

2017 CANADIAN COMPETITION RULES TRAMPOLINE – TUMBLING – DOUBLE MINI-TRAMPOLINE

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).

MOBILITY OPPORTUNITIES

- Minimum 2, maximum 3 Provincial Cups.
- Provincial Championships.
- Eastern or Western Canadian Championships.
- 1 out-of-province Cup.
- Canada Cup, Canadian Championships or any International meets recognized by GCG.

QUALIFICATION SCORES

- Mobility scores replace qualification scores.
- Qualification scores are not required to attend any National competitions.
- 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 GCG after each Provincial Cup (trial), the list of athletes that have met mobility. Not providing this information to GCG will render the athlete not eligible to compete in the new category.

ELIGIBILITY FOR NATIONAL COMPETITIONS

- Athletes must attend a minimum of 2 Provincial Cups or Championships in the current competitive season to be eligible to attend Canadian Championships.
- 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 Canada Cup 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 GCG via the athlete's Provincial T&T Technical Committee.

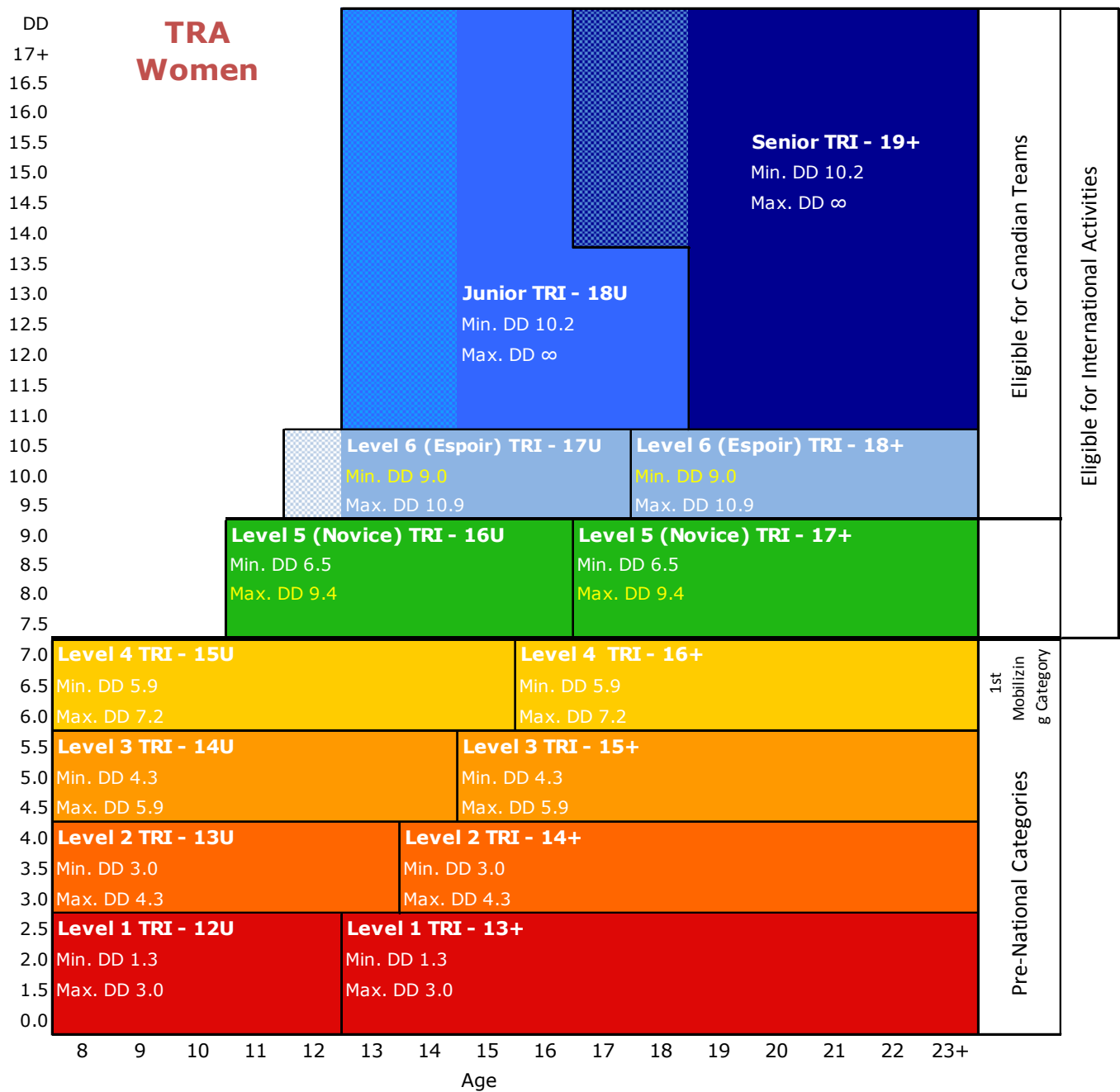
ELIGIBILITY FOR INTERNATIONAL ACTIVITIES

- 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 international experience, nor for mobility.
- Athletes who have met the mobility requirements for Level 5 (Novice) 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), Level 6 (Espoir), Junior or Senior at a Canadian Team Trial.
- 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 send to GCG with payment at least 1 month prior the activity.

ELIGIBILITY FOR CANADIAN NATIONAL TEAMS

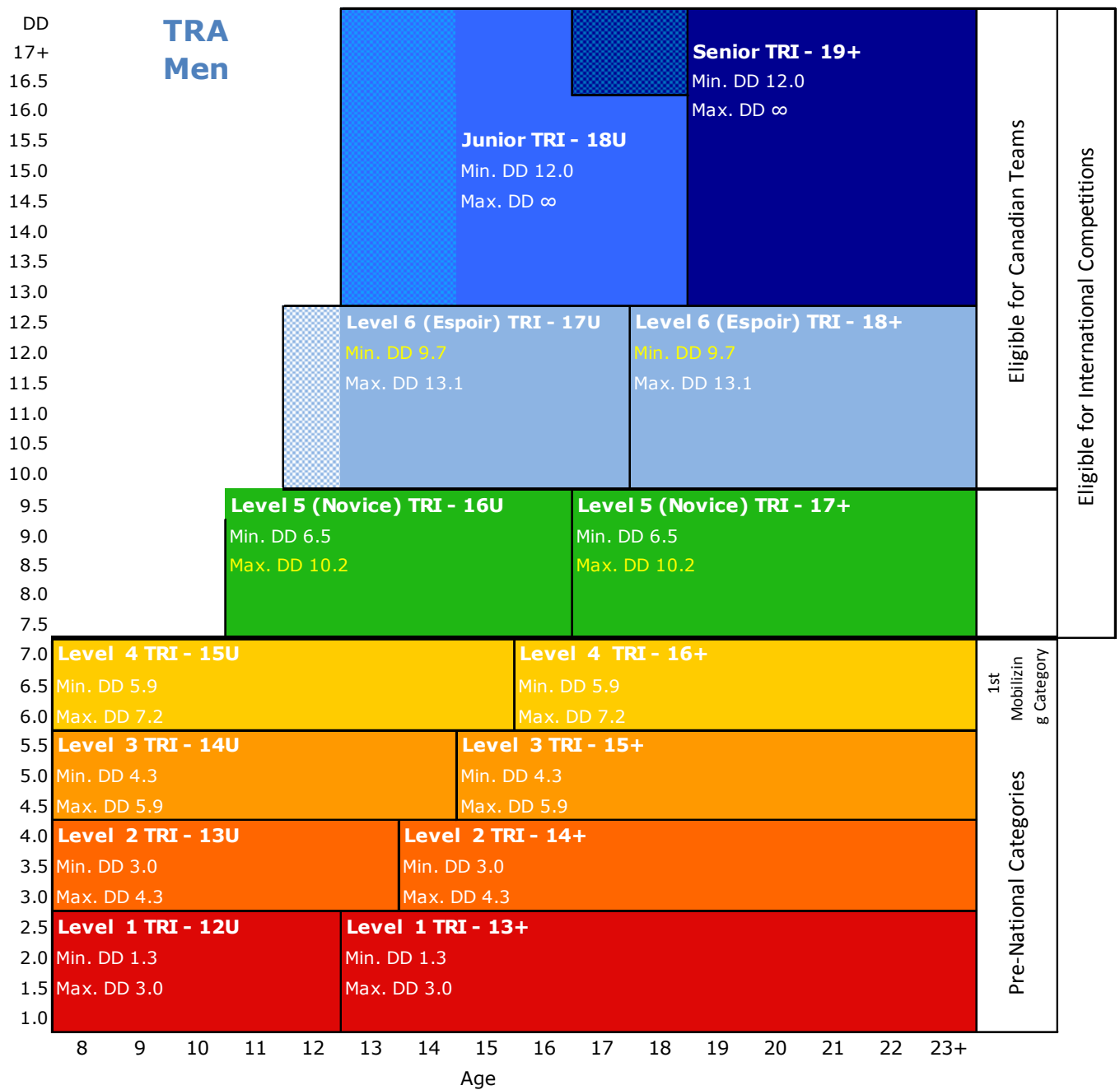
- Athletes must meet qualification scores and requirements as well as rankings required for a specified competition, including international experience requirements. Team selection documents and rules will be circulated separately.
- Age Group Teams (WAGC and Indos) will be selected from Level 6 (Espoir), Junior or Senior categories.
- Junior Teams will be selected from Junior category only **with gymnasts from 13 to 17 years old**.
- U21 Teams will be selected from Junior and Senior categories if an opportunity becomes available for U21 athletes.
- Senior Teams will be selected from Senior category only.

