

# 2019 CANADIAN COMPETITION RULES TRAMPOLINE – TUMBLING – DOUBLE MINI-TRAMPOLINE

February, 2019

## 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.
- Elite Canada, Canadian Championships or any International meets recognized by Gym Can.

## 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 Gym Can after each Provincial Cup (trial), the list of athletes that have met mobility. Not providing this information to Gym Can 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 Elite Canada or Canadian Championships.
- Any petitions to enter the sport in a category above Level 4 or to move down a category must be made to Gym Can via the athlete's Provincial T&T Technical Committee.

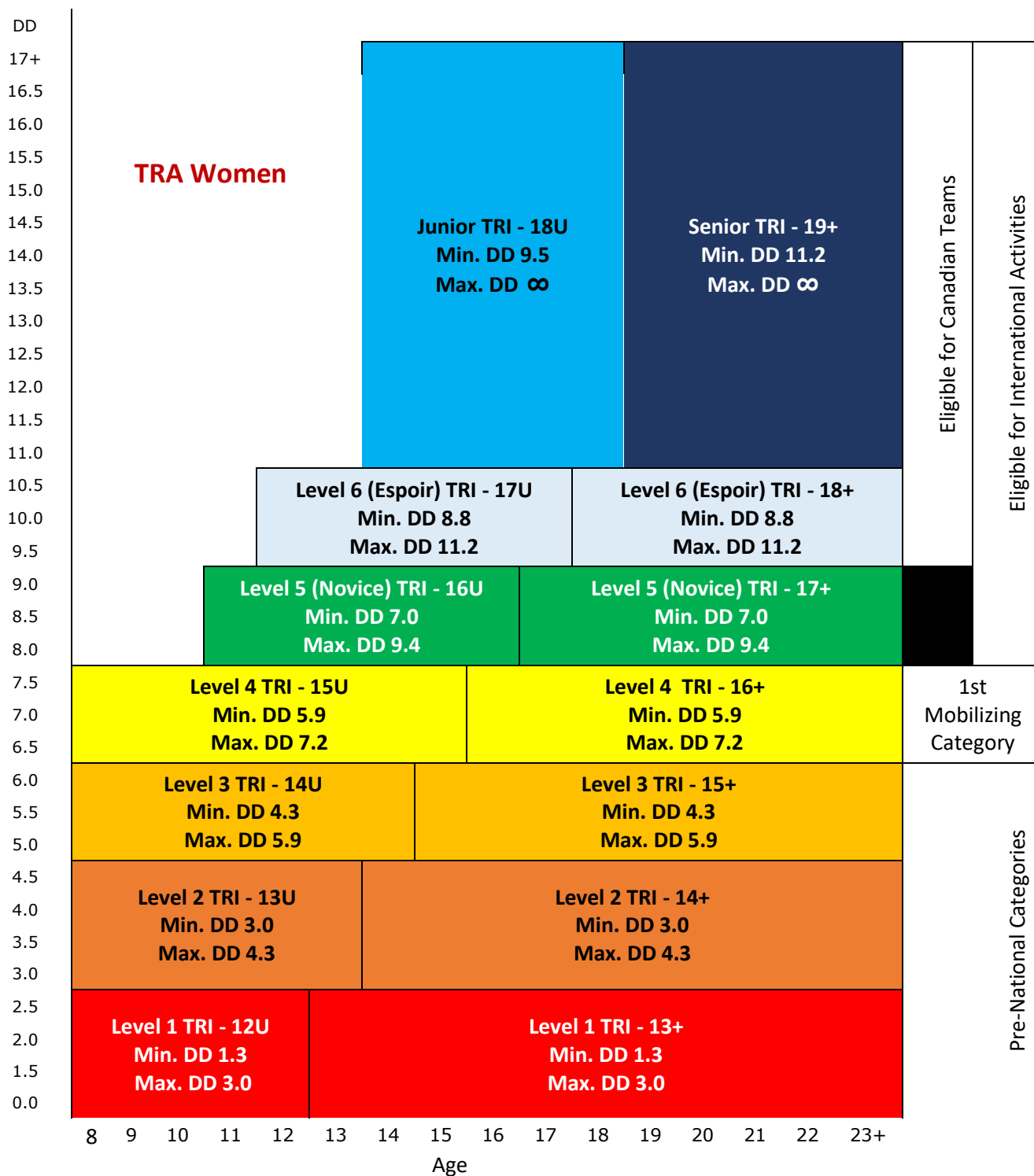
## ELIGIBILITY FOR INTERNATIONAL ACTIVITIES

- 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 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 sent to Gym Can with payment at least 1 month prior the activity.

