

2015 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.

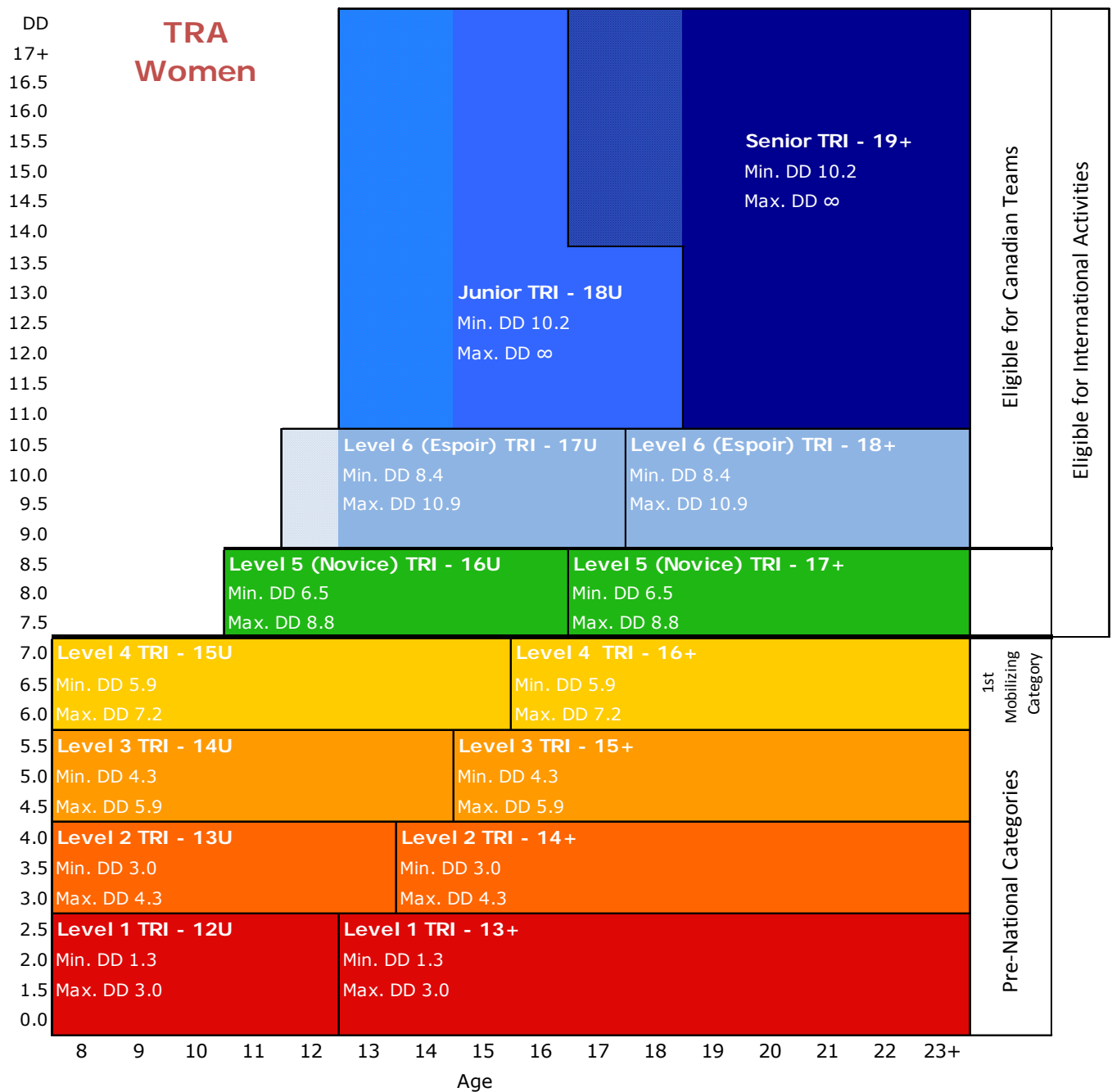
ELIGIBILITY FOR INTERNATIONAL ACTIVITIES

- Athletes 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.

ELIGIBILITY FOR CANADIAN NATIONAL TEAMS

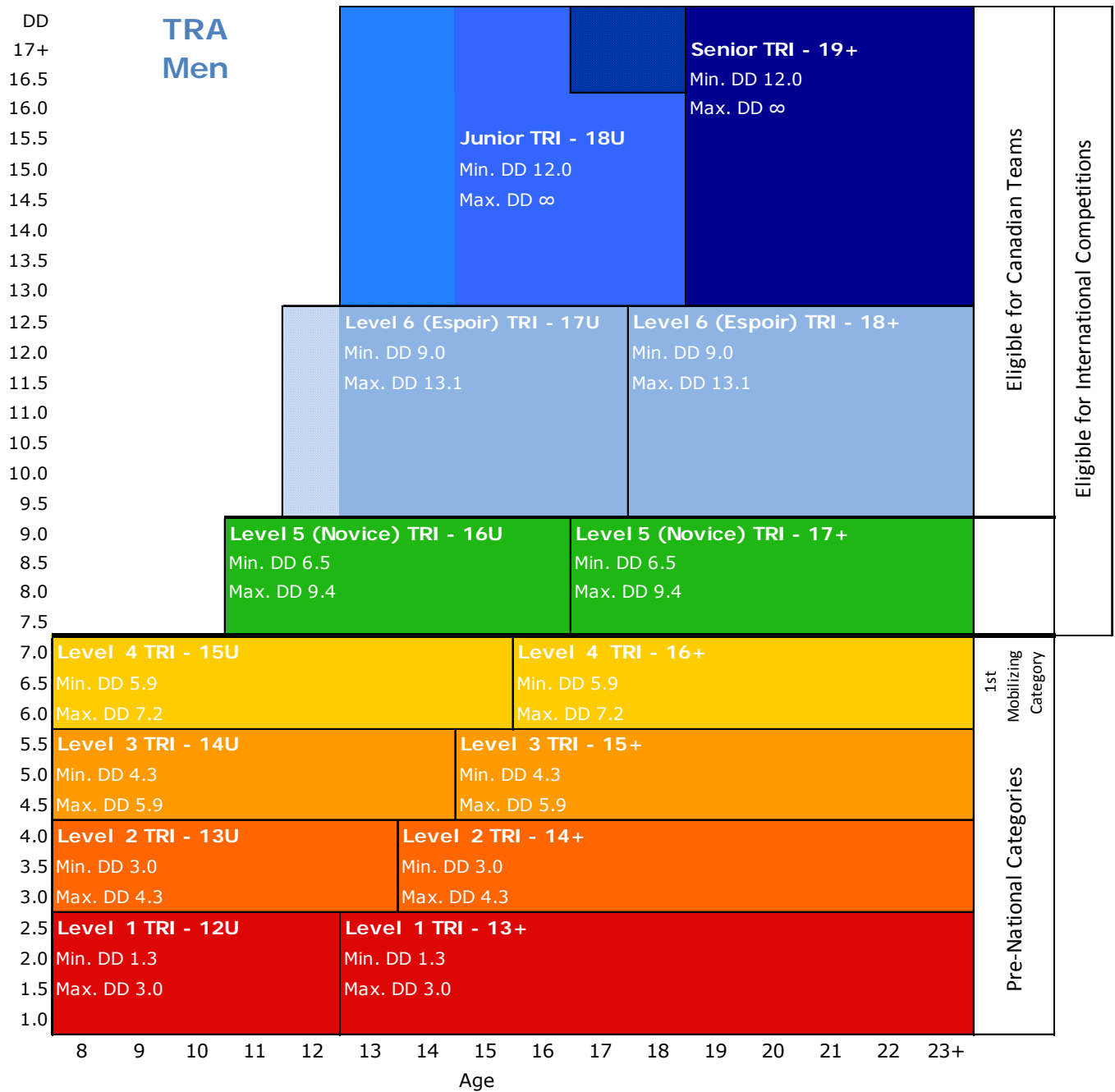
- Athletes must meet qualification scores and requirements as well as rankings required for a specified competition, including international experience requirements. Team selection documents and rules will be circulated separately.
- Age Group Teams (**WAGC and Indos**) will be selected from **Level 6 (Espoir), Junior or Senior** categories.
- Junior Teams will be selected from Junior category **only.**
- 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