TRAMPOLINE CATEGORIES OVERVIEW – Women



** For categories Level 1 to 4, splits by age can be arranged at the discretion of the provinces

TRAMPOLINE CATEGORIES OVERVIEW – Men



** For categories Level 1 to 4, splits by age can be arranged at the discretion of the provinces

INDIVIDUAL TRAMPOLINE (page 1 of 8)

LEVEL 1 WOMEN & MEN	LEVEL 2 WOMEN & MEN	LEVEL 3 WOMEN & MEN	LEVEL 4 WOMEN & MEN
Recommended minimum age: 8 Maximum age: None Recommended age split: 12U, 13+ Mobility requirements: None	Recommended minimum age: 8 Maximum age: None Recommended age split: 13U, 14+ Mobility requirements: None	Recommended minimum age: 8 Maximum age: None Recommended age split: 14U, 15+ Mobility requirements: None	Recommended minimum age: 8 Maximum age: None Recommended age split: 15U, 16+ Mobility requirements: None
<u>PRELIMINARY ROUND</u>	<u>PRELIMINARY ROUND</u>	<u>PRELIMINARY ROUND</u>	<u>PRELIMINARY ROUND</u>
<u>COMPULSORY ROUTINE</u>	<u>COMPULSORY ROUTINE</u>	<u>COMPULSORY ROUTINE</u>	<u>COMPULSORY ROUTINE</u>
--< Pike Jump --L Seat Drop -1L ½ Twist To Seat -1↑ ½ Twist To Feet --o Tuck Jump 1-F Front Drop 1-↑ To Feet --< Pike Jump (repeat) 1-B Back Drop 1-↑ To Feet	4-< Back Pike 4 1 < Barani Pike --o Tuck Jump 4 1 o Barani Tuck 4 - o Back Tuck --L Seat Drop -1↑ ½ Twist To Feet --< Pike Jump 3 - / ¾ Front Straight 1 - ↑ To Feet	3-< ¾ Back Pike 1-↑ To Feet --o Tuck Jump 4 1 < Barani Pike 4 - / Back Straight 4 1 / Barani Straight 4-< Back Pike 4 - / Back Straight 4 1 < Barani Pike --< Pike Jump 3 - / ¾ Front Straight 5 1 o Barani Ballout Tuck	7 - - o 1 ¾ Front Tuck 5 1 o Barani Ballout Tuck 4 - o Back Tuck 4 1 / Barani Straight 4-< Back Pike 4 - / Back Straight 4 1 < Barani Pike --o Tuck Jump 3 - / ¾ Back Straight 5 - o Cody Tuck
<u>VOLUNTARY ROUTINE</u>	<u>VOLUNTARY ROUTINE</u>	<u>VOLUNTARY ROUTINE</u>	<u>VOLUNTARY ROUTINE</u>
* 1 voluntary routine of 10 elements * FIG repetition rules	* 1 voluntary routine of 10 elements * FIG repetition rules	* 1 voluntary routine of 10 elements * FIG repetition rules	* 1 voluntary routine of 10 elements * FIG repetition rules
* Minimum DD 1.3 * Maximum DD 3.0	* Minimum DD 3.0 * Maximum DD 4.3	* Minimum DD 4.3 * Maximum DD 5.9	* Minimum DD 5.9 * Maximum DD 7.2
MOBILITY REQUIREMENTS			
Level 5 (Novice): (must be done together)			
* Total preliminary score Women – 88.0 Men – 90.0 (Execution x2 + TOF + HD + DD x2)			
* Required element – 1 element with 720° of somersault			
* Minimum DD – 6.5			

INDIVIDUAL TRAMPOLINE (page 2 of 8)

LEVEL 1 WOMEN & MEN		LEVEL 2 WOMEN & MEN		LEVEL 3 WOMEN & MEN		LEVEL 4 WOMEN & MEN	
<u>FINAL ROUND</u>		<u>FINAL ROUND</u>		<u>FINAL ROUND</u>		<u>FINAL ROUND</u>	
* 1 voluntary routine of 10 elements		* 1 voluntary routine of 10 elements		* 1 voluntary routine of 10 elements		* 1 voluntary routine of 10 elements	
* FIG repetition rules		* FIG repetition rules		* FIG repetition rules		* FIG repetition rules	
* Minimum DD	1.3	* Minimum DD	3.0	* Minimum DD	4.3	* Minimum DD	5.9
* Maximum DD	3.0	* Maximum DD	4.3	* Maximum DD	5.9	* Maximum DD	7.2

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

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 INPUT IN 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.

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.

INDIVIDUAL TRAMPOLINE (page 3 of 8)

LEVEL 5 (NOVICE) 16U WOMEN & MEN

Minimum age: 11
Maximum age: 16

Must meet Level 5 (Novice) mobility requirements in Level 4 to enter

PRELIMINARY ROUND

1st VOLUNTARY ROUTINE

- * 10 different elements which must contain at least 270° of somersault
- * FIG repetition rules
- * The requirements must be performed as separate elements

REQUIRED ELEMENTS:

- * 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

2nd VOLUNTARY ROUTINE

- * 1 voluntary routine of 10 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 forward or backward double somersault (720°) with or without twist

* Minimum DD **6.5**

* Maximum DD Women: **9.4** Men: **10.2**

Level 6 (Espoir) MOBILITY REQUIREMENTS:

(must be done together)

* Total preliminary score – Women **85.0** Men **87.7**

* Required element – 1 forward or backward somersault (720°) with at least 360° of twist

* Minimum DD – Women **9.0** Men **9.7**

LEVEL 5 (NOVICE) 17+ WOMEN & MEN

Minimum age: 17
Maximum age: None

Must meet Level 5 (Novice) mobility requirements in Level 4 to enter or move from Level 5 (Novice) 16U while turning 17 years old

PRELIMINARY ROUND

1st VOLUNTARY ROUTINE

- * 10 different elements which must contain at least 270° of somersault
- * FIG repetition rules
- * The requirements must be performed as separate elements

REQUIRED ELEMENTS:

- * 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

2nd VOLUNTARY ROUTINE

- * 1 voluntary routine of 10 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 forward or backward double somersault (720°) with or without twist

* Minimum DD **6.5**

* Maximum DD Women: **9.4** Men: **10.2**

Level 6 (Espoir) MOBILITY REQUIREMENTS:

(must be done together)

* Total preliminary score – Women **85.0** Men **87.7**

* Required element – 1 forward or backward somersault (720°) with at least 360° of twist

* Minimum DD – Women **9.0** Men **9.7**

INDIVIDUAL TRAMPOLINE (page 4 of 8)

LEVEL 5 (NOVICE) 16U WOMEN & MEN

FINAL ROUND

* Finals recommended for all Provincial Cups & Championships

* 1 voluntary routine of 10 elements

* FIG repetition rules

* Minimum DD **6.5**

* Maximum DD Women: **9.4** Men: **10.2**

LEVEL 5 (NOVICE) 17+ WOMEN & MEN

FINAL ROUND

* Finals recommended for all Provincial Cups & Championships

* 1 voluntary routine of 10 elements

* FIG repetition rules

* Minimum DD **6.5**

* Maximum DD Women: **9.4** Men: **10.2**

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

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 all categories the penalty for not completing any required element/s 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) categories.*

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.

INDIVIDUAL TRAMPOLINE (page 5 of 8)

LEVEL 6 (ESPOIR) 17U WOMEN & MEN

Recommended minimum age: 13

Maximum age: 17

Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter

PRELIMINARY ROUND

1st VOLUNTARY ROUTINE

- * 10 different elements which must contain min. 270° of somersault
- * FIG repetition rules
- * The requirements must be performed as separate elements

REQUIRED ELEMENTS (FIG B **)

- * 1 element landing on the front or back
- * 1 element taking off from the front or back
- * 1 forward or backward double somersault (720°) with or without twist
- * 1 element with at least 540° twist
- * 4 elements will have the difficulty value added to the total execution score. These must be identified with their DD value on the competition card and cannot be repeated in the 2nd voluntary routine. It is possible to combine these elements with any of the 4 required elements listed above.

2nd VOLUNTARY ROUTINE

- * 1 voluntary routine of 10 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 forward or backward double somersault (720°) with at least 360° of twist
- * Minimum DD Women: **9.9** Men: **9.7**
- * Maximum DD Women: **10.9** Men: **13.1**

Junior MOBILITY REQUIREMENTS:

(must be done together)

- * Total preliminary score – Women **89.8** Men **94.0**
- * Required element – 8 11o or 8 11<
- * Minimum **14** DD elements – Women **12.8** Men **15.0**

LEVEL 6 (ESPOIR) 18+ WOMEN & MEN

Recommended minimum age: 18

Maximum age: None

Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter or move from Level 6 (Espoir) 17U while turning 18 years old

PRELIMINARY ROUND

1st VOLUNTARY ROUTINE

- * 10 different elements which must contain min. 270° of somersault
- * FIG repetition rules
- * The requirements must be performed as separate elements

REQUIRED ELEMENTS (FIG B **)

- * 1 element landing on the front or back
- * 1 element taking off from the front or back
- * 1 forward or backward double somersault (720°) with or without twist
- * 1 element with at least 540° twist
- * 4 elements will have the difficulty value added to the total execution score. These must be identified with their DD value on the competition card and cannot be repeated in the 2nd voluntary routine. It is possible to combine these elements with any of the 4 required elements listed above.

2nd VOLUNTARY ROUTINE

- * 1 voluntary routine of 10 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 forward or backward double somersault (720°) with at least 360° of twist
- * Minimum DD Women: **9.9** Men: **9.7**
- * Maximum DD Women: **10.9** Men: **13.1**

Junior or Senior MOBILITY REQUIREMENTS:

(must be done together)

- * Total preliminary score – Women **90.8** Men **95.6**
- * Required element – 8 11o or 8 11<
- * Minimum **14** DD elements – Women **13.2** Men **15.6**

** FIG B refers to FIG requirements for the first routine of the qualifying round for Juniors.

INDIVIDUAL TRAMPOLINE (page 6 of 8)

LEVEL 6 (ESPOIR) 17U WOMEN & MEN

FINAL ROUND

- * Finals recommended for all Provincial Cups & Championships
- * 1 voluntary routine of 10 elements
- * FIG repetition rules

* Minimum DD Women: 9.0 Men: 9.7
* Maximum DD Women: 10.9 Men: 13.1

LEVEL 6 (ESPOIR) 18+ WOMEN & MEN

FINAL ROUND

- * Finals recommended for all Provincial Cups & Championships
- * 1 voluntary routine of 10 elements
- * FIG repetition rules

* Minimum DD Women: 9.0 Men: 9.7
* Maximum DD Women: 10.9 Men: 13.1

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

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 all categories the penalty for not completing any required element/s 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 6 (Espoir) categories.

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.

INDIVIDUAL TRAMPOLINE (page 7 of 8)

JUNIOR WOMEN & MEN

Recommended minimum age: 15

Maximum age: 18

Must meet Junior mobility requirements in Level 6 (Espoir) to enter

PRELIMINARY ROUND

1st VOLUNTARY ROUTINE

- * 10 different elements which must contain min. 270° of somersault
- * FIG repetition rules
- * The requirements must be performed as separate elements

REQUIRED ELEMENTS (FIG B **)

- * 1 element landing on the front or back
- * 1 element taking off from the front or back
- * 1 forward or backward double somersault (720°) with or without twist
- * 1 element with at least 540° twist
- * 4 elements will have the difficulty value added to the total execution score. These must be identified with their DD value on the competition card and cannot be repeated in the 2nd voluntary routine. It is possible to combine these elements with any of the 4 required elements listed above.

