



GYMNASTICS TRAMPOLINE
CANADIAN COMPETITION RULES

February 2024



INTRODUCTION

These Competition Regulations are binding for all sanctioned competitions and championships of Gymnastics Canada (GymCan).

The Canadian Competition Rules shall be the same as the current edition of the FIG Code of Points – Trampoline with the following modifications. The current FIG Code of Points - Trampoline shall be viewed as the authority in case of dispute.

The following documents should be read in conjunction with these Rules:

- **FIG TRA Code of Points 2022-2024 (Valid through Dec 31, 2024)**
- **Appendix to Codes of Points (COP)**
- **Technical Regulations 2023 - Section 1 – General Regulations**
- **Technical Regulations 2023 - Section 4 – Special Regulations for Trampoline Gymnastics**
- **FIG Apparatus Norms - Section 2.4 Trampoline Gymnastics**
- **FIG General Judges' Rules - Cycle 2022-2024 (Valid through Dec 31, 2024)**
- **FIG TRA Specific Judges Rules 2022-2024 (Valid through Dec 31, 2024)**
- **FIG TRA World Age Group Competitions Rules 2022-2024 (Valid through Dec 31, 2024)**
- **FIG TRA World Cup Rules 2022-2024**
- **FIG TRA World Cup 2022-2024**
- **Nationals Team Finals (rules and charts)**
- **2024 TG Canadian Pathways**

Always refer to the official documents in the event of any contradictions, discrepancies, or interrogations.

ALL TG DISCIPLINES

A. GENERAL RULES

1. Individual Competition

1.1. Finals

For all categories:

The competitors (or in Synchronized competition, the pairs) with the 10 (ten) best scores from the Preliminaries will go forward to the Final if they have also met the minimum score to enter into Finals. There is no limit of two competitors per club or per province.

Fresh start finals will be applied at Elite Canada (Finalists are determined by the Preliminary Round – Q1 or Q1 + Q2 where applicable).

At Canadian Championships, the total score from preliminaries and finals (preliminaries + finals) will be cumulative for ranking.

Third trials/technical trials will use cumulative (preliminaries + finals) scores for overall ranking.

Start order for all finals will be reverse order of merit.

2. Team Competition

Please refer to the document Nationals Team Finals (rules and charts).

3. Award Ceremony

3.1. All gymnasts who are not present for their award (medal or ribbon) will not receive their award and may not receive the credit or their score obtained during the competition, unless given a special permission dealt in advance with a Gym Can representative. This decision will be taken by the Trampoline & Tumbling Program Committee (TTPC).

3.2. Awards will not be handed out for Third/Technical Trials.

4. Routines

4.1. FIG requirements for World and Continental Championships will apply to the Senior category. (Appendix L, part I.)

4.2. GymCan compulsory routines are set for Level 1, Level 2, Level 3 and Level 4 categories.

4.3. GymCan requirements will apply to some National Categories in all disciplines.

4.4. For each missing special requirement, the difficulty judges will apply a penalty of **2.0 pts** (ref. 22.3.2). In case of an incomplete routine, a penalty for missing requirement(s) will apply only if the number of missing requirements exceeds the number of missing element(s).

4.5 TUM/DMT: For Levels L5 to Senior, if minimum DD is not performed, a penalty of **0.1 per 0.1 under minimum DD** will be deducted from all voluntary routine scores up to a **maximum deduction of 1.0**. This deduction will be applied by the DD judges.

4.6 TRA: For Levels L5 to Senior, if minimum DD is not performed, a penalty of **0.1 per 0.1 under minimum DD** will be deducted from all voluntary routine scores. This deduction will be applied by the DD judges.