## ELIGIBILITY FOR CANADIAN NATIONAL TEAMS

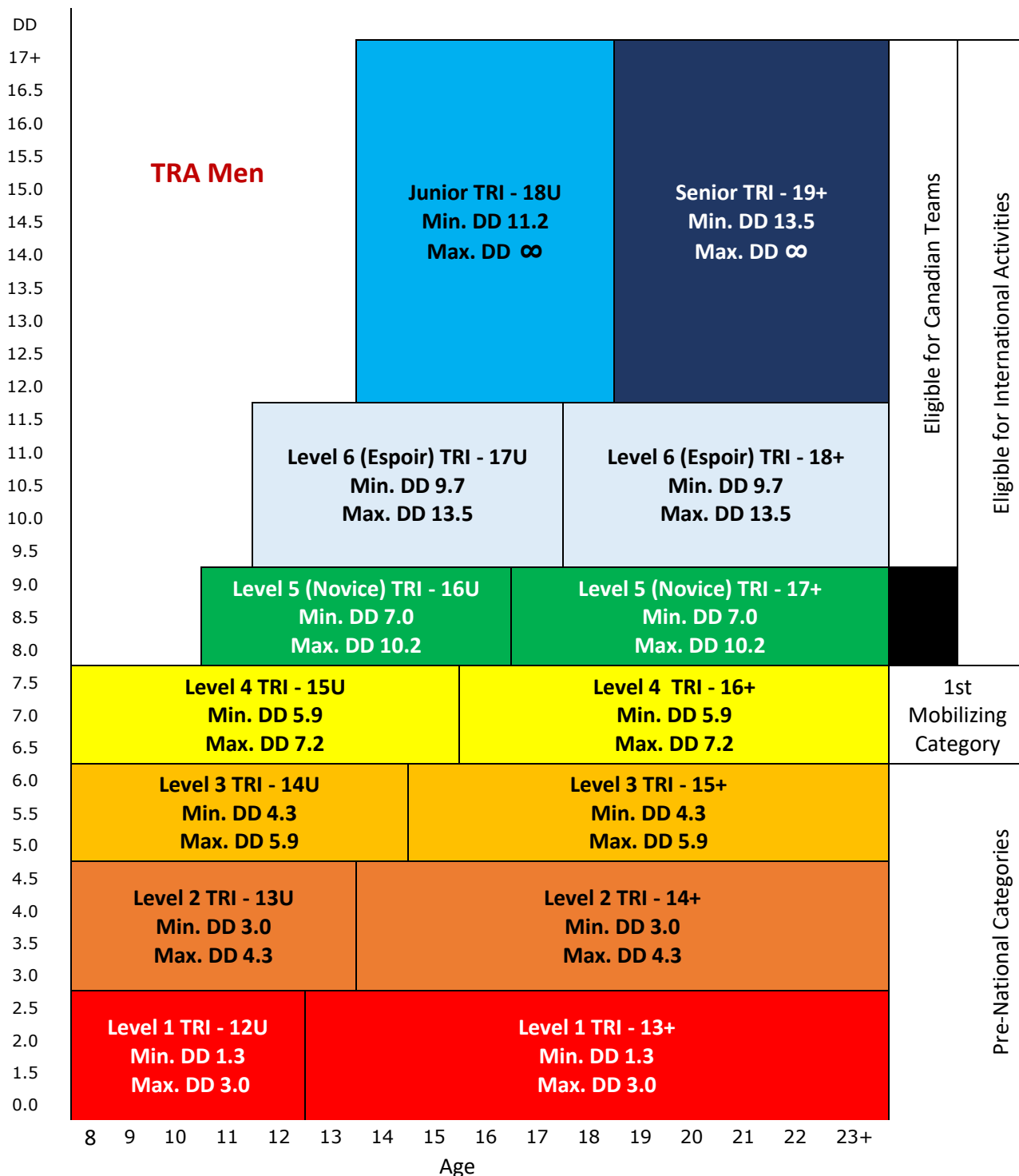
- Athletes must meet qualification scores and requirements as well as rankings required for a specified competition. Team selection documents and rules will be circulated separately.
- Age Group Teams (WAGC and Indos) will be selected from Level 6 (Espoir), Junior or Senior categories.
- Junior Teams will be selected from Junior category only with gymnasts from 13-17 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