2nd VOLUNTARY ROUTINE

- * 1 voluntary routine of 10 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * 8 11o or 8 11<

* Minimum DD Women: **10.2** Men: **12.0**

* Maximum DD **None**

Senior 17-18 MOBILITY REQUIREMENTS:

(must be done together)

* Total preliminary score – Women **98.3** Men **104.9**

* Required element – **8 21< or 8 31<**

* Minimum **14** DD elements – Women **17.2** Men **20.8**

SENIOR WOMEN & MEN

Recommended minimum age: 19 (unless 17-18 mobility requirements listed below are met)

Maximum age: None

Must meet Senior mobility requirements in Level 6 (Espoir) to enter or move from Junior while turning 19 years old

PRELIMINARY ROUND

1st VOLUNTARY ROUTINE

- * 10 different elements which must contain min. 270° of somersault
- * FIG repetition rules

- * 4 elements will have the difficulty value added to the total execution score. These must be identified with their DD value on the competition card and cannot be repeated in the 2nd voluntary routine.

2nd VOLUNTARY ROUTINE

- * 1 voluntary routine of 10 elements
- * FIG repetition rules

* Minimum DD Women: **10.2** Men: **12.0**

* Maximum DD **None**

** FIG B refers to FIG requirements for the first routine of the qualifying round for Juniors.

INDIVIDUAL TRAMPOLINE (page 8 of 8)

JUNIOR WOMEN & MEN

FINAL ROUND

- * Finals recommended for all Provincial Cups & Championships
- * 1 voluntary routine of 10 elements
- * FIG repetition rules

* Minimum DD Women: **10.2** Men: **12.0**
* Maximum DD **None**

SENIOR WOMEN & MEN

FINAL ROUND

- * Finals recommended for all Provincial Cups & Championships
- * 1 voluntary routine of 10 elements
- * FIG repetition rules

* Minimum DD Women: **10.2** Men: **12.0**
* Maximum DD **None**

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

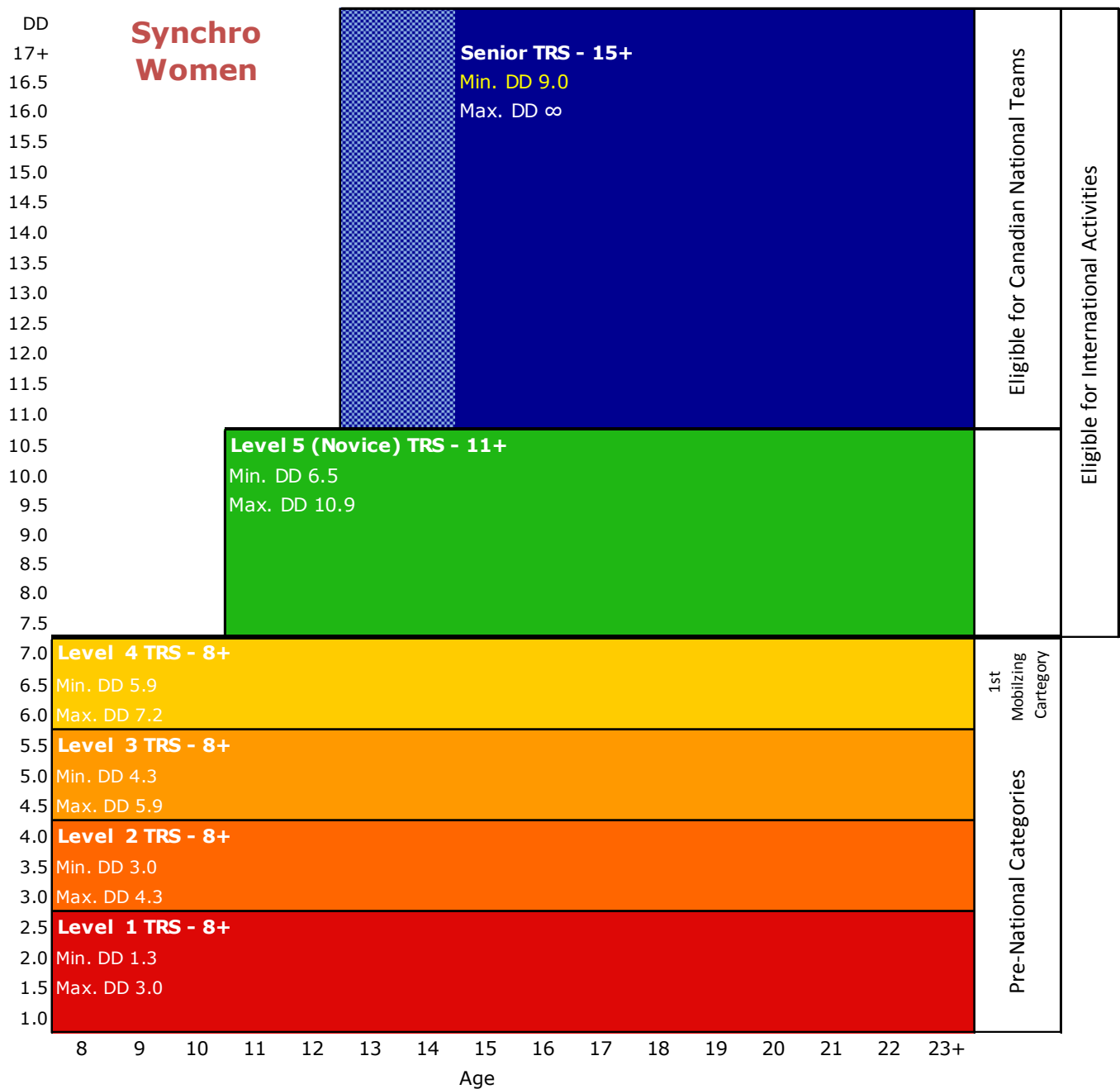
Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed.

In all categories the penalty for not completing any required element/s 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 and Senior categories.

This is only a summary of the regulations.

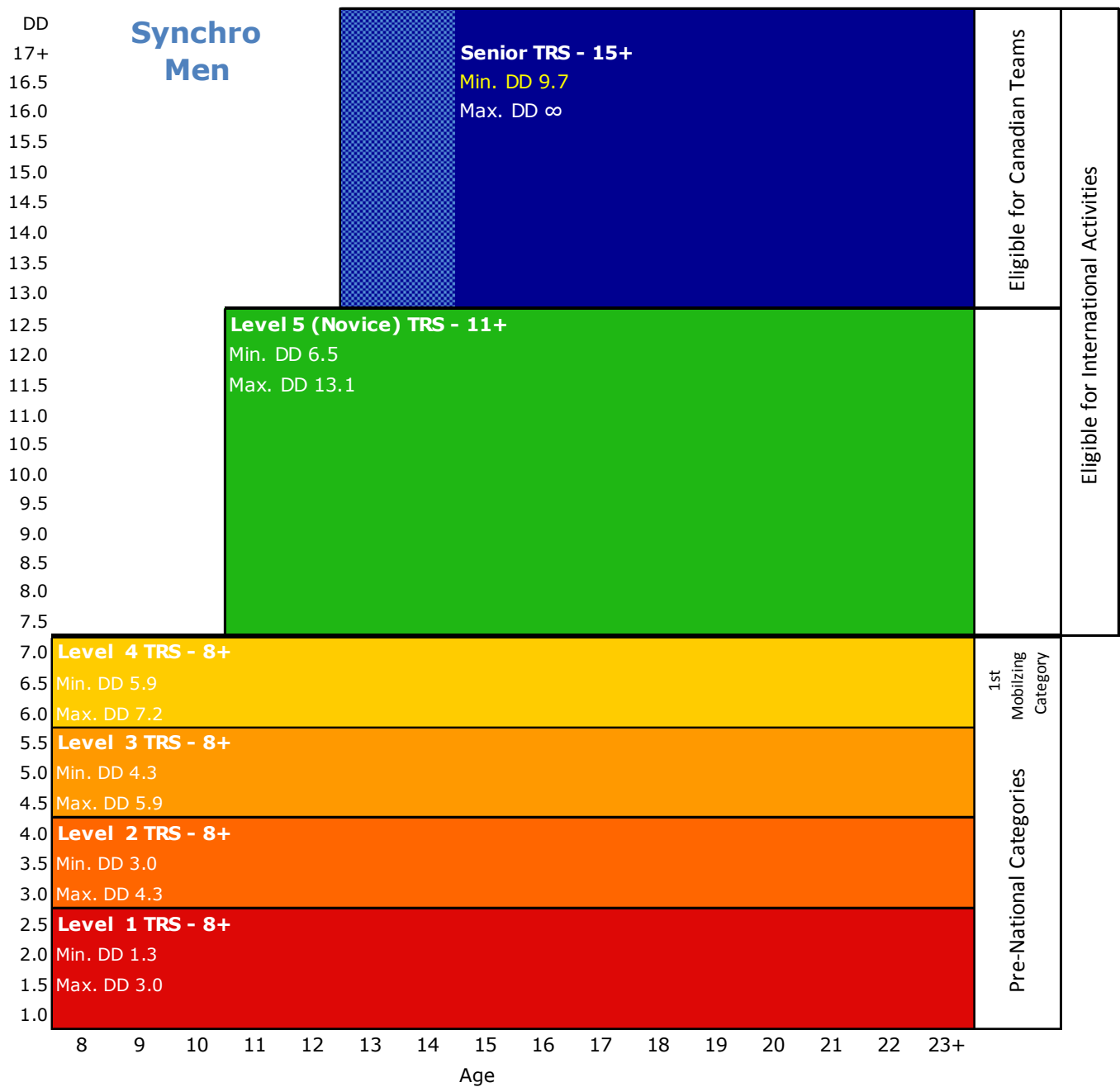
For complete rules refer to the FIG Code of Points and section 5 of the Trampoline & Tumbling Program Regulations.