Recommended minimum age: 8
Maximum age: None
Recommended age split:
12U, 13+

Mobility requirements: None

PRELIMINARY ROUND

COMPULSORY ROUTINE

--< 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
--v **Pike** Straddle Jump
1-B Back Drop
1-↑ To Feet

VOLUNTARY ROUTINE

* 1 voluntary routine of 10 elements

* FIG repetition rules

* **Minimum** DD 1.3
* Maximum DD 3.0

LEVEL 2 WOMEN & MEN

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

Mobility requirements: None

PRELIMINARY ROUND

COMPULSORY ROUTINE

4-< Back Pike
--o Tuck Jump
4-o Back Tuck
4 1 o Barani Tuck
--< Pike Jump
1 1 F ½ Twist To Front Drop
1-↑ To Feet
--v **Pike** Straddle Jump
3-/ ¾ Front Straight
1 1 ↑ ½ Twist To Feet

VOLUNTARY ROUTINE

* 1 voluntary routine of 10 elements

* FIG repetition rules

* **Minimum** DD 3.0
* Maximum DD 4.3

LEVEL 3 WOMEN & MEN

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

Mobility requirements: None

PRELIMINARY ROUND

COMPULSORY ROUTINE

3-< ¾ Back Pike
1-↑ To Feet
--o Tuck Jump
4 1 / Barani Straight
4-/ Back Straight
--< Pike Jump
4 1 < Barani Pike
--v **Pike** Straddle Jump
3-/ ¾ Front Straight
5 1 o Barani Ballout Tuck

VOLUNTARY ROUTINE

* 1 voluntary routine of 10 elements

* FIG repetition rules

* **Minimum** DD 4.3
* Maximum DD 5.9

LEVEL 4 WOMEN & MEN

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

Mobility requirements: None

PRELIMINARY ROUND

COMPULSORY ROUTINE

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
--< Pike Jump
3-/ ¾ Back Straight
5-o Cody Tuck

VOLUNTARY ROUTINE

* 1 voluntary routine of 10 elements

* FIG repetition rules

* **Minimum** DD 5.9
* Maximum DD 7.2

MOBILITY REQUIREMENTS

Level 5 (Novice):

(must be done together)

* Total preliminary score – 58.3

(Execution x3 + 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.

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: 8.8 Men: 9.4

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

- * Total preliminary score – Women 80.6 Men 81.2
- * Required element – 1 forward or backward somersault (720°) with at least 360° of twist
- * Minimum DD – Women 8.4 Men 9.0

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: 8.8 Men: 9.4

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

- * Total preliminary score – Women 80.6 Men 81.2
- * Required element – 1 forward or backward somersault (720°) with at least 360° of twist
- * Minimum DD – Women 8.4 Men 9.0

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: 8.8 Men: 9.4

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: 8.8 Men: 9.4

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 deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

*Time of flight is 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
- * 2 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: 8.4 Men: 9.0
- * **Maximum** DD Women: 10.9 Men: 13.1

Junior MOBILITY REQUIREMENTS: (must be done together)

- * Total preliminary score – Women 82.6 Men 86.4
- * Required element – 8 11o or 8 11<
- * Minimum DD – Women 10.2 Men 12.0

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
- * 2 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: 8.4 Men: 9.0
- * **Maximum** DD Women: 10.9 Men: 13.1

Junior or Senior MOBILITY REQUIREMENTS: (must be done together)

- * Total preliminary score – **Women 85.5 Men 89.7**
- * Required element – 8 11o or 8 11<
- * Minimum DD – Women 10.2 Men 12.0

** 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: **8.4** Men: **9.0**
- * **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: **8.4** Men: **9.0**
- * **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 deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

*Time of flight is 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
- * 2 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 92.5 Men 98.8