# 2019 Canadian Competition Rules – Trampoline, Tumbling and Double-mini Trampoline

## INDIVIDUAL TRAMPOLINE (page 1 of 6)

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>
<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 41< Barani Pike --o Tuck Jump 41o 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 41< Barani Pike 4-/ Back Straight 41/ Barani Straight 4-< Back Pike --< Pike Jump 3-/ ¾ Front Straight 51o Barani Ballout Tuck	7--o 1 ¾ Front Tuck 51o Barani Ballout Tuck 4-o Back Tuck 41/ Barani Straight 4-< Back Pike 4-/ Back Straight 41< 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 <b>1.3</b> * Maximum DD <b>3.0</b>	* Minimum DD <b>3.0</b> * Maximum DD <b>4.3</b>	* Minimum DD <b>4.3</b> * Maximum DD <b>5.9</b>	* Minimum DD <b>5.9</b> * Maximum DD <b>7.2</b>

### MOBILITY REQUIREMENTS

Level 5 (Novice):

(must be done together)

\* Total preliminary score

Women – 88.0 Men – 90.0

(Executionx2+TOF+HD+DDx2)

\* Required element – 1

element with 720° of

somersault

\*Minimum DD – 7.0

**INDIVIDUAL TRAMPOLINE**

(page 2 of 6)

<b>LEVEL 1 WOMEN &amp; MEN</b>	<b>LEVEL 2 WOMEN &amp; MEN</b>	<b>LEVEL 3 WOMEN &amp; MEN</b>	<b>LEVEL 4 WOMEN &amp; MEN</b>
<u><b>FINAL ROUND</b></u>	<u><b>FINAL ROUND</b></u>	<u><b>FINAL ROUND</b></u>	<u><b>FINAL ROUND</b></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 <b>1.3</b> * Maximum DD <b>3.0</b>	* Minimum DD <b>3.0</b> * Maximum DD <b>4.3</b>	* Minimum DD <b>4.3</b> * Maximum DD <b>5.9</b>	* Minimum DD <b>5.9</b> * Maximum DD <b>7.2</b>

*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**  
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**LEVEL 5 (NOVICE)**  
**WOMEN & MEN**

**Level 5 16U**

Recommended minimum age: 11

Maximum age: 16

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

**Level 5 17+**

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 when 17 years old

PRELIMINARY ROUND

**1<sup>st</sup> 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

- 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

**2<sup>nd</sup> 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 **7.0**

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

**LEVEL 6 (ESPOIR)**  
**WOMEN & MEN**

**Level 6 17U**

Recommended minimum age: 13

Maximum age: 17

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

**Level 6 18+**

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 when 18 years old

PRELIMINARY ROUND

**1<sup>st</sup> 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:

- 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 2<sup>nd</sup> voluntary routine. It is possible to combine these elements with any of the required elements listed above.

**2<sup>nd</sup> VOLUNTARY ROUTINE**

- 1 voluntary routine of 10 elements
- FIG repetition rules

Minimum DD Women **8.8** Men **9.7**

Maximum DD Women **11.2** Men **13.5**

**INDIVIDUAL TRAMPOLINE**  
(page 4 of 6)

**LEVEL 5 (NOVICE)**  
**WOMEN & MEN**

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 2<sup>nd</sup> voluntary routine – Women 8.8 Men 9.7

FINAL ROUND

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

Minimum DD 7.0

Maximum DD Women 9.4 Men 10.2

**LEVEL 6 (ESPOIR)**  
**WOMEN & MEN**

Junior MOBILITY REQUIREMENTS:

(must be done together)

Total preliminary score – Women 89.8 Men 93.6

Minimum DD 2<sup>nd</sup> voluntary routine – Women 9.5 Men 11.2

Senior MOBILITY REQUIREMENTS:

(must be done together)

Total preliminary score – Women 91.2 Men 96.2

Minimum DD 2<sup>nd</sup> voluntary routine – Women 11.2 Men 13.5

FINAL ROUND

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

Minimum DD Women 8.8 Men 9.7

Maximum DD Women 11.2 Men 13.5

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

*If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the voluntary routine score. This deduction will be applied by the DD judges.*