SYNCHRONIZED TRAMPOLINE CATEGORIES OVERVIEW – Women



** For categories Level 1 to 4, splits by age can be arranged at the discretion of the provinces

SYNCHRONIZED TRAMPOLINE CATEGORIES OVERVIEW – Men



** For categories Level 1 to 4, splits by age can be arranged at the discretion of the provinces

SYNCHRONIZED TRAMPOLINE (page 1 of 2)

LEVEL 1 WOMEN & MEN	LEVEL 2 WOMEN & MEN	LEVEL 3 WOMEN & MEN	LEVEL 4 WOMEN & MEN
Recommended minimum age: 8 Maximum age: None Mobility requirements: None	Recommended minimum age: 8 Maximum age: None Mobility requirements: None	Recommended minimum age: 8 Maximum age: None Mobility requirements: None	Recommended minimum age: 8 Maximum age: None Mobility requirements: None
<u>PRELIMINARY ROUND</u>	<u>PRELIMINARY ROUND</u>	<u>PRELIMINARY ROUND</u>	<u>PRELIMINARY ROUND</u>
1st ROUTINE COMPULSORY	1st ROUTINE COMPULSORY	1st ROUTINE COMPULSORY	1st ROUTINE COMPULSORY
-- < Pike Jump -- L Seat Drop - 1 L ½ Twist To Seat - 1 ↑ ½ Twist To Feet -- o Tuck Jump 1 - F Front Drop 1 - ↑ To Feet -- < Pike Jump (repeat) 1 - B Back Drop 1 - ↑ To Feet	4 - < Back Pike 4 1 < Barani Pike -- o Tuck Jump 4 1 o Barani Tuck 4 - o Back Tuck -- L Seat Drop - 1 ↑ ½ Twist To Feet -- < Pike Jump 3 - / ¾ Front Straight 1 - ↑ To Feet	3 - < ¾ Back Pike 1 - ↑ To Feet -- o Tuck Jump 4 1 < Barani Pike 4 - / Back Straight 4 1 / Barani Straight 4 - < Back Pike 4 - / Back Straight 4 1 < Barani Pike -- o Tuck Jump 3 - / ¾ Front Straight 5 1 o Barani Ballout Tuck	7 - - o 1 ¾ Front Tuck 5 1 o Barani Ballout Tuck 4 - o Back Tuck 4 1 / Barani Straight 4 - < Back Pike 4 - / Back Straight 4 1 < Barani Pike -- o Tuck Jump 3 - / ¾ Back Straight 5 - o Cody Tuck
2nd ROUTINE VOLUNTARY	2nd ROUTINE VOLUNTARY	2nd ROUTINE VOLUNTARY	2nd ROUTINE VOLUNTARY
* 1 voluntary routine of 10 elements * FIG repetition rules * Minimum DD 1.3 * Maximum DD 3.0	* 1 voluntary routine of 10 elements * FIG repetition rules * Minimum DD 3.0 * Maximum DD 4.3	* 1 voluntary routine of 10 elements * FIG repetition rules * Minimum DD 4.3 * Maximum DD 5.9	* 1 voluntary routine of 10 elements * FIG repetition rules * Minimum DD 5.9 * Maximum DD 7.2
<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>
* 1 voluntary routine of 10 elements * FIG repetition rules * Minimum DD 1.3 * Maximum DD 3.0	* 1 voluntary routine of 10 elements * FIG repetition rules * Minimum DD 3.0 * Maximum DD 4.3	* 1 voluntary routine of 10 elements * FIG repetition rules * Minimum DD 4.3 * Maximum DD 5.9	* 1 voluntary routine of 10 elements * FIG repetition rules * Minimum DD 5.9 * Maximum DD 7.2

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

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 INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED.

Horizontal Displacement is part of the score calculation in each routine for categories Level 1 to 4.

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.

SYNCHRONIZED TRAMPOLINE (page 2 of 2)

LEVEL 5 (NOVICE) WOMEN & MEN

Min. Age: 11
Maximum age: None
Both athletes must meet Level 5 (Novice) mobility requirements in TRI to enter

PRELIMINARY ROUND

1st VOLUNTARY ROUTINE

- * 1 voluntary routine of 10 elements
- * The requirements must be performed as separate elements
- * FIG repetition rules

REQUIRED ELEMENTS:

- * 4 2 Back Full
- * 4 3 Rudy
- * 4 1< Barani Pike
- * 1 element landing on the front or back
- * 1 element taking off from the front or back

2nd VOLUNTARY ROUTINE

- * 1 voluntary routine of 10 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 forward or backward double somersault (720°) with or without twist

- * Minimum DD **6.5**
- * Maximum DD Women: **10.9** Men: **13.1**

FINAL ROUND

- * 1 voluntary routine of 10 elements
- * FIG repetition rules

- * Minimum DD **6.5**
- * Maximum DD Women: **10.9** Men: **13.1**

SENIOR WOMEN & MEN

Recommended minimum age: 15 (could be 13)
Maximum age: None
Both athletes must meet Junior or Senior mobility requirements in TRI to enter

PRELIMINARY ROUND

1st VOLUNTARY ROUTINE

- * 1 voluntary routine of 10 elements
- * FIG repetition rules
- * **4** elements will have the difficulty value added to the total execution score. These must be identified with their DD value on the competition card and cannot be repeated in the 2nd voluntary routine

2nd VOLUNTARY ROUTINE

- * 1 voluntary routine of 10 elements
- * FIG repetition rules

- * Minimum DD Women: **9.0** Men: **9.7**
- * Maximum DD **None**

FINAL ROUND

- * 1 voluntary routine of 10 elements
- * FIG repetition rules

- * Minimum DD Women: **9.0** Men: **9.7**
- * Maximum DD **None**

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

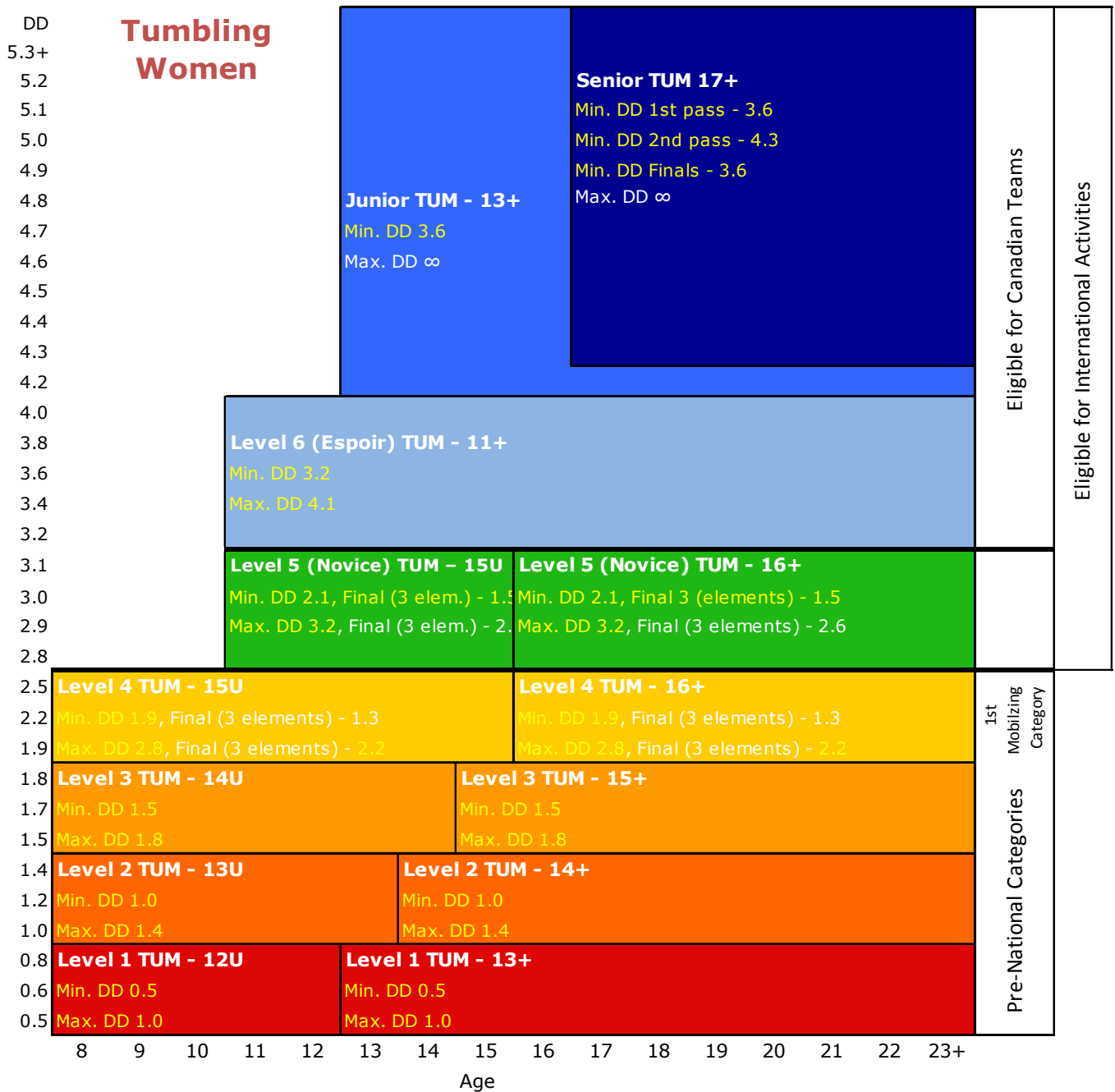
Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed.

In all categories the penalty for not completing any required element/s is 2.0 per requirement applied by the difficulty judges. Horizontal Displacement is part of the score calculation in each routine for categories Level 5 (Novice) and Senior.

This is only a summary of the regulations.

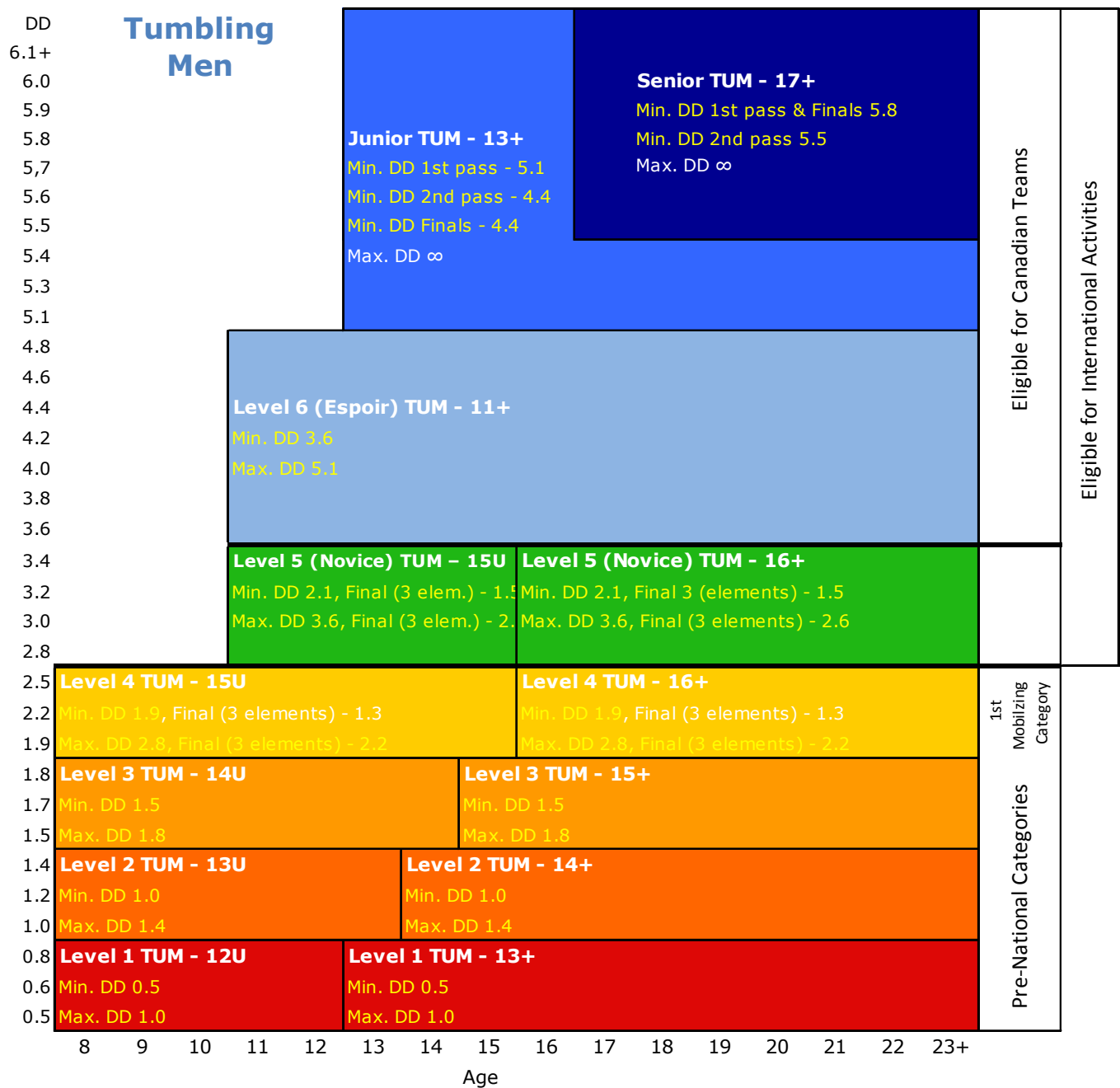
For complete rules refer to the FIG Code of Points and section 5 of the Trampoline & Tumbling Program Regulations.