* Required element – 8 11o or 8 11<

* Minimum DD – Women 13.3 Men 16.0

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

- * 2 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 **aucun**

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 **aucun**

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.*

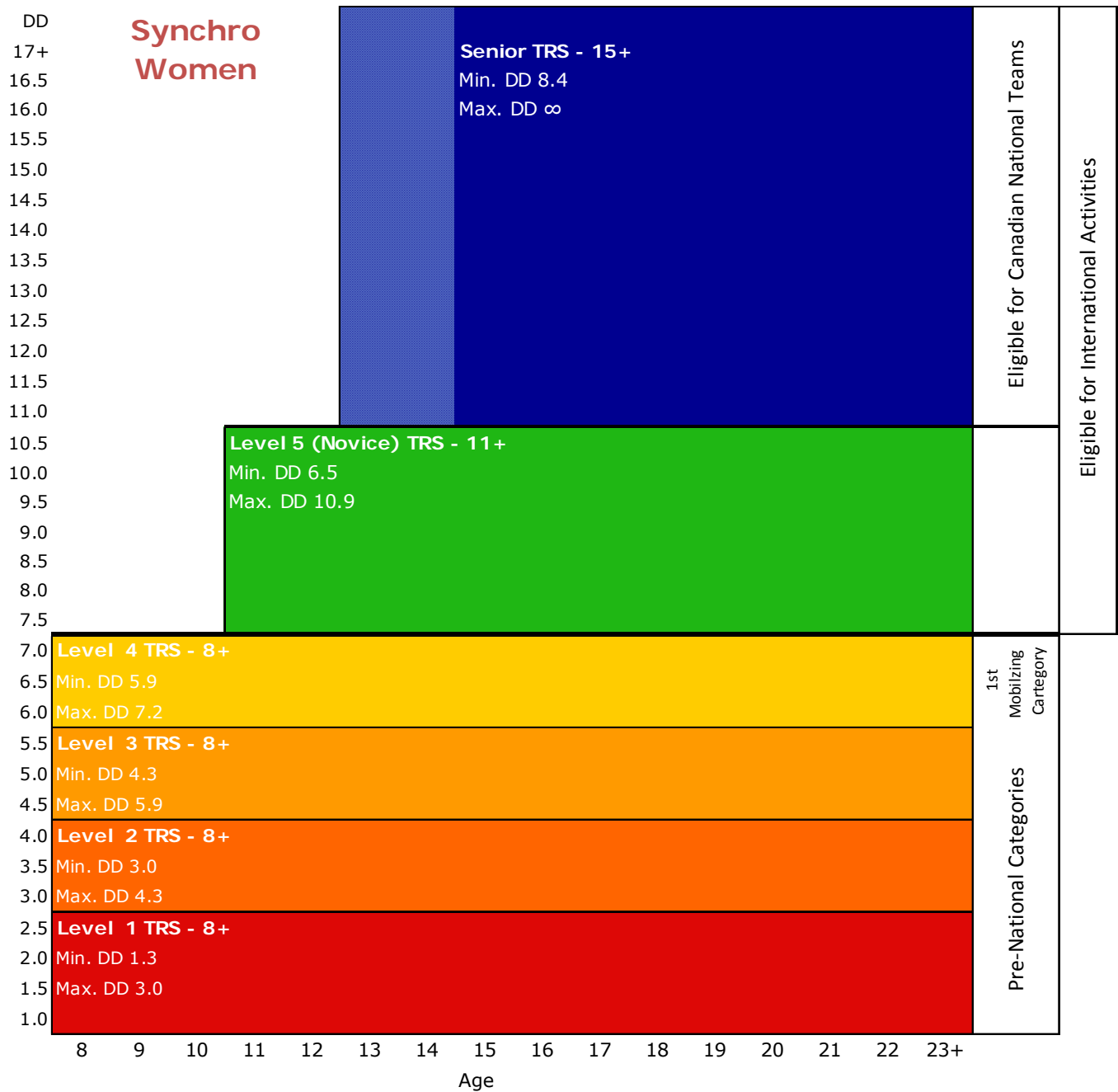
In all categories the deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

*Time of flight is part of the score calculation in each routine for **Junior and Senior categories.***

This is only a summary of the regulations.

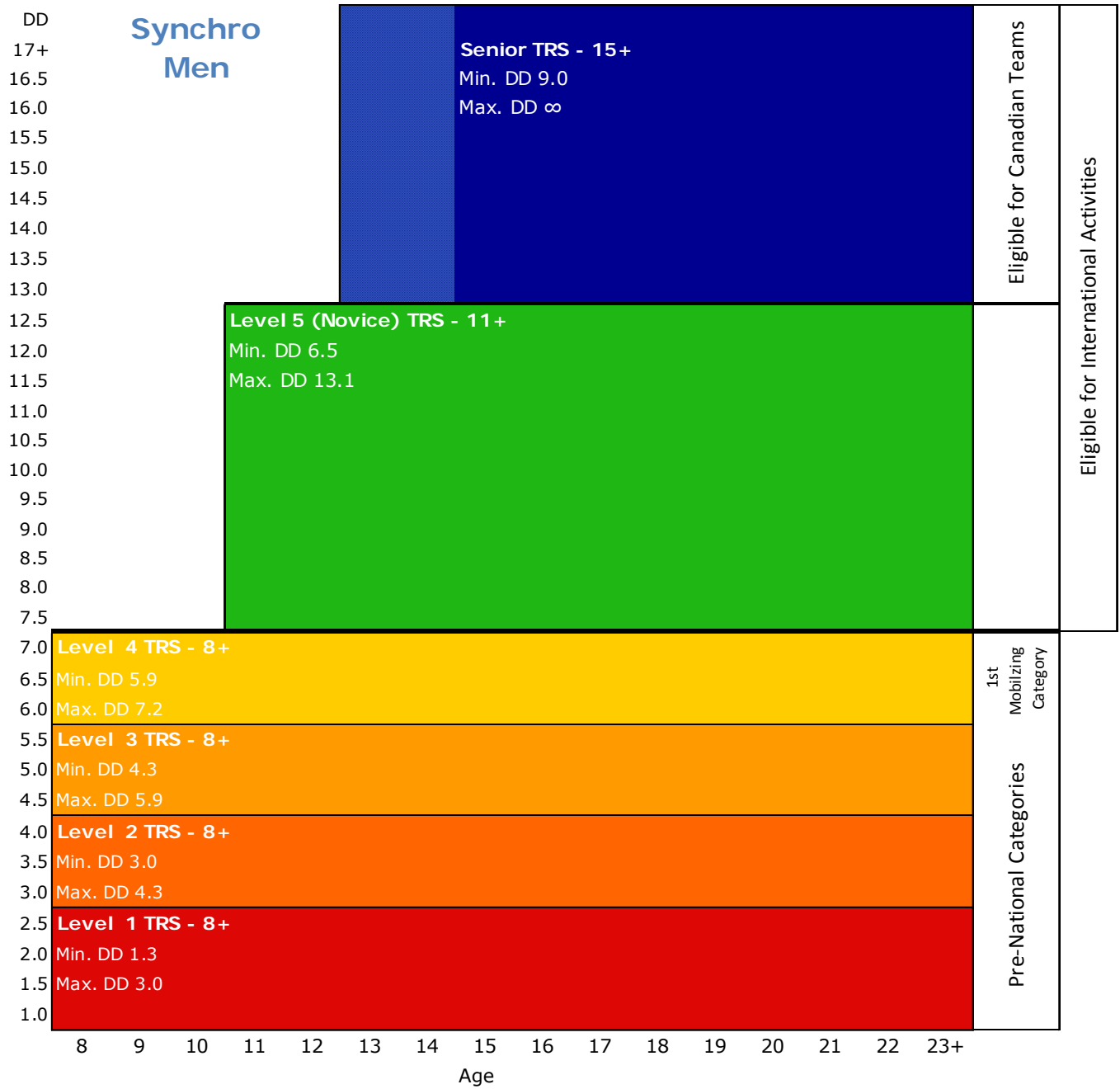
For complete rules refer to the FIG Code of Points and section 5 of the Trampoline & Tumbling Program Regulations.