*In all categories the penalty for not completing any required element/s is 2.0 per requirement applied by the difficulty judges. Time of Flight and Horizontal Displacement are part of the score calculation in each routine for Level 5 (Novice) and Level 6 (Espoir) categories.*

*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

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### JUNIOR WOMEN & MEN

Recommended minimum age: 15  
Maximum age: 18  
Must meet Junior mobility requirements in Level 6 (Espoir) to enter

#### PRELIMINARY ROUND

#### **1<sup>st</sup> 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:

- 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 2<sup>nd</sup> voluntary routine. It is possible to combine these elements with any of the required elements listed above.

#### **2<sup>nd</sup> VOLUNTARY ROUTINE**

- 1 voluntary routine of 10 elements
- FIG repetition rules

Minimum DD Women **9.5** Men **11.2**  
Maximum DD None

#### Senior 17-18 MOBILITY REQUIREMENTS:

(must be done together)

Total preliminary score – Women **96.8** Men **103.0**

Minimum DD **2<sup>nd</sup> voluntary routine**–Women **13.1** Men **15.4**

#### Senior 19+ MOBILITY REQUIREMENTS:

(must be done together)

Total preliminary score– Women **91.2** Men **96.2**

Minimum DD **2<sup>nd</sup> voluntary routine**–Women **11.2** Men **13.5**

### SENIOR WOMEN & MEN

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 must meet Senior mobility requirements in Junior to enter

#### PRELIMINARY ROUND

#### **1<sup>st</sup> 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 2<sup>nd</sup> voluntary routine.

#### **2<sup>nd</sup> VOLUNTARY ROUTINE**

- 1 voluntary routine of 10 elements
- FIG repetition rules

Minimum DD Women **11.2** Men **13.5**  
Maximum DD None



2019 Canadian Competition Rules – Trampoline, Tumbling and Double-mini Trampoline

**INDIVIDUAL TRAMPOLINE**

(page 6 of 6)

**JUNIOR  
WOMEN & MEN**

FINAL ROUND

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

Minimum DD Women **9.5** Men **11.2**  
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 **11.2** Men **13.5**  
Maximum DD None

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

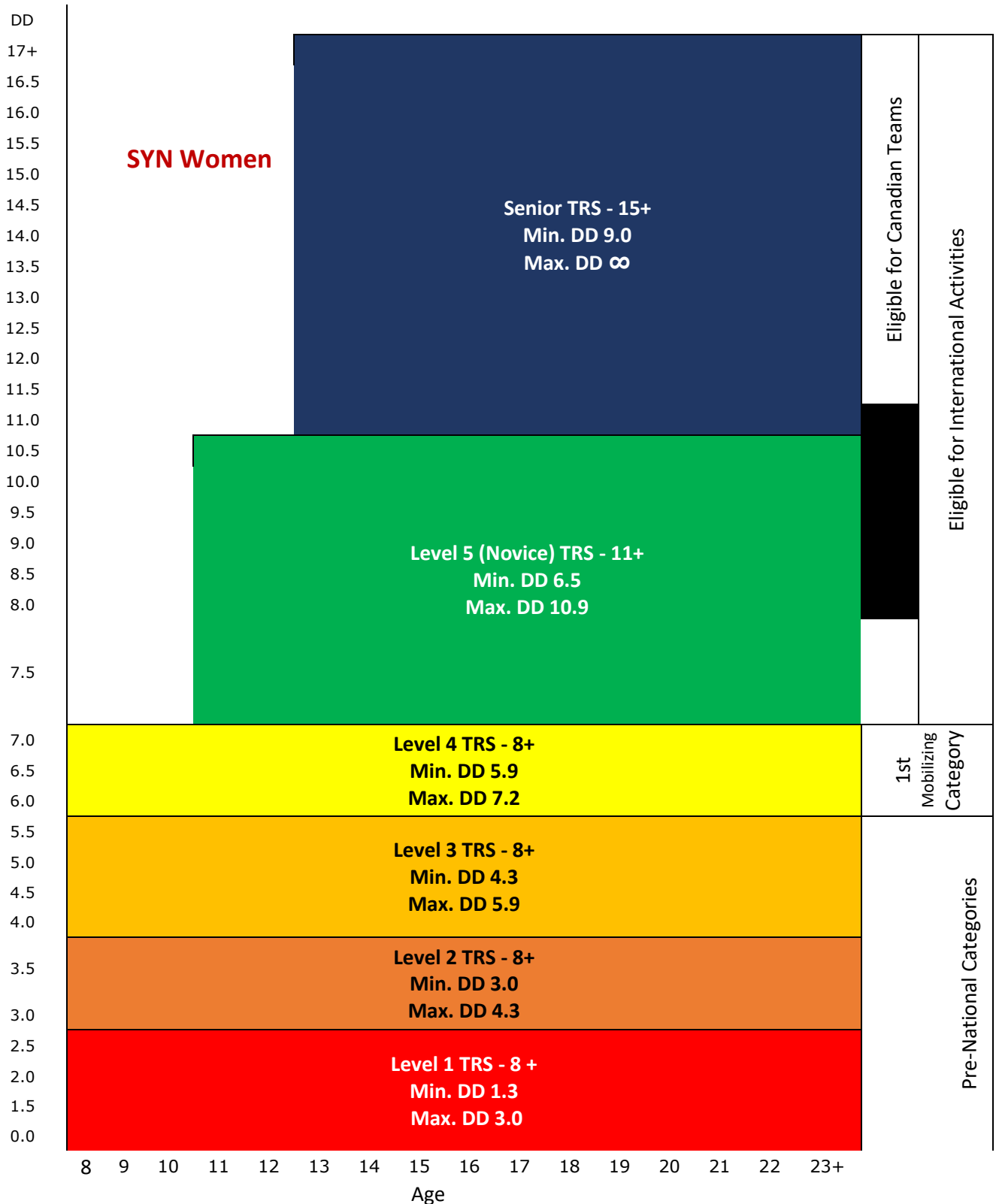
*If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the voluntary routine score. This deduction will be applied by the DD judges.*