TUMBLING CATEGORIES OVERVIEW – Women



** For categories Level 1 to 4, splits by age can be arranged at the discretion of the provinces

TUMBLING CATEGORIES OVERVIEW – Men



** For categories Level 1 to 4, splits by age can be arranged at the discretion of the provinces

TUMBLING (page 1 of 8)

LEVEL 1 WOMEN & MEN	LEVEL 2 WOMEN & MEN	LEVEL 3 WOMEN & MEN	LEVEL 4 WOMEN & MEN
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Recommended minimum age: 8
Maximum age: None
Recommended age split:
12U, 13+

Recommended minimum age: 8
Maximum age: None
Recommended age split:
13U, 14+

Recommended minimum age: 8
Maximum age: None
Recommended age split:
14U, 15+

Recommended minimum age: 8
Maximum age: None
Recommended age split:
15U, 16+

Mobility requirements: None

Mobility requirements: None

Mobility requirements: None

Mobility requirements: None

PRELIMINARY ROUND

PRELIMINARY ROUND

PRELIMINARY ROUND

PRELIMINARY ROUND

COMPULSORY PASS

(Round off
f Backspring
f Backspring
f Backspring
f Backspring
(followed by a straight jump**)

COMPULSORY PASS

(Round off
^ Whip
f Backspring
f Backspring
- o Back Tuck

COMPULSORY PASS

(Round off
^ Whip
^ Whip
f Backspring
f Backspring
f Backspring
- o Back Tuck

COMPULSORY PASS

(Round off
^ Whip
^ Whip
^ Whip
f Backspring
f Backspring
f Backspring
- / Back Straight

*** In Level 1 the straight jump is judged as a mandatory out bounce.*

A one-foot landing will only receive a 0.3 deduction, which will be the maximum for steps instability.

If the straight jump is not executed at all, a penalty of 3.0 for missing requirement will be applied by the DD Judges.

VOLUNTARY PASS

* 1 voluntary pass of 5 elements
* FIG repetition rules
* No salto required ****
* Maximum 1 salto
* No element with twist

VOLUNTARY PASS

* 1 voluntary pass of 5 elements
* FIG repetition rules
* Minimum 1 salto
* Maximum 2 saltos
* Maximum element of 0.9

VOLUNTARY PASS

* 1 voluntary pass of 8 elements
* FIG repetition rules
* Minimum 3 saltos
* Maximum 4 saltos
* Maximum element of 0.9

VOLUNTARY PASS

* 1 voluntary pass of 8 elements
* FIG repetition rules
* Minimum 4 saltos
* Maximum 6 saltos
* Maximum element of 2.0

Bonus: 0.4 for a whip***

Bonus: 0.4 for a whip***

Bonus: 0.4 per whip over 2***

Bonus: 0.4 per whip over 3***

**** In the voluntary pass, whips can be placed anywhere with the exception of the last element.*

***** In Level 1, if the voluntary pass doesn't end with a salto, it must be followed by a straight jump.*

A one-foot landing will only receive a 0.3 deduction, which will be the maximum for steps instability.

* Minimum DD **0.5**
* Maximum DD **1.0**

* Minimum DD **1.0**
* Maximum DD **1.4**

* Minimum DD **1.5**
* Maximum DD **1.8**

* Minimum DD **1.9**
* Maximum DD **2.8**

Level 5 (Novice) MOBILITY REQUIREMENTS:

(must be done together)

* Total preliminary score – **53.0**

* Required Element: 4 bounding whips

* Minimum DD – **2.2** in the voluntary pass in preliminary

TUMBLING (page 2 of 8)

LEVEL 1 WOMEN & MEN

FINAL ROUND

VOLUNTARY PASS

- * 1 voluntary pass of 5 elements
- * FIG repetition rules
- * No salto required ****
- * Maximum 1 salto
- * No element with twist

Bonus: 0.4 for a whip***

- * Minimum DD 0.5
- * Maximum DD 1.0

LEVEL 2 WOMEN & MEN

FINAL ROUND

VOLUNTARY PASS

- * 1 voluntary pass of 5 elements
- * FIG repetition rules
- * Minimum 1 salto
- * Maximum 2 saltos
- * Maximum element of 0.9

Bonus: 0.4 for a whip***

- * Minimum DD 1.0
- * Maximum DD 1.4

LEVEL 3 WOMEN & MEN

FINAL ROUND

VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules
- * Minimum 3 saltos
- * Maximum 4 saltos
- * Maximum element of 0.9

Bonus: 0.4 per whip over 2***

- * Minimum DD 1.5
- * Maximum DD 1.8

LEVEL 4 WOMEN & MEN

FINAL ROUND

* Finals must be held at all Provincial Cups & Championships
1st VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules
- * Minimum 4 saltos
- * Maximum 6 saltos
- * Maximum element of 2.0

Bonus: 0.4 per whip over 3***

- * Minimum DD 1.8
- * Maximum DD 2.8

2nd VOLUNTARY PASS

- * 1 voluntary pass of 3 elements
- * FIG repetition rules
- * Minimum 1 salto
- * Maximum 2 saltos
- * Minimum element of 1.1
- * Maximum element of 2.0
- Bonus: 1.0 for double back tuck

- * Minimum DD 1.3
- * Maximum DD 2.2

*** In the final pass, whips can be placed anywhere with the exception of the last element.

**** In Level 1, if the voluntary pass doesn't end with a salto, it must be followed by a straight jump.

A one-foot landing will only receive a 0.3 deduction, which will be the maximum for steps instability.

Age is determined by age as of December 31 of the competition year.

The compulsory pass will be considered interrupted if not performed using the sequence 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.

SCORING: ALL BONUSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED.

In all categories the penalty for not completing any required element/s is 3.0 per requirement applied by the difficulty judges.

There will be a 3.0 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.

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)

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.

TUMBLING (page 3 of 8)

LEVEL 5 (NOVICE) 15U WOMEN & MEN

Minimum age: 11
Maximum age: 15

Must meet Level 5 (Novice) mobility requirements in Level 4 to enter

PRELIMINARY ROUND

1st VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * Minimum 1 element of 0.9 or higher
 - * 1 element of 1.1 or higher in one preliminary pass
(both requirements can be combined in 1 element)
- Bonus: 1.0 for any double salto

2nd VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * Minimum 1 element with at least 360° of twist
 - * 1 element of 1.1 or higher in one preliminary pass
(both requirements can be combined in 1 element)
- Bonus: 1.0 for any double salto

- * Minimum DD 2.1
- * Maximum DD Women: 3.2 Men: 3.6

Level 6 (Espoir) MOBILITY REQUIREMENTS: (must be done together)

Women:

- * Total preliminary score – 57.4
- * Two pass total DD – 6.0+
- * Element required – 1 double salto in one preliminary pass

Men:

- * Total preliminary score – 59.6
- * Two pass total DD – 7.2
- * Element required – 1 double salto in one preliminary pass

LEVEL 5 (NOVICE) 16+ WOMEN & MEN

Minimum age: 16
Maximum age: None

Must meet Level 5 (Novice) mobility requirements in Level 4 to enter or move from Level 5 (Novice) 15U while turning 16 years old

PRELIMINARY ROUND

1st VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * Minimum 1 element of 0.9 or higher
 - * 1 element of 1.1 or higher in one preliminary pass
(both requirements can be combined in 1 element)
- Bonus: 1.0 for any double salto

2nd VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * Minimum 1 element with at least 360° of twist
 - * 1 element of 1.1 or higher in one preliminary pass
(both requirements can be combined in 1 element)
- Bonus: 1.0 for any double salto

- * Minimum DD 2.1
- * Maximum DD Women: 3.2 Men: 3.6

Level 6 (Espoir) MOBILITY REQUIREMENTS: (must be done together)

Women:

- * Total preliminary score – 57.4
- * Two pass total DD – 6.0+
- * Element required – 1 double salto in one preliminary pass

Men:

- * Total preliminary score – 59.6
- * Two pass total DD – 7.2
- * Element required – 1 double salto in one preliminary pass

TUMBLING (page 4 of 8)

LEVEL 5 (NOVICE) 15U WOMEN & MEN

FINAL ROUND

* Finals must be held at all Provincial Cups & Championships

1st VOLUNTARY PASS

* 1 voluntary pass of 8 elements

* FIG repetition rules

REQUIRED ELEMENT:

* 1 element of 0.9 or higher

Bonus: 1.0 for any double salto

* Minimum DD 2.1

* Maximum DD Women: 3.2 Men: 3.6

2nd VOLUNTARY PASS

* 1 voluntary pass of 3 elements

* FIG repetition rules

REQUIRED ELEMENT:

* 1 element of 1.3 or higher

Bonus: 1.0 for any double salto

* Minimum DD 1.5

* Maximum DD Women: 2.6 Men: 2.6

LEVEL 5 (NOVICE) 16+ WOMEN & MEN

FINAL ROUND

* Finals must be held at all Provincial Cups & Championships

1st VOLUNTARY PASS

* 1 voluntary pass of 8 elements

* FIG repetition rules

REQUIRED ELEMENT:

* 1 element of 0.9 or higher

Bonus: 1.0 for any double salto

* Minimum DD 2.1

* Maximum DD Women: 3.2 Men: 3.6

2nd VOLUNTARY PASS

* 1 voluntary pass of 3 elements

* FIG repetition rules

REQUIRED ELEMENT:

* 1 element of 1.3 or higher

Bonus: 1.0 for any double salto

* Minimum DD 1.5

* Maximum DD Women: 2.6 Men: 2.6

Age is determined by age as of December 31 of the competition year.