5. Dress for Competitors

5.1. Length of shorts must not be longer than mid-thigh.

5.2. Unitard could be mid-thigh length.

5.3. Women: Gym shorts may be worn (must be part of the uniform)

- must not be longer than mid-thigh
- must be skin-tight
- the shorts can either be the same colour as the leotard or black (should coordinate with the leotard)
- athletes who choose to wear shorts from the same Club or Province will have the same brand
- no obvious logos
- Province/Club athletes can either choose to wear shorts or no shorts (not all the athletes of the same Club or Province are required to choose the same) for Individual Competition.
- Synchro – the pair **MUST** match and either choose to both either wear or not wear shorts.

5.4. No jewelry may be worn by competitors. Taping of jewelry is not adequate. Medic alert bracelets as well as Blood Glucose Sensors can be worn but must be taped.

5.5. When warm up is conducted in the competition gym all competitors and coaches must dress in competition attire or equivalent.

5.6. At club events (Elite Canada), athletes must wear their club competition attire in Preliminaries. At Nationals, athletes must wear their province competition attire in Preliminaries. In Finals, athletes have the right to choose their competition attire; it must not be a competition attire from another country; the right to wear the current or any past National Team competition attire is reserved only to athletes that are currently or have been member of a Canadian Team (World Championships, World Age Group Competition and/or international competitions); current members of the National Team must wear the competition attire of the current sponsor in final rounds of competition at all domestic trial events.

5.7. Any violation of dress code will result in a penalty of 0.2 pts which will be deducted from the total score of any of the routines where the violation occurs.

5.8. Attire for awards ceremony will be full Club track suit or National Team track suit (only for athletes on the **current** Junior or Senior National Teams) at Elite Canada. At National Championships, attire will be full Provincial Track suit, or National Team tracksuit (only for athletes on the **current** Junior or Senior National Teams).

NOTE: **Silicone socks/shoes are NOT permitted**

6. Dress for Coaches and Spotters

Refer to FIG

7. Safety Requirements

It shall be the responsibility of the province/club to provide the required spotters.



8. Recorders & Secretariat

- 8.1. GymCan events will use the Sportzsoft scoring system. Results will be posted in a designated area and distributed to all participating teams as well as will be available live, online.
- 8.2. A complete copy of the results must be sent to the GymCan TG Program Manager by the Meet Director.
- 8.3. In case where it is not possible to have a scoring system to judge skills by skill, the same procedure will be done to calculate the Execution score by the total score of each Execution Judge.

B. THE JUDGES' PANEL

1. Competition Jury

The Competition Jury list must be posted before the start of the competition.

In case where it is not possible to provide 6 execution Judges, a 4 execution Judge system can be used in Provincial events. In the case where 4 execution judge system is used, the highest and lowest scores will be removed.

National events will have 6 execution judges.

2. Duties of the Chair of the Judges' Panel

- 2.1. Only written protests will be allowed. As per FIG regulations, an official representative is to approach the Chair of the Judges Panel, before the end of the round, in a controlled and friendly manner and advise of a possible error. Inquiry/Protest forms will be provided to coaches at the head event table. Forms must be completed and submitted to designated GymCan staff.

It will be the CJP's responsibility to confer with the Difficulty Judges to determine if it is a legitimate concern requiring review, or if it is unfounded and a video review is not required. Please note that no protests can be requested for Execution or Horizontal displacement score. However, inquiries can be made if an error has been made in calculation. Inquiries and Protests are permitted for Degree of Difficulty only. Inquiries and protests will have charge of \$100.00 each at Domestic Canadian event for any inquiry/protest that is denied.

- 2.2. Decide and apply penalty for unsportsmanlike conduct of **0.6 pts**

3. Duties of the Judges for Difficulty

- 3.1. Bonuses must be calculated and must appear in a special box identifying the bonus. Bonus should not be combined with difficulty.
- 3.2. Apply penalty for failing to comply with the special requirements of **2.0 pts**.
- 3.3. There will be an extension of time regarding FIG Code of Points rule 20.13 when an official representative may approach the Chair of the Judges Panel about obvious errors to the determination of the mobility element as this will not necessarily be posted before the end of a round.
- 3.4. For Levels L5 to Senior, if minimum DD is not performed, refer to 4.5 in the General Rules for all Disciplines.