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

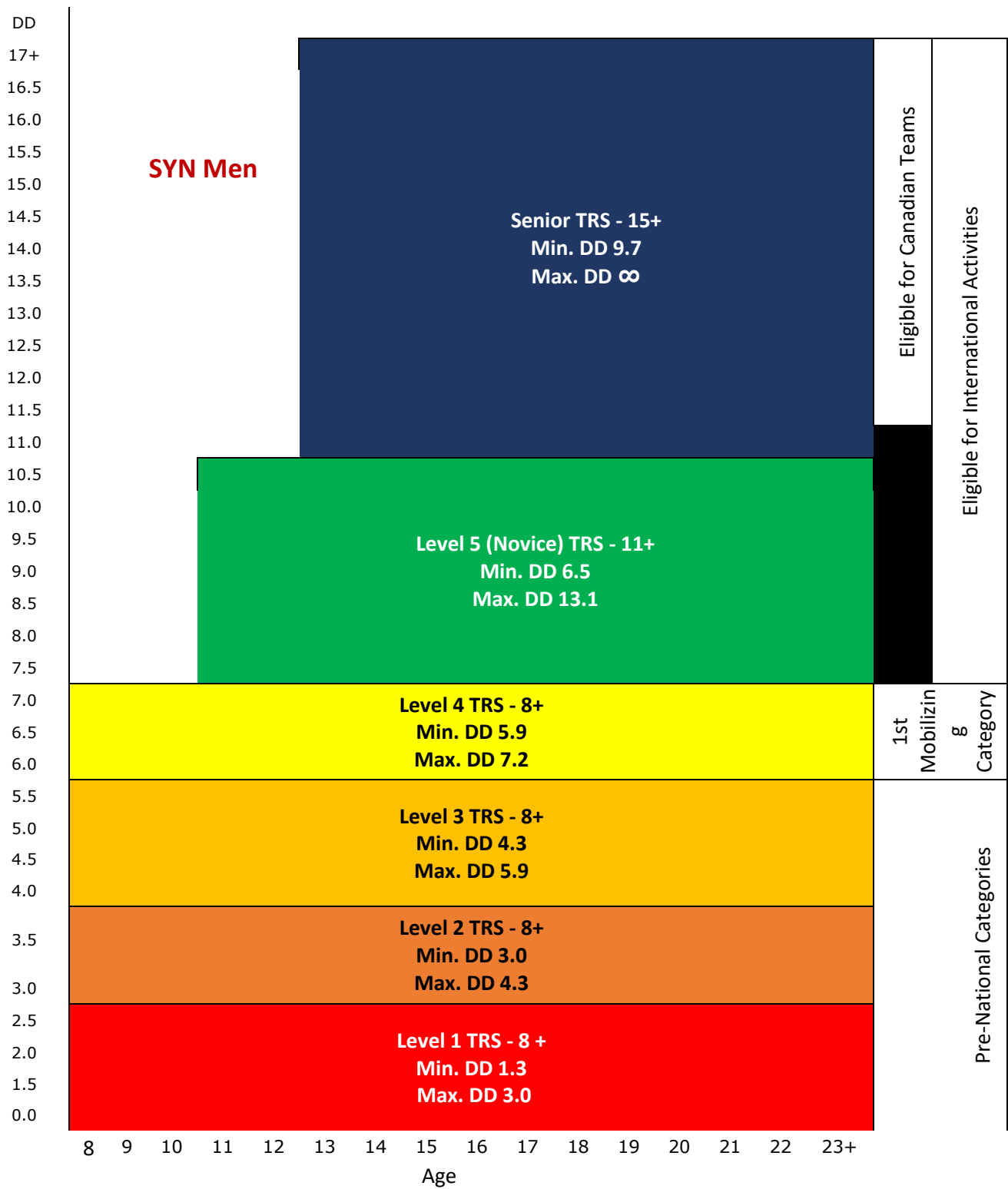
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**SYNCHRONIZED TRAMPOLINE CATEGORIES OVERVIEW – Women**