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.

SCORING: ALL BONUSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. In all categories the penalty for not completing any required element/s is 3.0 per requirement applied by the difficulty judges.

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.

2017 Canadian Competition Rules – Trampoline, Tumbling, Double Mini-Trampoline

TUMBLING (page 5 of 8)

LEVEL 6 (ESPOIR) WOMEN

Minimum age: 11
Maximum age: None
Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter

PRELIMINARY ROUND

1st VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 element of 2.0 or higher in one preliminary pass
- Bonus: 1.0 for **twisting double**

- * Minimum DD **3.2**
- * Maximum DD **4.1**

2nd VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * Minimum 1 element with at least 360° of twist
 - * 1 element of 2.0 or higher in one preliminary pass
(these 2 requirements can be combined in 1 element)
- Bonus: 1.0 for **twisting double**

- * Minimum DD **3.2**
- * Maximum DD **4.1**

Junior MOBILITY REQUIREMENTS: (must be done together)

Women:

- * Total preliminary score – **58.6**
- * Two pass total DD – **7.2+**
- * Element required – 1 element of 2.4 or higher in one preliminary pass **(completed pass only)**

LEVEL 6 (ESPOIR) MEN

Minimum age: 11
Maximum age: None
Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter

PRELIMINARY ROUND

1st VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 element of 2.0 or higher in one preliminary pass
- Bonus: 1.0 for double salto in transition

- * Minimum DD **3.6**
- * Maximum DD **5.1**

2nd VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * Minimum 1 element with at least 360° of twist
 - * 1 element of 2.0 or higher in one preliminary pass
(these 2 requirements can be combined in 1 element)
- Bonus: 1.0 for double salto in transition

- * Minimum DD **3.6**
- * Maximum DD **5.1**

Junior MOBILITY REQUIREMENTS: (must be done together)

Men:

- * Total preliminary score – **60.9**
- * Two pass total DD – **9.5+**
- * Element required – 1 double to double in one preliminary pass

TUMBLING (page 6 of 8)

LEVEL 6 (ESPOIR) WOMEN

FINAL ROUND

* Finals must be held at all Provincial Cups & Championships

1st VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 element of 2.0 or higher in one final pass
- Bonus: 1.0 for **twisting double**

- * Minimum DD **3.2**
- * Maximum DD **4.1**

2nd VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 element of 2.0 or higher in one final pass
- Bonus: 1.0 for **twisting double**

- * Minimum DD **3.2**
- * Maximum DD **4.1**

LEVEL 6 (ESPOIR) MEN

FINAL ROUND

* Finals must be held at all Provincial Cups & Championships

1st VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- Bonus: 1.0 for double salto in transition

- * Minimum DD **3.6**
- * Maximum DD **5.1**

2nd VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENT:

- Bonus: 1.0 for double salto in transition

- * Minimum DD **3.6**
- * Maximum DD **5.1**

Age is determined by age as of December 31 of the competition year.

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.

*SCORING: ALL BONUSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. In all categories the **penalty** for not completing any required element/s is **3.0** per requirement **applied by** the difficulty judges.*

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.

TUMBLING (page 7 of 8)

JUNIOR WOMEN & MEN

Minimum age: 13
Maximum age: None
Must meet Junior mobility requirements in Level 6 (Espoir) to enter

PRELIMINARY ROUND

1st VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENTS:

Women:

- * 1 element of 2.4 or higher in one preliminary pass

Bonus: 1.0 for double in transition

- * Minimum DD 3.6
- * Maximum DD None

2nd VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENTS:

Women:

- * 1 element of 2.4 or higher in one preliminary pass
- * 1 whip-full

Bonus: 1.0 for double in transition

- * Minimum DD 3.6
- * Maximum DD None

Senior MOBILITY REQUIREMENTS: (must be done together)

Women:

- * Total preliminary score – 59.3
- * Two pass total DD – 7.9+
- * Element required – 1 double salto in transition (completed pass only)

PRELIMINARY ROUND

1st VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENTS:

Men:

- * 1 double salto in transition

Bonus: 1.0 for an additional double in transition

- * Minimum DD 3.1
- * Maximum DD None

2nd VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules

REQUIRED ELEMENTS:

Men:

- * 1 double salto with at least 360° of twist

Bonus: 1.0 for double in transition

- * Minimum DD 4.4
- * Maximum DD None

Men:

- * Total preliminary score – 62.7
- * Two pass total DD – 11.3+
- * Element required – Double salto in transition to double salto in each preliminary pass (completed passes only)

SENIOR WOMEN & MEN

Minimum age: 17
Maximum age: None
Must meet Senior mobility requirements in Junior to enter

PRELIMINARY ROUND

1st VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules
- * FIG salto pass requirements

REQUIRED ELEMENTS:

Women:

- * 1 double salto in transition

Bonus: 1.0 for additional double in transition

** FIG Bonus for DD also applies
Maximum bonus of 2.0 per pass

- * Minimum DD 3.6
- * Maximum DD None

2nd VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules
- * FIG twisting pass requirements

REQUIRED ELEMENTS:

Women:

- * 1 element of 2.4 or higher

Bonus: 1.0 for double in transition

** FIG Bonus for DD also applies
Maximum bonus of 2.0 per pass

- * Minimum DD 4.3
- * Maximum DD None

PRELIMINARY ROUND

1st VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules
- * FIG salto pass requirements

REQUIRED ELEMENTS:

Men:

- * 1 double salto in transition

- * Minimum DD 5.3
- * Maximum DD None

2nd VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules
- * FIG twisting pass requirements

REQUIRED ELEMENTS:

Men:

- * 1 double salto in transition

- * Minimum DD 5.8
- * Maximum DD None

TUMBLING (page 8 of 8)

JUNIOR WOMEN & MEN

FINAL ROUND

- * Finals must be held at all Provincial Cups & Championships
- * 2 voluntary passes of 8 elements
- * FIG repetition rules

REQUIRED ELEMENTS:

Women :

Bonus: 1.0 for double in transition

- * Minimum DD 3.6
- * Maximum DD None

REQUIRED ELEMENTS:

Men :

* 1 double salto in transition
Bonus: 1.0 for all additional double in transition

- * Minimum DD 4.4
- * Maximum DD None

SENIOR WOMEN & MEN

FINAL ROUND

- * Finals must be held at all Provincial Cups & Championships
- * 2 voluntary passes of 8 elements
- * FIG repetition rules

REQUIRED ELEMENTS:

Women :

* 1 double salto in transition
Bonus: 1.0 for all additional in transition
** FIG Bonus for DD also applies
Maximum bonus of 2.0 per pass

- * Minimum DD 3.6
- * Maximum DD None

REQUIRED ELEMENTS:

Men :

- * Minimum DD 5.5
- * Maximum DD None

Age is determined by age as of December 31 of the competition year.

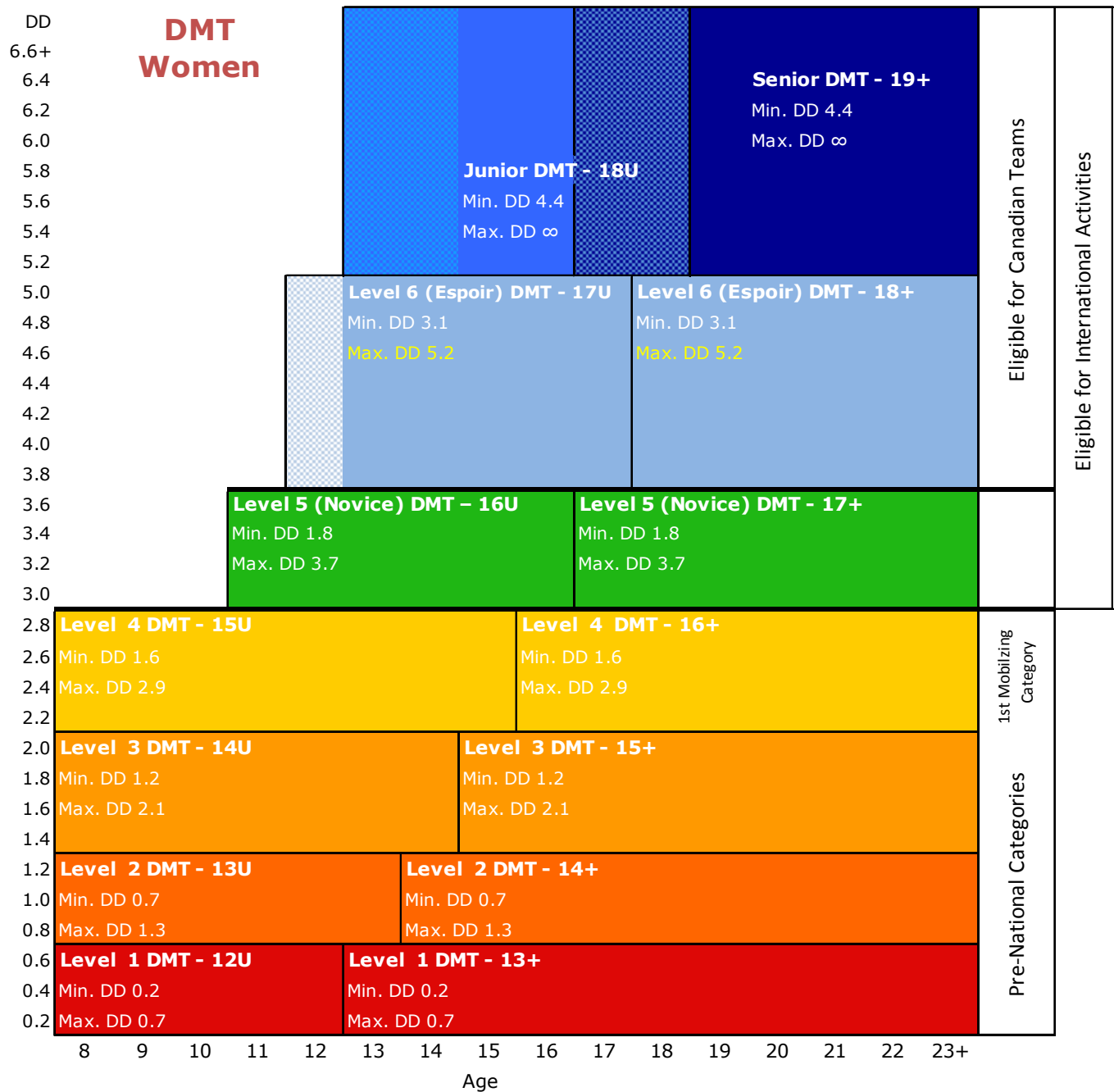
Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed.