TRAMPOLINE

A. GENERAL RULES

1. Synchronized Competition

Pairing from different provinces **is permitted** for all National Levels.

Mixed Pair Synchro: New category; Open category, that will use L5 rules with min DD for L5 and Max DD for Men's L5. Athletes may participate in only 1 of Female, Male OR Mixed.

Please note that athletes must compete in the Female or Male category to be named to a SYN National team or to be named to an International Assignment.

2. A synchronized trampoline is considered to be started when BOTH partners have completed a skill.

3. FIG Symbols for some singular skills:

Seat Drop:	-- L
Stomach Drop:	1 _ F
Back Drop:	1 _ B
To Stand:	1 _
½ turn to seat:	1 _ L
½ turn to stand:	_ 1
½ turn to stomach:	1 1 F
½ turn to back:	1 1 B

4. Judging Synchro can be accomplished without access to synchro machine/video or time calculation (may be used for lower levels)

Deductions:

- When athletes arrive at the same time on the trampoline:	0.0
- When athletes are offset by ankle height:	0.1
- When athletes are offset by midleg height:	0.2
- When athletes are offset by knee height:	0.3
- When athletes are offset by mid-thigh height:	0.4
- When athletes are offset by hip height offset or more:	0.5

B. COMPETITION PROCEDURE

1. Repetition of Elements

For Level 1, Level 2, Level 3 and Level 4, repetition of a non-DD element within a routine will result in a penalty of **0.4 pts.**

For National Levels, repetition of an Element that is not identified to have DD value will result in a penalty of **2.0 points.** This applies to the first voluntary routine for levels L5, L6 and Junior.



2. Scoring

2.1. The limit of difficulty per element will NOT be applied in Canada.

2.2. Method of Scoring

2.2.1. If applicable, "B" mark (bonus) is included in the formula for individual trampoline.

$$\text{Score} = E (\text{max. } 20 \text{ pts}) + H (\text{max. } 10 \text{ pts}) + D + T - \text{Penalty} + B$$

2.2.2. If applicable, "B" mark (bonus) is included in the formula for synchronized trampoline.

$$\text{Score} = E (\text{max. } 10 \text{ pts}) + H (\text{max. } 10 \text{ pts}) + S (\text{max. } 20 \text{ pts}) + D - \text{Penalty} + B$$

3. Qualification to finals

3.1. Up to ten (10) athletes can qualify for the final. The following scores must be met.

	L5	L6	L7	Junior	Senior
Trampoline Women	51.0	52.6	31.5	53.6	33.0
Trampoline Men	51.0	54.6	34.5	56.6	36.0
Synchronized Women	24.0	25.0			29.0
Synchronized Men	25.0	27.0			31.0
Synchronized Mixed	24.0				

****Based on Q1**

C. THE JUDGES' PANEL

1. Duties of the Judges for Difficulty

1.1. For Level 1, Level 2, Level 3 and Level 4, repetition of a non-DD element within a routine will result in a penalty of **0.4 pts** applied by the Difficulty Judges

1.2. Judges for difficulty will clearly mark when an athlete has completed the "1 double salto mobility element" for a L4 athlete. This marking will be reflected on the final score sheet.

TUMBLING

A. GENERAL RULES

1. Passes

- 1.1. Voluntary passes consist of 8, 5 or 3 elements as per the Canadian Pathways Document. FIG special requirements will apply to the Senior category.
- 1.2. GymCan special requirements may apply to all categories.
- 1.3. Only Level 1 competitors are not required to end a completed pass with a somersault. For all categories except Level 1 and Level 2, all passes terminating with a somersault, not being a punch somersault, must end in the landing area.
- 1.4 Preliminaries for L7, Junior and Senior will consist of 3 passes; Q1 will consist of 2 passes, Q2 will consist of 1 pass.
- 1.5 Q2 will be completed at the conclusion of the Q1 round (not necessarily on the same day) and all athletes will proceed to this round in domestic trials (FIG repetition rules). There will be a 10-minute warm-up time prior to the start of the Q2 round. After the Q2 round, the top 10 athletes will advance to the final round.