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>
<u>1st ROUTINE COMPULSORY</u>	<u>1st ROUTINE COMPULSORY</u>	<u>1st ROUTINE COMPULSORY</u>	<u>1st ROUTINE COMPULSORY</u>
-- < 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 -- v Pike Straddle Jump 1 - B Back Drop 1 - ↑ To Feet	4 - < Back Pike -- o Tuck Jump 4 - o Back Tuck 4 1 o Barani Tuck -- < Pike Jump 1 1 F ½ Twist To Front Drop 1 - ↑ To Feet -- v Pike Straddle Jump 3 - / ¾ Front Straight 1 1 ↑ ½ Twist To Feet	3 - < ¾ Back Pike 1 - ↑ To Feet -- o Tuck Jump 4 1 / Barani Straight 4 - / Back Straight -- < Pike Jump 4 1 < Barani Pike -- v Pike Straddle 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 -- < Pike Jump 3 - / ¾ Back Straight 5 - o Cody Tuck
<u>2nd ROUTINE VOLUNTARY</u>	<u>2nd ROUTINE VOLUNTARY</u>	<u>2nd ROUTINE VOLUNTARY</u>	<u>2nd ROUTINE VOLUNTARY</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
<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	* 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

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.

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

- * 2 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: 8.4 Men: 9.0
- * Maximum DD None

FINAL ROUND

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

- * **Minimum** DD Women: 8.4 Men: 9.0
- * 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 deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

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.

2015 Canadian Competition Rules – Trampoline, Tumbling, Double Mini-Trampoline

TUMBLING CATEGORIES OVERVIEW – Women

DD	Tumbling Women																
6.8+	Junior TUM - 13+ Min. DD 1st pass - 4.0 Min. DD 2nd pass - 4.2 Min. DD Finals - 4.0 Max. DD ∞		Senior TUM 17+ Min. DD 1st pass - 4.3 Min. DD 2nd pass - 4.7 Min. DD Finals - 4.3 Max. DD ∞	Eligible for Canadian Teams													
6.6																	
6.4	Level 6 (Espoir) TUM - 11+ Min. DD 1st pass - 3.8, 2nd pass 3.0, Finals - 3.0 Max. DD 4.5		Eligible for International Activities														
6.2																	
6.0	Level 5 (Novice) TUM – 15U Min. DD 2.6 Max. DD 3.9 Min. DD Final (3 elem.) - 1.3 Max. DD Final (3 elem.) - 2.6		Level 5 (Novice) TUM – 16+ Min. DD 2.6 Max. DD 3.9 Min. DD Final (3 elements) - 1.3 Max. DD Final (3 elements) - 2.6	Eligible for International Activities													
5.8																	
5.6	Level 4 TUM - 15U Min. DD 2.4, Final (3 elements) - 1.3 Max. DD 3.0, Final (3 elements) - 2.5		Level 4 TUM - 16+ Min. DD 2.4, Final (3 elements) - 1.3 Max. DD 3.0, Final (3 elements) - 2.5	1st Mobilizing Category													
5.4																	
5.2	Level 3 TUM - 14U Min. DD 2.2 Max. DD 2.4		Level 3 TUM - 15+ Min. DD 2.2 Max. DD 2.4	Pre-National Categories													
5.0																	
4.8	Level 2 TUM - 13U Min. DD 1.2 Max. DD 1.6		Level 2 TUM - 14+ Min. DD 1.2 Max. DD 1.6	Pre-National Categories													
4.6																	
4.4	Level 1 TUM - 12U Min. DD 1.0 Max. DD 1.4		Level 1 TUM - 13+ Min. DD 1.0 Max. DD 1.4	Pre-National Categories													
4.2																	
4.0																	
3.8																	
3.6																	
3.4																	
3.2																	
3.0																	
2.8																	
2.6																	
2.4																	
2.3																	
2.2																	
2.1																	
1.6																	
1.5																	
1.4																	
1.3																	
1.2																	
1.1																	
1.0																	
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23+	
	Age																

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

2015 Canadian Competition Rules – Trampoline, Tumbling, Double Mini-Trampoline

TUMBLING CATEGORIES OVERVIEW – Men

DD	6.8+	6.6	6.4	6.2	6.0	5.8	5.6	5.4	5.2	5.0	4.8	4.6	4.4	4.2	4.0	3.8	3.6	3.4	3.2	3.0	2.8	2.6	2.4	2.3	2.2	2.1	1.6	1.5	1.4	1.3	1.2	1.1	1.0	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23+	Tumbling Men	Junior TUM - 13+ Min. DD 1st pass - 5.7 Min. DD 2nd pass - 4.5 Min. DD Finals - 4.5 Max. DD ∞	Senior TUM - 17+ Min. DD 1st pass & Finals 6.1 Min. DD 2nd pass 6.4 Max. DD ∞	Eligible for Canadian Teams	Eligible for International Activities		
																																																			Level 6 (Espoir) TUM - 11+ Min. DD 4.0 Max. DD 5.7					
																																																			Level 5 (Novice) TUM - 15U Min. DD 2.6 Max. DD 4.3 Min. DD Final (3 elem.) - 1.3 Max. DD Final (3 elem.) - 2.8	Level 5 (Novice) TUM - 16+ Min. DD 2.6 Max. DD 4.3 Min. DD Final (3 elements) - 1.3 Max. DD Final (3 elements) - 2.8				
																																																			Level 4 TUM - 15U Min. DD 2.4, Final (3 elements) - 1.3 Max. DD 3.0, Final (3 elements) - 2.5	Level 4 TUM - 16+ Min. DD 2.4, Final (3 elements) - 1.3 Max. DD 3.0, Final (3 elements) - 2.5			1st Mobilizing Category	Eligible for International Activities
																																																			Level 3 TUM - 14U Min. DD 2.2 Max. DD 2.4	Level 3 TUM - 15+ Min. DD 2.2 Max. DD 2.4			Pre-National Categories	
																																																			Level 2 TUM - 13U Min. DD 1.2 Max. DD 1.6	Level 2 TUM - 14+ Min. DD 1.2 Max. DD 1.6				
																																																			Level 1 TUM - 12U Min. DD 1.0 Max. DD 1.4	Level 1 TUM - 13+ Min. DD 1.0 Max. DD 1.4				

** 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
------------------------------------	------------------------------------	------------------------------------	------------------------------------

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

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 deduction of 1.0 for missing requirement will be applied.