SCORING: ALL BONUSSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. In all categories the penalty for not completing any required element/s is 3.0 per requirement applied by the difficulty judges.

This is only a summary of the regulations.

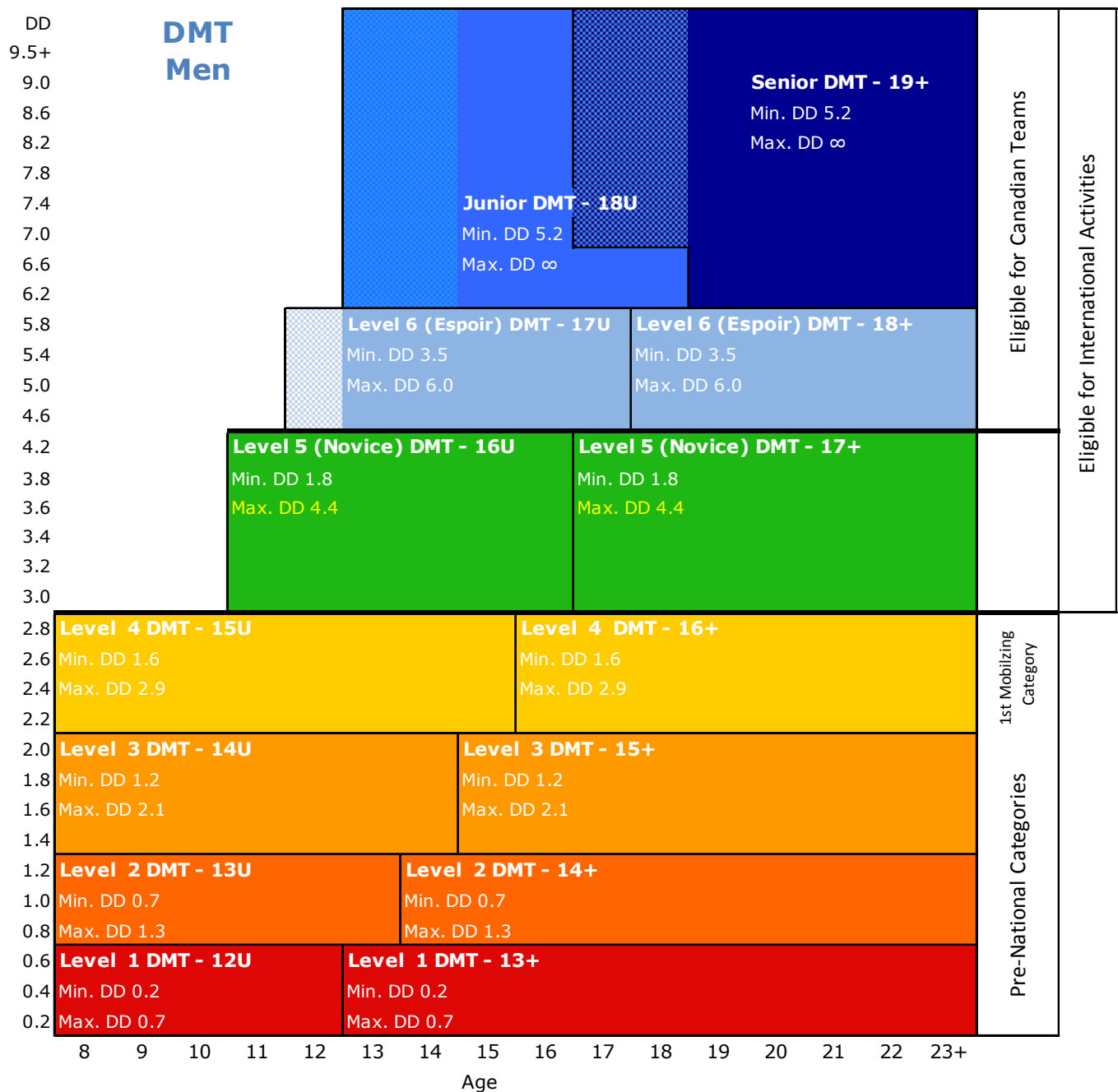
For complete rules refer to the FIG Code of Points and section 5 of the Trampoline & Tumbling Program Regulations.

DOUBLE MINI-TRAMPOLINE CATEGORIES OVERVIEW – Women



** For categories Level 1 to 4, splits by age can be arranged at the discretion of the provinces

DOUBLE MINI-TRAMPOLINE CATEGORIES OVERVIEW – Men



** For categories Level 1 to 4, splits by age can be arranged at the discretion of the provinces

DOUBLE MINI-TRAMPOLINE (page 1 of 4)

LEVEL 1 WOMEN & MEN	LEVEL 2 WOMEN & MEN	LEVEL 3 WOMEN & MEN	LEVEL 4 WOMEN & MEN
Recommended minimum age: 8 Maximum age: None Recommended age split: 12U, 13+	Recommended minimum age: 8 Maximum age: None Recommended age split: 13U, 14+	Recommended minimum age: 8 Maximum age: None Recommended age split: 14U, 15+	Recommended minimum age: 8 Maximum age: None Recommended age split: 15U, 16+
Mobility requirements: None	Mobility requirements: None	Mobility requirements: None	Mobility requirements: None
<u>PRELIMINARY ROUND</u>	<u>PRELIMINARY ROUND</u>	<u>PRELIMINARY ROUND</u>	<u>PRELIMINARY ROUND</u>
* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules	* 4 voluntary passes at Prov Cups * 2 voluntary passes at Provincials, Westerns & Easterns * FIG repetition rules
<u>REQUIRED ELEMENT:</u> * 1 element of 0.2 or higher in each preliminary pass	<u>REQUIRED ELEMENTS:</u> * 2 saltos in one preliminary pass * 1 element of 0.7 or higher in each preliminary pass Bonus: 0.7 for each Barani Mount	<u>REQUIRED ELEMENTS:</u> * 1 element of 0.9 or higher in one preliminary pass * 2 saltos or one double in each preliminary pass	<u>REQUIRED ELEMENTS:</u> * 1 element of 0.9 or higher in each preliminary pass * 2 saltos or one double in each preliminary pass
* Minimum DD 0.2 * Maximum DD 0.7	* Minimum DD 0.7 * Maximum DD 1.3	* Minimum DD 1.2 * Maximum DD 2.1	* Minimum DD 1.6 * Maximum DD 2.9
<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>	<u>FINAL ROUND</u>
* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules	* No Finals at Provincial Cups * 2 voluntary passes at Provincials, Westerns & Easterns * FIG repetition rules
<u>REQUIRED ELEMENT:</u> * 1 element of 0.2 or higher in each final pass	<u>REQUIRED ELEMENT:</u> * 2 saltos in one final pass * 1 salto in each final pass Bonus: 0.7 for each Barani Mount	<u>REQUIRED ELEMENTS:</u> * 1 element of 0.9 or higher in one final pass * 2 saltos or one double in each final pass	<u>REQUIRED ELEMENTS:</u> * 1 element of 0.9 or higher in each final pass * 2 saltos or one double in each final pass
* Minimum DD 0.2 * Maximum DD 0.7	* Minimum DD 0.7 * Maximum DD 1.3	* Minimum DD 1.2 * Maximum DD 2.1	* Minimum DD 1.6 * Maximum DD 2.9
			<u>Level 5 (Novice) MOBILITY REQ:</u> (must be done together) * Total of 4 passes score – 118.9 * Req. element – 2 elements with 720° of somersault across the 4 passes * Min. DD for each 4 passes – 1.8
*** Recommendation for L1 to L3 gymnasts: Having 4 passes is important. At Cups and Invitationals (where there are no finals) compete passes 2 at a time so that across two meets a gymnast has presented all 4 passes in competition.			

Age is determined by age as of December 31 of the competition year.

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 all categories the penalty for not completing any required element/s is 3.0 per requirement applied by the difficulty judges. This is only a summary of the regulations. For complete rules refer to the FIG Code of Points and section 5 of the T&T Program Rules.

DOUBLE MINI-TRAMPOLINE (page 2 of 4)

LEVEL 5 (NOVICE) 16U WOMEN & MEN

Minimum age: 11
Maximum age: 16
Must meet Level 5 (Novice) mobility requirements in Level 4 to enter
Mobility requirements must be met over the 4 passes

PRELIMINARY ROUND

- * 4 voluntary passes at Provincial Cups
- * 2 voluntary passes at Provincial Championships, Canada Cup, Canadian Championships and 3rd Trial for Worlds
- * FIG repetition rules

REQUIRED ELEMENTS:

- * 2 double saltos
(At Provincial Cups - over 4 passes)
(At Provincial Championships, Canada Cup, Canadian Championships and 3rd Trial for Worlds - over 2 passes)
 - * 1 element of 1.2 or higher in each preliminary pass
- Bonus MEN ONLY: 0.5 for 8-1< Mount

* Minimum DD Women: 1.8 Men: 1.8
* Maximum DD Women: 3.7 Men: 4.4

FINAL ROUND

- No Final round at Provincial Cups
- * 2 voluntary passes at Provincial Championships, Canada Cup, Canadian Championships only
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 element of 1.2 or higher in each final pass
- Bonus MEN ONLY: 0.5 for 8-1< Mount

* Minimum DD Women: 1.8 Men: 1.8
* Maximum DD Women: 3.7 Men: 4.4

Level 6 (Espoir) MOBILITY REQUIREMENTS: (must be done together)

- * Total of 4 pass score – Women 122.5 Men 124.7
- * Minimum DD of each 4 passes – Women 3.1 Men 3.5

LEVEL 5 (NOVICE) 17+ WOMEN & MEN

Minimum age: 17
Maximum age: None
Must meet Level 5 (Novice) mobility requirements in Level 4 to enter or move from Level 5 (Novice) 16U while turning 17 years old
Mobility requirements must be met over the 4 passes

PRELIMINARY ROUND

- * 4 voluntary passes at Provincial Cups
- * 2 voluntary passes at Provincial Championships, Canada Cup, Canadian Championships and 3rd Trial for Worlds
- * FIG repetition rules

REQUIRED ELEMENTS:

- * 2 double saltos
(At Provincial Cups - over 4 passes)
(At Provincial Championships, Canada Cup, Canadian Championships and 3rd Trial for Worlds - over 2 passes)
 - * 1 element of 1.2 or higher in each preliminary pass
- Bonus MEN ONLY: 0.5 for 8-1< Mount

* Minimum DD Women: 1.8 Men: 1.8
* Maximum DD Women: 3.7 Men: 4.4

FINAL ROUND

- No Final round at Provincial Cups
- * 2 voluntary passes at Provincial Championships, Canada Cup, Canadian Championships only
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 element of 1.2 or higher in each final pass
- Bonus MEN ONLY: 0.5 for 8-1< Mount

* Minimum DD Women: 1.8 Men: 1.8
* Maximum DD Women: 3.7 Men: 4.4

Level 6 (Espoir) MOBILITY REQUIREMENTS: (must be done together)

- * Total of 4 pass score – Women 122.5 Men 124.7
- * Minimum DD of each 4 passes – Women 3.1 Men 3.5

Age is determined by age as of December 31 of the competition year.