B. COMPETITION PROCEDURE

1. Interruption of a Pass

- 1.1. Categories Level 1, Level 2, Level 3 and Level 4 will not be terminated if a slight foot bounce occurs during a front somersaulting walkout element but will be considered a major fault.
- 1.2. Category Level 1 ONLY will not be terminated if the athlete performs an element without somersault rotation.
 - 1.2.1. Level 1 passes not ending with summersault should end with a straight jump as a required element. Failing to do so will result in a missing requirement penalty applied by the Degree of Difficulty Judges.
- 1.3. Categories Level 1, Level 2, Level 3 and Level 4 will be terminated if not performing the compulsory pass as prescribed.

2. Termination of the Pass

- 2.1. This rule will apply to all categories except Level 1 and Level 2.
 - 2.1.1. (FIG COP 17.3) The last element must be performed from the tumble track to the landing area except in the case of an element in the reverse direction as per §5.5. A failure to observe this rule will result in a penalty of **0.4 points** by the CJP (see §20.10)
- 2.2. This rule will apply also for complete passes with 5 or 3 elements, but not for Level 1.
 - 2.2.1. (FIG COP 17.4) All completed passes (8 elements) must end with a somersault, otherwise there will be a penalty of **2.0 points** by the CJP (see §20.10)
- 2.3 Level 1 and Level 2 – a salto at the end of a pass will not be considered a whip back if below shoulder height. It will be interpreted as the athlete is attempting to complete an end skill (eg back layout) but maximum deductions in execution should apply.

3. Scoring

3.1. The limit of difficulty per element will NOT be applied in Canada.

3.1.1. Category Level 1: for all non-inverted elements, the value of each half twist will be 0.1

3.2. Method of Scoring

3.2.1. All passes will be scored out of 10.

- For passes with 5 elements, 5 points will be added.
- For passes with 3 elements, 7 points will be added.
 - If no attempt is made to perform a 3rd element, the score for the pass will be 0.
 - If the 3rd skill is incomplete, the routine will be out of 9.0

3.2.2. If applicable, "B" mark (bonus) is included in the formula:

$$\text{Score} = E (\text{max. 20pts}) + D - \text{Penalty} + B$$

4. Qualification to finals

All athletes advance to Q2, where applicable.

Up to ten (10) athletes can qualify for the final based on results after Q2 (Q1 + Q2).

The cut to finals scores below are based on Q1 totals.

Score Based on Q1	L5	L6	L7	Junior	Senior
Women	33.4	35.2	35.2	36.0	36.6
Men	33.4	35.6	35.6	37.6	39.5

THE JUDGES' PANEL

1. General

- Apply the penalty for performing restricted element **2.0 pts**
- Level 1 passes not ending with a summersault should end with a straight jump as a requirement (ref. 1.2.1)

2. Duties of the Judges for Execution

2.1. One foot landing in straight bounce in Level 1

0.3 pts for instability

DOUBLE MINI TRAMPOLINE

A. GENERAL RULES

1. Individual Competition

1.1. Preliminaries

- 1.1.1. Preliminaries will consist of 2 passes for all Provincial and National Levels 5 and 6
- 1.1.2. Preliminaries for L7, Junior and Senior will consist of 3 passes; Q1 will consist of 2 passes and Q2 will consist of 1 pass.
- 1.1.3. A 4 touch (or 10 minute) warm-up will be permitted for Q2 (3rd preliminary pass)

1.2. Finals

- 1.2.1. Finals will consist of 2 passes for all Provincial and National Levels

2. Passes

- 2.1. GymCan Special requirements may apply
- 2.2. For each missing special requirement, the difficulty judges will apply a penalty of **2.0 pts**. The deduction for missing requirements will only apply to complete passes.