VOLUNTARY PASS

* 1 voluntary pass of 5 elements
* FIG repetition rules
* No salto required ****
* Maximum 1 salto
* No element with twist
Bonus: 0.3 per whip***

VOLUNTARY PASS

* 1 voluntary pass of 5 elements
* FIG repetition rules
* Minimum 1 salto
* Maximum 2 saltos
* Maximum element of 0.7
Bonus: 0.3 per whip***

VOLUNTARY PASS

* 1 voluntary pass of 8 elements
* FIG repetition rules
* Minimum 3 saltos
* Maximum 4 saltos
* Maximum element of 0.7
Bonus: 0.3 per whip***

VOLUNTARY PASS

* 1 voluntary pass of 8 elements
* FIG repetition rules
* Minimum 4 saltos
* Maximum 6 saltos
* Maximum element of 1.1
Bonus: 0.3 per whip/whip full***
Maximum bonus of 1.5

***** 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 1.0
* Maximum DD 1.4

* Minimum DD 1.2
* Maximum DD 1.6

* Minimum DD 2.2
* Maximum DD 2.4

* Minimum DD 2.4
* Maximum DD 3.0

Level 5 (Novice) MOBILITY REQUIREMENTS:

(must be done together)

* Total preliminary score – 53.1

* Required Element: 4 bounding whips

* Minimum DD – 2.7 in the voluntary pass in preliminary

TUMBLING (page 2 of 8)

LEVEL 1 WOMEN & MEN	LEVEL 2 WOMEN & MEN	LEVEL 3 WOMEN & MEN	LEVEL 4 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: 0.3 per whip***

FINAL ROUND

VOLUNTARY PASS

- * 1 voluntary pass of 5 elements
- * FIG repetition rules
- * Minimum 1 salto
- * Maximum 2 saltos
- * Maximum element of 0.7
- Bonus: 0.3 per whip***

FINAL ROUND

VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * FIG repetition rules
- * Minimum 3 saltos
- * Maximum 4 saltos
- * Maximum element of 0.7
- Bonus: 0.3 per whip***

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 1.1
- Bonus: 0.3 per whip/whip-full***
- Maximum bonus of 1.5

*** 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.

* Minimum DD	1.0	* Minimum DD	1.2	* Minimum DD	2.2	* Minimum DD	2.4
* Maximum DD	1.4	* Maximum DD	1.6	* Maximum DD	2.4	* Maximum DD	3.0

2nd VOLUNTARY PASS

- * 1 voluntary pass of 3 elements
- * FIG repetition rules
- * Minimum 1 salto
- * Maximum 2 saltos
- * Maximum element of 2.0
- Bonus: 1.0 for double back tuck
- Maximum bonus of 1.0
- * Minimum DD 1.3
- * Maximum DD 2.5

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

In all categories the deduction for not completing any required element/s is 1.0 per requirement per Execution Judge. There will be a 1.0 deduction per Execution Judge for performing a restricted element; however, the athlete will still get the DD for the element up to the maximum for the category.

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
- * Minimum of **5 saltos**
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 element of 0.9 or higher in one preliminary pass
- Bonus: 1.0 for any double salto**
- Maximum bonus per pass 1.0

2nd VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * Minimum of **5 saltos**
- * FIG repetition rules

REQUIRED ELEMENT:

- * Minimum 1 element with **at least** 360° of twist
- * 1 element of 0.9 or higher in one preliminary pass
- * (these 2 requirements can be combined in 1 element)**
- Bonus: 1.0 for any double salto**
- Maximum bonus per pass 1.0

- * **Minimum** DD **2.6**
- * Maximum DD **Women: 3.9 Men: 4.3**

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

Women:

- * Total preliminary score – **58.2**
- * Two pass total DD – **6.8+**
- * Element required – 1 double salto in one preliminary pass

Men:

- * Total preliminary score – **60.0**
- * Two pass total DD – 7.8+
- * Element required – 1 double salto in each 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
- * Minimum of **5 saltos**
- * FIG repetition rules

REQUIRED ELEMENT:

- * 1 element of 0.9 or higher in one preliminary pass
- Bonus: 1.0 for any double salto**
- Maximum bonus per pass 1.0

2nd VOLUNTARY PASS

- * 1 voluntary pass of 8 elements
- * Minimum of **5 saltos**
- * FIG repetition rules

REQUIRED ELEMENT:

- * Minimum 1 element with **at least** 360° of twist
- * 1 element of 0.9 or higher in one preliminary pass
- * (these 2 requirements can be combined in 1 element)**
- Bonus: 1.0 for any double salto**
- Maximum bonus per pass 1.0

- * **Minimum** DD **2.6**
- * Maximum DD **Women: 3.9 Men: 4.3**

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

Women:

- * Total preliminary score – **58.2**
- * Two pass total DD – **6.8+**
- * Element required – 1 double salto in one preliminary pass

Men:

- * Total preliminary score – **60.0**
- * Two pass total DD – 7.8+
- * Element required – 1 double salto in each 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

* Minimum of **6 saltos**

* FIG repetition rules

REQUIRED ELEMENT:

* 1 element of 0.9 or higher in one final pass

Bonus: 1.0 for any double salto

Maximum bonus per pass 1.0

* **Minimum** DD **2.6**

* Maximum DD **Women: 3.9 Men: 4.3**

2nd VOLUNTARY PASS

* 1 voluntary pass of 3 elements

* FIG repetition rules

REQUIRED ELEMENT:

* 1 element of 0.9 or higher in one final pass

Bonus: 1.0 for any double salto

Maximum bonus per pass 1.0

* **Minimum** DD **1.3**

* Maximum DD **Women: 2.6 Men: 2.8**

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

* Minimum of **6 saltos**

* FIG repetition rules

REQUIRED ELEMENT:

* 1 element of 0.9 or higher in one final pass

Bonus: 1.0 for any double salto

Maximum bonus per pass 1.0

* **Minimum** DD **2.6**

* Maximum DD **Women: 3.9 Men: 4.3**

2nd VOLUNTARY PASS

* 1 voluntary pass of 3 elements

* FIG repetition rules

REQUIRED ELEMENT:

* 1 element of 0.9 or higher in one final pass

Bonus: 1.0 for any double salto

Maximum bonus per pass 1.0

* **Minimum** DD **1.3**

* Maximum DD **Women: 2.6 Men: 2.8**

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

In all categories the deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

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 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
* Minimum of 5 saltos
* FIG repetition rules
REQUIRED ELEMENT:
* 1 element of 2.0 or higher in one preliminary pass
Bonus: 1.0 for whip-full
Maximum bonus per pass 1.0

* Minimum DD **3.8**
* Maximum DD **4.5**

2nd VOLUNTARY PASS

* 1 voluntary pass of 8 elements
* Minimum of 5 saltos
* 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 whip-full
Maximum bonus per pass 1.0

* Minimum DD **3.0**
* Maximum DD **4.5**

Junior MOBILITY REQUIREMENTS:

(must be done together)

Women:

* Total preliminary score – **59.0**
* Two pass total DD – **8.0+**
* Element required – 1 double salto in each preliminary pass