Each element must have a minimum 360° somersault rotation, if not the pass will be interrupted.

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 all categories the penalty for not completing any required element/s is 3.0 per requirement applied by the difficulty judges.

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.

DOUBLE MINI-TRAMPOLINE (page 3 of 4)

LEVEL 6 (ESPOIR) 17U WOMEN & MEN

Recommended minimum age: 13
Maximum age: 17
Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter
Mobility requirements must be met over the 4 passes of the preliminary round

PRELIMINARY ROUND

- * 4 voluntary passes
- * FIG repetition rules

REQUIRED ELEMENT:

- * Minimum 1 double salto in each preliminary pass

Bonus WOMEN ONLY: 0.5 for 8-1< Mount

- * Minimum DD Women: 3.1 Men: 3.5
- * Maximum DD Women: 5.2 Men: 6.0

FINAL ROUND

- * Finals must be held at all Championships
- * 2 voluntary passes at Provincial Championships, Canada Cup, Canadian Championships only.
- * FIG repetition rules BETWEEN these passes. Passes CAN be repeated from prelims.

REQUIRED ELEMENT:

- * Minimum 1 double salto in each final pass

Bonus WOMEN ONLY: 0.5 for 8-1< Mount

- * Minimum DD Women: 3.1 Men: 3.5
- * Maximum DD Women: 5.2 Men: 6.0

Junior MOBILITY REQUIREMENTS:

(must be done together)

- * Total of 4 pass score – Women 128.3 Men 130.2

*Minimum DD of each 4 prelim passes – Women 4.4 Men 5.2

LEVEL 6 (ESPOIR) 18+ WOMEN & MEN

Minimum age: 18
Maximum age: None
Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter or move from Level 6 (Espoir) 17U while turning 18 years old
Mobility requirements must be met over the 4 passes of the preliminary round

PRELIMINARY ROUND

- * 4 voluntary passes
- * FIG repetition rules

REQUIRED ELEMENTS:

- * Minimum 1 double salto in each preliminary pass

Bonus WOMEN ONLY: 0.5 for 8-1< Mount

- * Minimum DD Women: 3.1 Men: 3.5
- * Maximum DD Women: 5.2 Men: 6.0

FINAL ROUND

- * Finals must be held at all Championships
- * 2 voluntary passes at Provincial Championships, Canada Cup, Canadian Championships only.
- * FIG repetition rules BETWEEN these passes. Passes CAN be repeated from prelims.

REQUIRED ELEMENT:

- * Minimum 1 double salto in each final pass

Bonus WOMEN ONLY: 0.5 for 8-1< Mount

- * Minimum DD Women: 3.1 Men: 3.5
- * Maximum DD Women: 5.2 Men: 6.0

Junior or Senior MOBILITY REQUIREMENTS:

(must be done together)

- * Total of 4 pass score – Women 128.3 Men 130.2

*Minimum DD of each 4 prelim passes – Women 4.4 Men 5.2

Age is determined by age as of December 31 of the competition year.

Each element must have a minimum 360° somersault rotation, if not the pass will be interrupted.

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 all categories the penalty for not completing any required element/s is 3.0 per requirement applied by the difficulty judges.

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.

DOUBLE MINI-TRAMPOLINE (page 4 of 4)

JUNIOR WOMEN & MEN

Recommended minimum age: 15
Maximum age: 18
Must meet Junior mobility requirements in Level 6 (Espoir) to enter
Mobility requirements must be met over the 4 passes of the preliminary round

PRELIMINARY ROUND

- * 4 voluntary passes
- * FIG repetition rules

REQUIRED ELEMENTS:

- * Minimum 1 double salto in each preliminary pass
- * Double salto to double salto (or better) in two preliminary pass

- * Minimum DD Women: 4.4 Men: 5.2
- * Maximum DD None

FINAL ROUND

- * Finals must be held at all Championships
- * 2 voluntary passes at Provincial Championships, Canada Cup, Canadian Championships only.
- * FIG repetition rules BETWEEN these passes. Passes CAN be repeated from prelims.

REQUIRED ELEMENT:

- * Minimum 1 double salto in each final pass

- * Minimum DD Women: 4.4 Men: 5.2
- * Maximum DD None

Senior 17-18 MOBILITY REQUIREMENTS: (must be done together)

- * Total of 4 pass score – Women 130.6 Men 137.8
- * Minimum DD of each 4 prelim passes – Women 5.2 Men 6.8

SENIOR WOMEN & MEN

Minimum age: 19
(unless 17-18 mobility requirements are met)
Maximum age: None
Must meet Senior mobility requirements in Level 6 (Espoir), or move from Junior at age 19

PRELIMINARY ROUND

- * 4 voluntary passes
- * FIG repetition rules

REQUIRED ELEMENTS For Women:

- * Minimum 1 double salto in each preliminary pass
- * Double salto to double salto (or better) in two preliminary pass
- Bonus WOMEN ONLY: 0.5 for double with 1½ twist or more - Mount
- Bonus WOMEN ONLY: 0.3 for double with 1½ twist or more - Dismount

REQUIRED ELEMENT For Men:

- * Double salto to double salto (or better) in each preliminary pass
- Bonus MEN ONLY: 1.0 for 12 -- 1 o Mount

- * Minimum DD Women: 4.4 Men: 5.2
- * Maximum DD None

FINAL ROUND

- * Finals must be held at all Championships
- * 2 voluntary passes at Provincial Championships, Canada Cup, Canadian Championships and 3rd Trial for Worlds only.
- * FIG repetition rules BETWEEN these passes. Passes CAN be repeated from prelims.

REQUIRED ELEMENTS For Women:

- * Minimum 1 double salto in each final pass
- * 1 double salto to double salto (or better) in one final pass
- Bonus Women ONLY: 0.5 for double with 1½ twist or more - Mount
- Bonus Women ONLY: 0.3 for double with 1½ twist or more - Dismount

REQUIRED ELEMENT For Men:

- * Double salto to double salto (or better) in each final pass
- Bonus Men ONLY: 1.0 for 12 -- 1 o Mount

- * Minimum DD Women: 4.4 Men: 5.2
- * Maximum DD None

Age is determined by age as of December 31 of the competition year.

Each element must have a minimum 360° somersault rotation, if not the pass will be interrupted.

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 all categories the penalty for not completing any required element/s is 3.0 per requirement applied by the difficulty judges.

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.

SUMMARY OF MOBILITY SCORES

To move into:	Trampoline	Double Mini	Tumbling
Level 5 (Novice) Women From Level 4	Total preliminary score: 88.0 (DDx2) Min. DD – 6.5 Element: 1 double salto	4 Pass Score: 118.9 4 pass min DD/pass: 1.8 Element: 2 double saltos	Total preliminary score: 53.0 Min. DD – 2.2 (2 nd pass) Element: 4 bounding whips
Level 5 (Novice) Men From Level 4	Total preliminary score: 90.0 (DDx2) Min. DD – 6.5 Element: 1 double salto	4 Pass Score: 118.9 4 pass min DD/pass: 1.8 Element: 2 double saltos	Total preliminary score: 53.0 Min. DD – 2.2 (2 nd pass) Element: 4 bounding whips
Level 6 (Espoir) Women From Level 5 (Novice)	Total preliminary score: 85.0 Min. DD – 9.0 Element: 1 double with at least a full twist	4 Pass Score: 122.5 4 pass min DD/pass: 3.1	Total preliminary score: 57.4 Min. DD – 6.0 (2 passes) Element: 1 double salto
Level 6 (Espoir) Men From Level 5 (Novice)	Total preliminary score: 87.7 Min. DD – 9.7 Element: 1 double with at least a full twist	4 Pass Score: 124.7 4 pass min DD/pass: 3.5	Total preliminary score: 59.6 Min. DD – 7.2 (for 2 passes) Element: 1 double salto
Junior Women From Level 6 (Espoir)	Total preliminary score: (L6 17U) – 89.8 Min. DD (14 elem.) – 12.8 (L6 18yo) – 90.8 Min. DD (14 elem.) – 13.2 Element: 811o or 811<	4 Pass Score: 128.3 4 pass min DD/pass: 4.4	Total preliminary score: 58.6 Min. DD – 7.2 (for 2 passes) Element: 1 element of 2.4 or higher in one pass
Junior Men From Level 6 (Espoir)	Total preliminary score: (L6 17U) – 94.0 Min. DD (14 elem.) – 15.0 (L6 18yo) – 95.6 Min. DD (14 elem.) – 15.6 Element: 811o or 811<	4 Pass Score: 130.2 4 pass min DD/pass: 5.2	Total preliminary score: 60.9 Min. DD – 9.5 (for 2 passes) Element: Double to double in one pass
Senior Women From Level 6 (Espoir)	Total preliminary score: 90.8 Min. DD (14 elem.) – 13.2 Element: 811o or 811<	4 Pass Score: 128.3 4 pass min DD/pass: 4.4	
Senior Men From Level 6 (Espoir)	Total preliminary score: 95.6 Min. DD (14 elem.) – 15.6 Element: 811o or 811<	4 Pass Score: 130.2 4 pass min DD/pass: 5.2	
Senior Women From Junior (TRA-DMT 17-18 yo) (TUM 17+)	Total preliminary score: 98.3 Min. DD (14 elem.) – 17.2 Element: 821< or 831<	4 Pass Score: 130.6 4 pass min DD/pass: 5.2	Total preliminary score: 59.3 Min. DD – 7.9 (for 2 passes) Element: Double in transition
Senior Men From Junior (TRA-DMT 17-18 yo) (TUM 17+)	Total preliminary score: 104.9 Min. DD (14 elem.) – 20.8 Element: 821< or 831<	4 Pass Score: 137.8 4 pass min DD/pass: 6.8	Total preliminary score: 62.7 Min DD – 11.3 (for 2 passes) Element: Double to double in both prelims