B. COMPETITION PROCEDURE

Q2 will be performed in Junior, Level 7 and Senior categories. Q2 will be competed at the conclusion of the Q1 round (not necessarily on the same day) and all athletes will proceed to this round in domestic trials (FIG repetition rules).

There will be a 10-minute warm-up time prior to the start of the Q2 round.

After the Q2 round, the top 10 athletes will advance to the final round (Q3) and will compete in reverse order of merit.

1. Repetition of the Same Elements

- 1.1. For categories Level 1, Level 2, Level 3 and Level 4, repetition of a non-DD element in the same part of a pass (in Qualification or in Finals) will result in a penalty of **0.4 pts**.

2. Termination of the Pass

- 2.1. For categories Level 5, Level 6, Junior, Level 7 and Senior, each element must have a minimum 360° somersault rotation, if not the pass will be interrupted.

3. Scoring

- 3.1. The limit of difficulty per element will NOT be applied in Canada.
 - 3.1.1. For all non-inverted elements, the value of each half twist will be 0.1.

3.2. Method of scoring

- 3.2.1. If applicable, "B" mark (bonus) is included in the formula.

$$\text{Score} = E (\text{max. } 20\text{pts}) + D - \text{Penalty} + B$$

4. Qualification to finals

All athletes advance to Q2, where applicable.

Up to ten (10) athletes can qualify for the final based on results after Q2 (Q1 + Q2).

The cut to finals scores below are based on Q1 totals.

Scores Based on Q1	L5	L6	L7	Junior	Senior
Women	37.4	39.8	39.7	41.6	42.6
Men	37.4	40.4	40.4	42.4	45.8



C. THE JUDGES' PANEL

1. Duties of the Judges for Difficulty

- 1.1. As per section 5.6, apply the penalty for failing to comply with the special requirements is **2.0 pts**
- 1.2. For categories Level 1 to Level 4, repetition of a non-DD element, refer to Competition Procedure 1.1
- 1.3. Judges for difficulty will clearly mark when an athlete has completed the "1 double salto mobility element" for an L4 athlete. This marking will be reflected on the final score sheet.

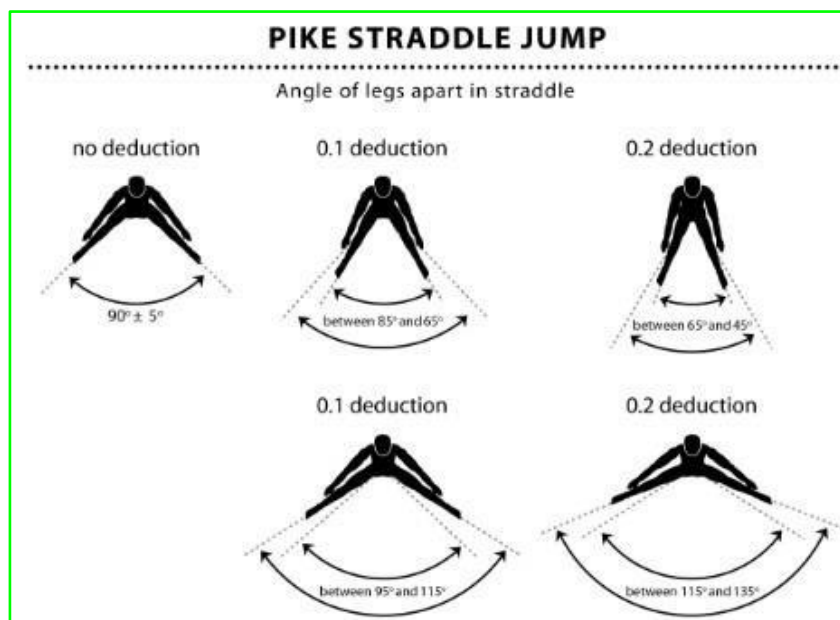
GUIDE OF JUDGING

1. Difficulty

Looking at the position of the feet at landing, feet rotation of less than 1/2 twist (90°) will be considered
no twist, feet rotation of less than 1/1 twist (180°) is considered a 1/2 (90°) twist, etc.