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
* Minimum of 5 saltos
* FIG repetition rules
REQUIRED ELEMENT:
* 1 double salto
Bonus: 1.0 for double salto in transition
Maximum bonus per pass 1.0

* Minimum DD **4.0**
* Maximum DD **5.7**

2nd VOLUNTARY PASS

* 1 voluntary pass of 8 elements
* Minimum of 5 saltos
* FIG repetition rules
REQUIRED ELEMENT:
* Minimum 1 element with at least 360° of twist
* 1 double salto
* (these 2 requirements can be combined in 1 element)
Bonus: 1.0 for double salto in transition
Maximum bonus per pass 1.0

* Minimum DD **4.0**
* Maximum DD **5.7**

Junior MOBILITY REQUIREMENTS:

(must be done together)

Men:

* Total preliminary score – **59.9**
* Two pass total DD – **9.7+**
* 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 whip-full

Maximum bonus per pass 1.0

* Minimum DD **3.0**

* Maximum DD **4.5**

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 whip-full

Maximum bonus per pass 1.0

* Minimum DD **3.0**

* Maximum DD **4.5**

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

Maximum bonus per pass 1.0

* Minimum DD **4.0**

* Maximum DD **5.7**

2nd VOLUNTARY PASS

* 1 voluntary pass of 8 elements

* FIG repetition rules

REQUIRED ELEMENT:

Bonus: 1.0 for any double salto in transition

Maximum bonus per pass 1.0

* Minimum DD **4.0**

* Maximum DD **5.7**

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 deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

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 2.2 or higher in one preliminary pass

Bonus: 1.0 for twisting double
Maximum bonus per pass 1.0

- * **Minimum** DD **4.0**
- * **Maximum** DD **None**

2nd VOLUNTARY PASS

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

REQUIRED ELEMENTS:

Women:

- * 1 element of 2.2 or higher in one preliminary pass
- * 1 whip-full

Bonus: 1.0 for twisting double
Maximum bonus per pass 1.0

- * **Minimum** DD **4.2**
- * **Maximum** DD **None**

Senior MOBILITY REQUIREMENTS: (must be done together)

Women:

- * Total preliminary score – **60.5**
- * Two pass total DD – 8.8+
- * Element required – 1 twisting double in the 2nd voluntary pass

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 double in transition
Maximum bonus per pass 1.0

- * **Minimum** DD **4.3**
- * **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
Maximum bonus per pass 1.0

- * **Minimum** DD **4.7**
- * **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 in **each** preliminary pass

- * **Minimum** DD **6.1**
- * **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 in **each** preliminary pass

- * **Minimum** DD **6.4**
- * **Maximum** DD **None**

Men:

- * Total preliminary score – **63.4**
- * Two pass total DD – **12.2+**
- * Element required – Double salto in transition to double salto in **each** preliminary pass

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

Women :

Bonus: 1.0 for twisting double
Maximum bonus per pass 1.0

- * Minimum DD **4.0**
- * Maximum DD **None**

Men :

Bonus: 1.0 for and additional
double in transition
Maximum bonus per pass 1.0

- * Minimum DD **4.5**
- * 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

Women :

Bonus: 1.0 for double in transition
Maximum bonus per pass 1.0

- * Minimum DD **4.3**
- * Maximum DD **None**

Men :

- * Minimum DD **6.1**
- * 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.

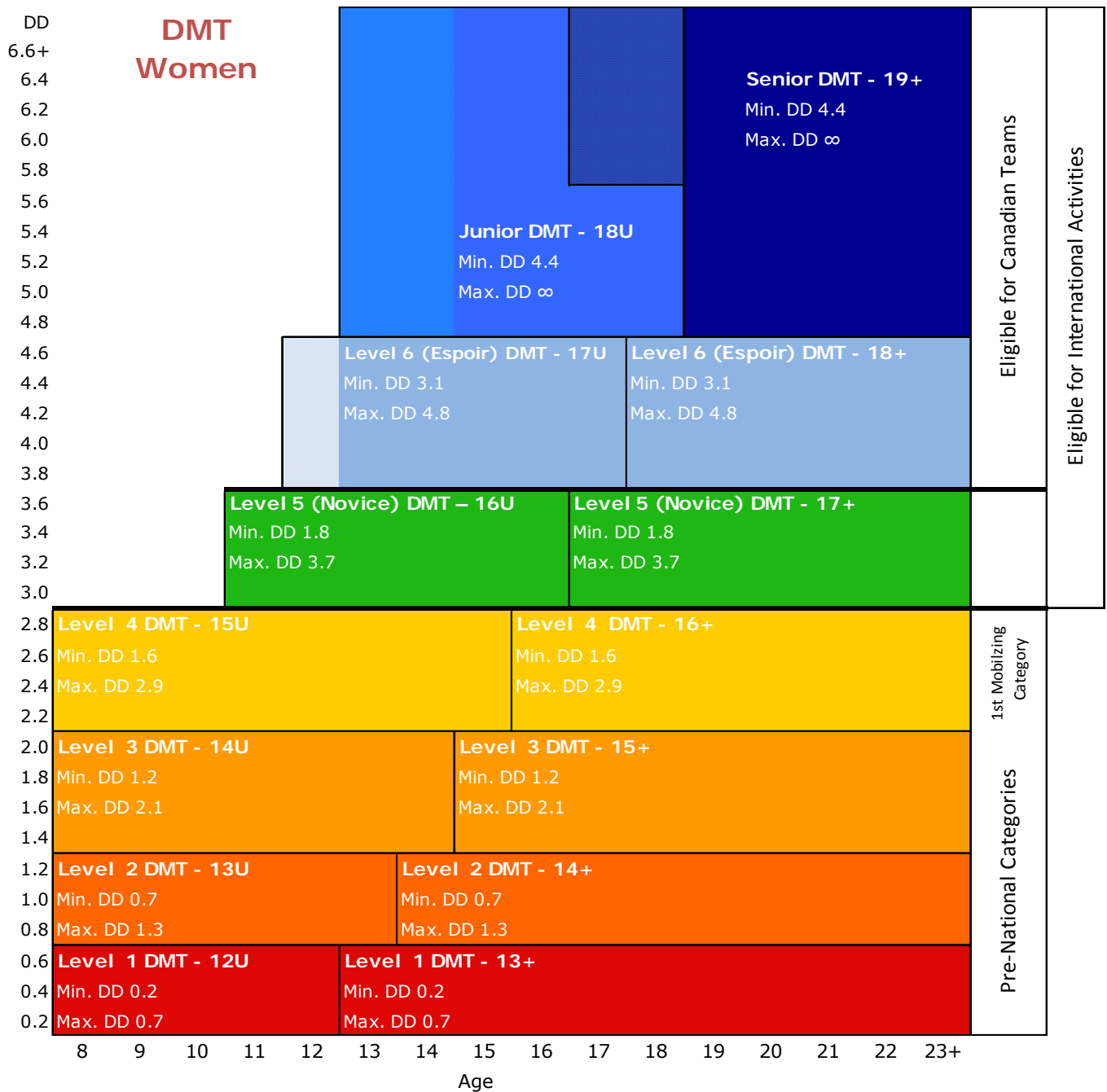
SCORING: ALL BONUSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED.