\*\* 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><b>PRELIMINARY ROUND</b></u>	<u><b>PRELIMINARY ROUND</b></u>	<u><b>PRELIMINARY ROUND</b></u>	<u><b>PRELIMINARY ROUND</b></u>
<u><b>1st ROUTINE COMPULSORY</b></u>	<u><b>1st ROUTINE COMPULSORY</b></u>	<u><b>1st ROUTINE COMPULSORY</b></u>	<u><b>1st ROUTINE COMPULSORY</b></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 1o 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 --< Pike Jump 3-/ ¾ Front Straight 5 1o Barani Ballout Tuck	7--o 1 ¾ Front Tuck 5 1o 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><b>2nd ROUTINE VOLUNTARY</b></u>	<u><b>2nd ROUTINE VOLUNTARY</b></u>	<u><b>2nd ROUTINE VOLUNTARY</b></u>	<u><b>2nd ROUTINE VOLUNTARY</b></u>
* 1 voluntary routine of 10 elements * FIG repetition rules  * Minimum DD <b>1.3</b> * Maximum DD <b>3.0</b>	* 1 voluntary routine of 10 elements * FIG repetition rules  * Minimum DD <b>3.0</b> * Maximum DD <b>4.3</b>	* 1 voluntary routine of 10 elements * FIG repetition rules  * Minimum DD <b>4.3</b> * Maximum DD <b>5.9</b>	* 1 voluntary routine of 10 elements * FIG repetition rules  * Minimum DD <b>5.9</b> * Maximum DD <b>7.2</b>
<u><b>FINAL ROUND</b></u>	<u><b>FINAL ROUND</b></u>	<u><b>FINAL ROUND</b></u>	<u><b>FINAL ROUND</b></u>
* 1 voluntary routine of 10 elements * FIG repetition rules  * Minimum DD <b>1.3</b> * Maximum DD <b>3.0</b>	* 1 voluntary routine of 10 elements * FIG repetition rules  * Minimum DD <b>3.0</b> * Maximum DD <b>4.3</b>	* 1 voluntary routine of 10 elements * FIG repetition rules  * Minimum DD <b>4.3</b> * Maximum DD <b>5.9</b>	* 1 voluntary routine of 10 elements * FIG repetition rules  * Minimum DD <b>5.9</b> * Maximum DD <b>7.2</b>

*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 BONUSSES 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

Recommended minimum age: 11  
Maximum age: None

Both athletes must meet Level 5 (Novice) mobility requirements in TRI to enter

#### PRELIMINARY ROUND

##### **VOLUNTARY ROUTINE**

- 1 voluntary routine of 10 elements  
FIG repetition rules

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

##### **1<sup>st</sup> VOLUNTARY ROUTINE**

- 1 voluntary routine of 10 different elements which must contain min of 270<sup>0</sup> 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 2<sup>nd</sup> voluntary routine.

