spotters permitted for Men</p>	<p>Bonus Women only: 0.3 for double with 1 ½ twist or more (mount or dismount)</p> <p>Bonus Men only: 0.3 for any skill valued at 4.8 or higher</p> <p>Only one spotter is permitted for women in the qualifying rounds. No spotters permitted for Men</p>
Final Round	Requirements	<ul style="list-style-type: none"> 2 voluntary passes FIG repetition rules 		
	Required Element	<ul style="list-style-type: none"> Minimum 1 double salto in each pass Double salto to double salto (or better) in 1 pass <p>• No spotters permitted</p>	<ul style="list-style-type: none"> Minimum 1 double salto in each pass <p>Bonus Women only: 0.3 for 8-1 < Mount</p> <p>No spotters permitted</p>	<p>Bonus Women only: 0.3 for double with 1 ½ twist or more (mount or dismount)</p> <p>Bonus Men only: 0.3 for any skill valued at 4.8 or higher</p> <p>No spotters permitted</p>
Minimum DD / Maximum DD		Women: 3.9 / None Men: 4.3 / None	Women: 3.0 / None Men: 3.3 / None	Women: 4.4 / None Men: 6.0 / None



2023 TG CANADIAN PATHWAYS

Specific Rules	<ul style="list-style-type: none">• Each element must have a minimum 360° somersault rotation, if not the pass will be interrupted.• If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges. (This deduction will be up to a maximum of 1.0).• In all categories the penalty for not completing any required element(s) is 2.0 per requirement applied by the difficulty judges.• Women: Jr, L7 and Senior – 1 spotter permitted in Q1 or Q2. Any additional spotters performed in Q1 or Q2 will not receive DD.• Men: Jr, L7 and Senior – No spotters permitted <p>COMPETITION FORMAT:</p> <ul style="list-style-type: none">• Jr, L7 & SR: The 3rd prelim pass (Q2) in Provincial Cups could replace the Finals round if needed• Jr, L7 & SR: Domestic National Events: Q1, Q2 and Final Rounds will be performed• Q1 + Q2 = Qualification to Final Round• Q1 = Pass 1 and 2 (FIG Repetition Rules)• Q2 = Semi-Finals (Pass 3 – all athletes advance to Q2 in Canada)• Q2: FIG Repetition Rules (Q2 pass is required to contain different elements from passes performed in Q1)• Q2 Min/Max are the same as Finals Passes
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DOUBLE-MINI TRAMPOLINE MOBILITIES

DOUBLE-MINI WOMEN

FROM	TO	SCORE	DD	REQUIREMENT
L4	L5	82.3	9.1 (4 passes)	1 double salto
L5	L6 or L7	86.2	12.6 (4 passes)	None
L6	Junior	91.1	16.7 (4 passes)	None
L6 or Junior	L7	By age 17+		
L7 or Junior	Senior	47.2	10.4 (2 passes)	None

DOUBLE-MINI MEN

FROM	TO	SCORE	DD	REQUIREMENT
L4	L5	82.3	9.1 (4 passes)	1 double salto
L5	L6 or L7	87.4	13.8 (4 passes)	None
L6	Junior	93.4	18.2 (4 passes)	None
L6 or Junior	L7	By age 17+		
Junior	Senior	49.3	12.0 (2 passes)	None



7.0 SUMMARY OF MOBILITY SCORES

MOBILITY SCORES

FROM	TO	SCORE	DD	REQUIREMENT
TRAMPOLINE WOMEN				
L4	L5	89.0 (2xDD)	7.0	1 double salto
L5	L6 or L7	85.0	8.8	None
L6	Junior	87.0	9.5	None
L6 or Junior	L7	By age, 17+		
L6 or Junior	Senior	90.0	11.2	None
L7	Senior	48.3	11.2	None
TRAMPOLINE MEN				
L4	L5	89.0 (2xDD)	7.0	1 double salto
L5	L6 or L7	87.7	9.1	None
L6	Junior	90.8	11.2	None
L6 or Junior	L7	By age, 17+		
L6 or Junior	Senior	95.0	13.5	None
L7	Senior	52.8	13.5	None
TUMBLING WOMEN				
L4	L5	34.9	2.1 (2 nd pass)	None
L5	L6 or L7	39.2	6.0 (2 passes)	None
L6	Junior	40.6	7.0 (2 passes)	None
L6 or Junior	L7	By age, 17+		
Junior or L7	Senior	41.8	7.4 (2passes)	None



TUMBLING MEN				
L4	L5	34.9	2.1 (2 nd pass)	None
L5	L6 or L7	39.8	6.6 (2 passes)	None
L6	Junior	42.0	8.4 (2 passes)	None
L6 or Junior	L7	By age, 17+		
Junior or L7	Senior	43.9	10.3 (2 passes)	None
DOUBLE MINI WOMEN				
L4	L5	82.3	9.1 (4 passes)	1 double salto
L5	L6 or L7	86.2	12.6 (4 passes)	None
L6	Junior	91.1	16.7 (4 passes)	None
L6 or Junior	L7	By age, 17+		
Junior or L7	Senior	47.2	10.4 (2 passes)	None
DOUBLE MINI MEN				
L4	L5	82.3	9.1 (4 passes)	1 double salto
L5	L6 or L7	87.4	13.8 (4 passes)	None
L6	Junior	93.4	18.2 (4 passes)	None
L6 or Junior	L7	By age, 17+		
Junior or L7	Senior	49.3	12.0 (2 passes)	None

8.0 NATIONAL EVENTS AGE SPLITS

L5 (NOVICE)	L6 (ESPOIR)	Junior	L7 (OPEN)	Senior
14U	14U	13-16		
15-16	15-16			
17+			17+	17+

*Age is determined by the participant's age as of December 31 of the competition year