In all categories the deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

This is only a summary of the regulations.

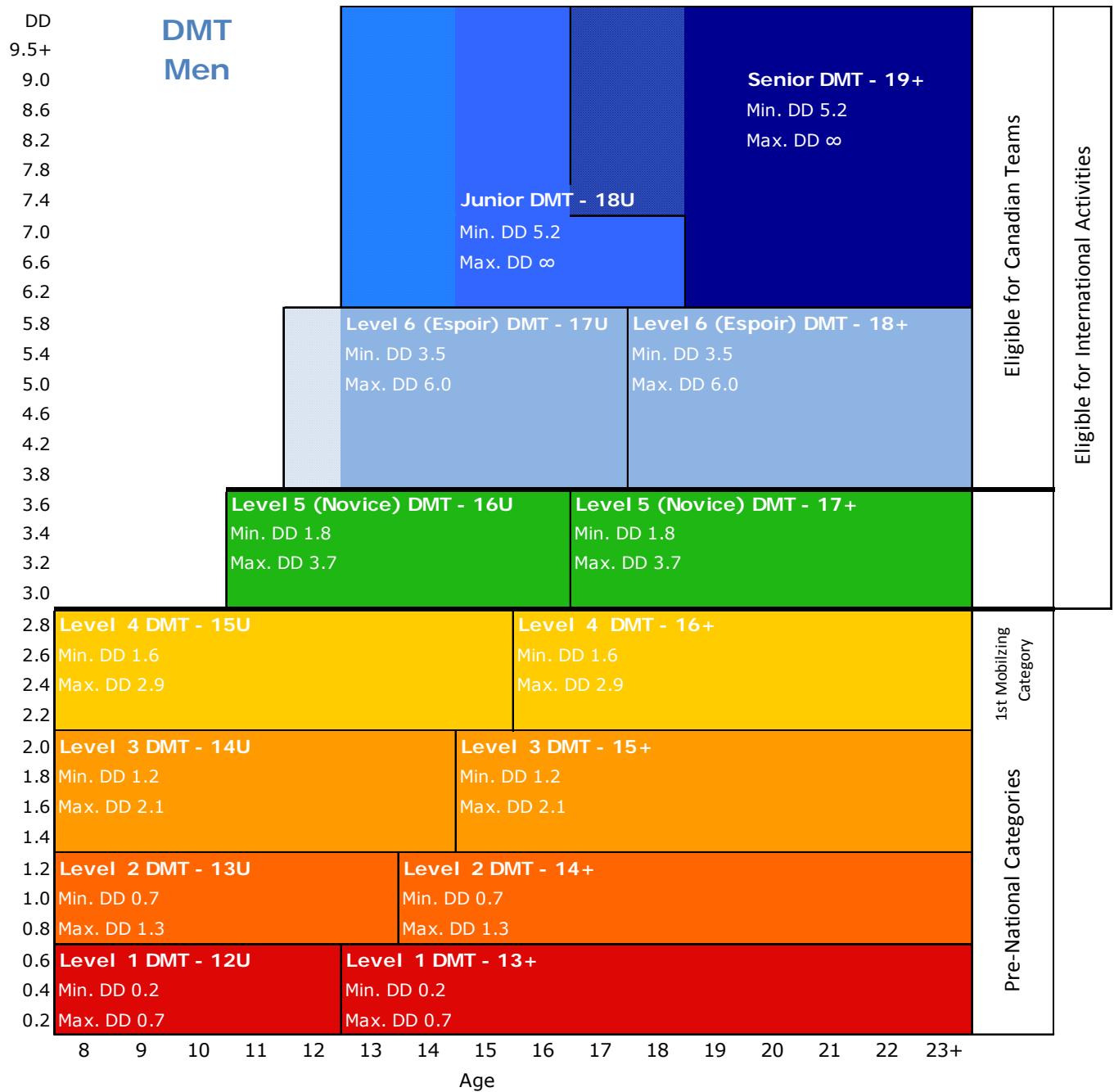
For complete rules refer to the FIG Code of Points and section 5 of the Trampoline & Tumbling Program Regulations.

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+ 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> * 2 voluntary passes * FIG repetition rules <u>REQUIRED ELEMENT:</u> * 1 element of 0.2 or higher in each preliminary pass	<u>PRELIMINARY ROUND</u> * 2 voluntary passes * FIG repetition rules <u>REQUIRED ELEMENTS:</u> * 2 saltos in one preliminary pass * 1 element of 0.7 or higher in each preliminary pass	<u>PRELIMINARY ROUND</u> * 2 voluntary passes * FIG repetition rules <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>PRELIMINARY ROUND</u> * 2 voluntary passes * FIG repetition rules <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> * 2 voluntary passes * FIG repetition rules <u>REQUIRED ELEMENT:</u> * 1 element of 0.2 or higher in each final pass	<u>FINAL ROUND</u> * 2 voluntary passes * FIG repetition rules <u>REQUIRED ELEMENT:</u> * 1 salto in each final pass	<u>FINAL ROUND</u> * 2 voluntary passes * FIG repetition rules <u>REQUIRED ELEMENTS:</u> * 2 saltos or one double in each final pass	<u>FINAL ROUND</u> * Finals must be held at all Provincial Cups & Championships * 2 voluntary passes * FIG repetition rules <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
			Level 5 (Novice) MOBILITY REQ: (must be done together) * Total prel. or final score – 59.9 * Req. element from the round used for the score – 1 element with 720° of somersault * Min. DD for 2 passes from the round used for the score – 4.7 * Min. DD for each 4 passes - 1.8

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 deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

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 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 standard may be met in either preliminary or final round

PRELIMINARY ROUND

- * 2 voluntary passes
- * FIG repetition rules

REQUIRED ELEMENTS:

- * 1 double salto in one preliminary pass
- * 1 element of 1.2 or higher in each preliminary pass

- * Minimum DD 1.8
- * Maximum DD 3.7

FINAL ROUND

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

REQUIRED ELEMENT:

- * 1 element of 1.2 or higher in each final pass

- * Minimum DD 1.8
- * Maximum DD 3.7

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

- * Total preliminary or final score – Women 61.9 Men 62.6
- * Minimum DD for 2 passes from the round used for the score – Women 6.7 Men 7.1
- * Minimum DD of all 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 standard may be met in either preliminary or final round