2. Deductions for execution

- In pike straddle jump, angle of legs in straddle should be 90° (+/- 5°) 0.0 - 0.2 pts
(this deduction is on top of any possible deduction for body position)



- Deduction for lack of opening shape jumps 0.0 - 0.3 pts
As no clear guidance is currently included in the FIG Code of Points, Canada will use the following guidelines:

▪ Opening at top of jump	0.0
▪ Opening up to 3/4 height of jump	0.1
▪ Opening up to 1/2 height of jump	0.2
▪ Other opening	0.3

TIE BREAKING RULES

Individual Trampoline

In preliminaries, in case of a tie at any place, the ranking will be determined by the following criteria:

Note: For Senior and L7, it is the counting routine that will be used to determine the tie break.

1. The gymnast with the higher T-score of the Voluntary (optional) exercise prevails
2. The gymnast with the higher H-score of the Voluntary (optional) exercise prevails
3. The gymnast with the higher D-score of the Voluntary (optional) exercise prevails
4. The gymnast with the higher E-score of the Voluntary (optional) exercise prevails

In finals, in case of a tie at any place, the ranking will be determined by the final score:

1. The gymnast with the higher T-score prevails
2. The gymnast with the higher H-score prevails
3. The gymnast with the higher D-score prevails
4. The gymnast with the higher E-score prevails

If there is still a tie, the tie will not be broken.

Synchronized Trampoline

In preliminaries, in case of a tie at any place, the ranking will be determined by the following criteria:

Note: For Senior, it is the counting routine that will be used to determine the tie break.

1. The gymnast with the higher S-score of the Voluntary (optional) exercise prevails
2. The gymnast with the higher H-score of the Voluntary (optional) exercise prevails
3. The gymnast with the higher D-score of the Voluntary (optional) exercise prevails
4. The gymnast with the higher E-score the Voluntary (optional) exercise prevails

In finals, in case of a tie at any place, the ranking will be determined by the final score:

1. The pair with the higher S-score prevails
2. The pair with the higher H-score prevails
3. The pair with the higher D-score prevails
4. The pair with the higher E-score prevails

If there is still a tie, the tie will not be broken.

Tumbling

In preliminaries and final, in case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher D-score of both exercise prevails
2. The gymnast with the higher E-score of both exercise prevails
3. If there is still a tie, the tie will not be broken (National Levels)
4. Provincial levels: if there is still a tie, Provinces may include additional tie breaking rules.

Double Mini Trampoline

L5, L6, Junior, L7 and Senior:

In preliminaries, in case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the best score of the first 2 exercises prevails
2. The gymnast with the higher D-score of the first 2 exercises prevails
3. The gymnast with the higher E-score of the first 2 exercise prevails

If there is still a tie, the tie will not be broken

In final, in case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher ranking in prelim prevails
2. The gymnast with the higher D-score of both exercises prevails
3. The gymnast with the higher E-score of both exercises prevails

If there is still a tie, the tie will not be broken.

All Provincial
Levels:

In preliminaries, in case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher D-score of both exercises prevails
2. gymnast with the higher E-score of both exercises prevails

3. If there is still a tie, Provinces may include additional tie breaking rules.

In final, in case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher ranking in prelim prevails
2. The gymnast with the higher D-score of both exercise prevails
3. The gymnast with the higher E-score of both exercise prevails
4. If there is still a tie, Provinces may include additional tie breaking rules.