PRELIMINARY ROUND

- * 2 voluntary passes
- * FIG repetition rules

REQUIRED ELEMENTS:

- * 1 double salto in one preliminary pass
- * 1 element of 1.2 or higher in each preliminary pass

- * Minimum DD 1.8
- * Maximum DD 3.7

FINAL ROUND

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

REQUIRED ELEMENT:

- * 1 element of 1.2 or higher in each final pass

- * Minimum DD 1.8
- * Maximum DD 3.7

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

- * Total preliminary or final score – Women 61.9 Men 62.6
- * Minimum DD for 2 passes from the round used for the score – Women 6.7 Men 7.1
- * Minimum DD of all 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 deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

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 standard may be met in either preliminary or final rounds

PRELIMINARY ROUND

* 2 voluntary passes

* FIG repetition rules

REQUIRED ELEMENT:

* Minimum 1 double salto in each preliminary pass

* **Minimum** DD Women: 3.1 Men: 3.5

* **Maximum** DD Women: 4.8 Men: 6.0

FINAL ROUND

* Finals must be held at all Provincial Cups & Championships

* 2 voluntary passes

* FIG repetition rules

REQUIRED ELEMENT:

* Minimum 1 double salto in each final pass

* **Minimum** DD Women: 3.1 Men: 3.5

* **Maximum** DD Women: 4.8 Men: 6.0

Junior MOBILITY REQUIREMENTS:

(must be done together)

* Total preliminary or final score – Women 64.0 Men 65.6

* Minimum DD for 2 passes from the round used for the score – Women 8.8 Men 10.8

* **Minimum DD of all 4 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 standard may be met in either preliminary or final rounds

PRELIMINARY ROUND

* 2 voluntary passes

* FIG repetition rules

REQUIRED ELEMENTS:

* Minimum 1 double salto in each preliminary pass

* **Minimum** DD Women: 3.1 Men: 3.5

* **Maximum** DD Women: 4.8 Men: 6.0

FINAL ROUND

* Finals must be held at all Provincial Cups & Championships

* 2 voluntary passes

* FIG repetition rules

REQUIRED ELEMENT:

* Minimum 1 double salto in each final pass

* **Minimum** DD Women: 3.1 Men: 3.5

* **Maximum** DD Women: 4.8 Men: 6.0

Junior MOBILITY REQUIREMENTS:

(must be done together)

* Total preliminary or final score – Women 64.0 Men 65.6

* Minimum DD for 2 passes from the round used for the score – Women 8.8 Men 10.8

* **Minimum DD of all 4 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 deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.

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 standard may be met in either preliminary or final rounds

PRELIMINARY ROUND

- * 2 voluntary passes
- * FIG repetition rules

REQUIRED ELEMENTS:

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

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

FINAL ROUND

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

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 preliminary or final score – Women 66.8 Men 70.8

* Minimum DD for 2 passes from the round used for the score –
Women 11.6 Men 15.6

* **Minimum DD of all 4 passes – Women 5.6 Men 7.6**

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
Mobility standard may be met in either preliminary or final round

PRELIMINARY ROUND

- * 2 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 one preliminary pass

REQUIRED ELEMENT For Men:

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

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

FINAL ROUND

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

REQUIRED ELEMENTS For Women:

- * Minimum 1 double salto in each final pass
- * 1 double salto to double salto (or better) in one final pass

REQUIRED ELEMENT For Men:

- * Double salto to double salto (or better) in each final pass

* **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 deduction for not completing any required element/s is 1.0 per requirement per Execution Judge.*

*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.*

2015 Canadian Competition Rules – Trampoline, Tumbling, Double Mini-Trampoline

SUMMARY OF MOBILITY SCORES

To move into:	Trampoline	Double Mini	Tumbling
Level 5 (Novice) All From Level 4	Total preliminary score: 58.3 (DDx2 no TOF) Min. DD – 6.5 Element: 1 double salto	Prel or Final Score: 59.9 2 pass min DD – 4.7 4 pass min DD/pass: 1.8 Element: 1 double salto	Total preliminary score: 53.1 Min. DD – 2.7 (2 nd pass) Element: 4 bounding whips
Level 6 (Espoir) Women From Level 5 (Novice)	Total preliminary score: 80.6 Min. DD – 8.4 Element: 1 double with at least a full twist	Prel or Final Score: 61.9 2 pass min DD – 6.7 4 pass min DD/pass: 3.1	Total preliminary score: 58.2 Min. DD – 6.8 (2 passes) Element: 1 double salto
Level 6 (Espoir) Men From Level 5 (Novice)	Total preliminary score: 81.2 Min. DD – 9.0 Element: 1 double with at least a full twist	Prel or Final Score: 62.6 2 pass min DD – 7.1 4 pass min DD/pass: 3.5	Total preliminary score: 60.0 Min. DD – 7.8 (for 2 passes) Element: 1 double salto in each pass
Junior Women From Level 6 (Espoir)	Total preliminary score: 82.6 Min. DD – 10.2 Element: 811o or 811<	Prel or Final Score: 64.0 2 pass min DD – 8.8 4 pass min DD/pass: 4.4	Total preliminary score: 59.0 Min. DD – 8.0 (for 2 passes) Element: 1 double salto in each pass
Junior Men From Level 6 (Espoir)	Total preliminary score: 86.4 Min. DD – 12.0 Element: 811o or 811<	Prel or Final Score: 65.6 2 pass min DD – 10.8 4 pass min DD/pass: 5.2	Total preliminary score: 59.9 Min. DD – 9.7 (for 2 passes) Element: Double to double in one pass
Senior Women From Level 6 (Espoir)	Total preliminary score: 85.5 Min. DD – 10.2 Element: 811o or 811<	Prel or Final Score: 64.0 2 pass min DD – 8.8 4 pass min DD/pass: 4.4	
Senior Men From Level 6 (Espoir)	Total preliminary score: 89.7 Min. DD – 12.0 Element: 811o or 811<	Prel or Final Score: 65.6 2 pass min DD – 10.8 4 pass min DD/pass: 5.2	
Senior Women From Junior (TRA-DMT 17-18 yo) (TUM 17+)	Total preliminary score: 92.5 Min. DD – 13.3 Element: 811o or 811<	Prel or Final Score: 66.8 2 pass min DD – 11.6 4 pass min DD/pass: 5.6	Total preliminary score: 60.5 Min. DD – 8.8 (for 2 passes) Element: Twisting Double
Senior Men From Junior (TRA-DMT 17-18 yo) (TUM 17+)	Total preliminary score: 98.8 Min. DD – 16.0 Element: 811o or 811<	Prel or Final Score: 70.8 2 pass min DD – 15.6 4 pass min DD/pass: 7.6	Total prelim score: 63.4 Min DD – 12.2 (for 2 passes) Element: Double to double in both prelims