##### **2<sup>nd</sup> VOLUNTARY ROUTINE**

- 1 voluntary routine of 10 elements which must contain min of 270<sup>0</sup> of somersault
- 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.*

*If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the voluntary routine score. This deduction will be applied by the DD judges.*

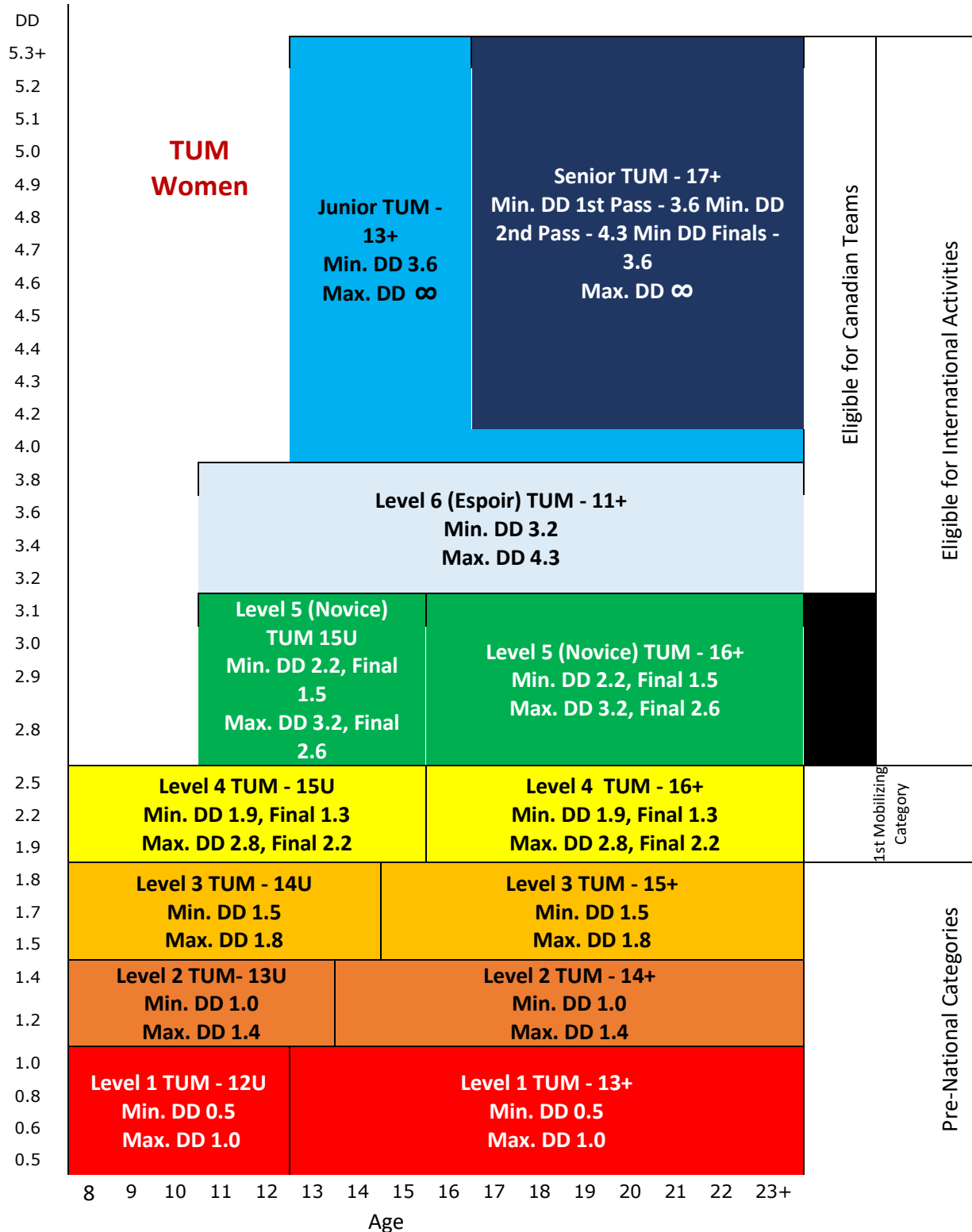
*In all categories the penalty for not completing any required element/s is 2.0 per requirement applied by the difficulty judges.*

*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.*

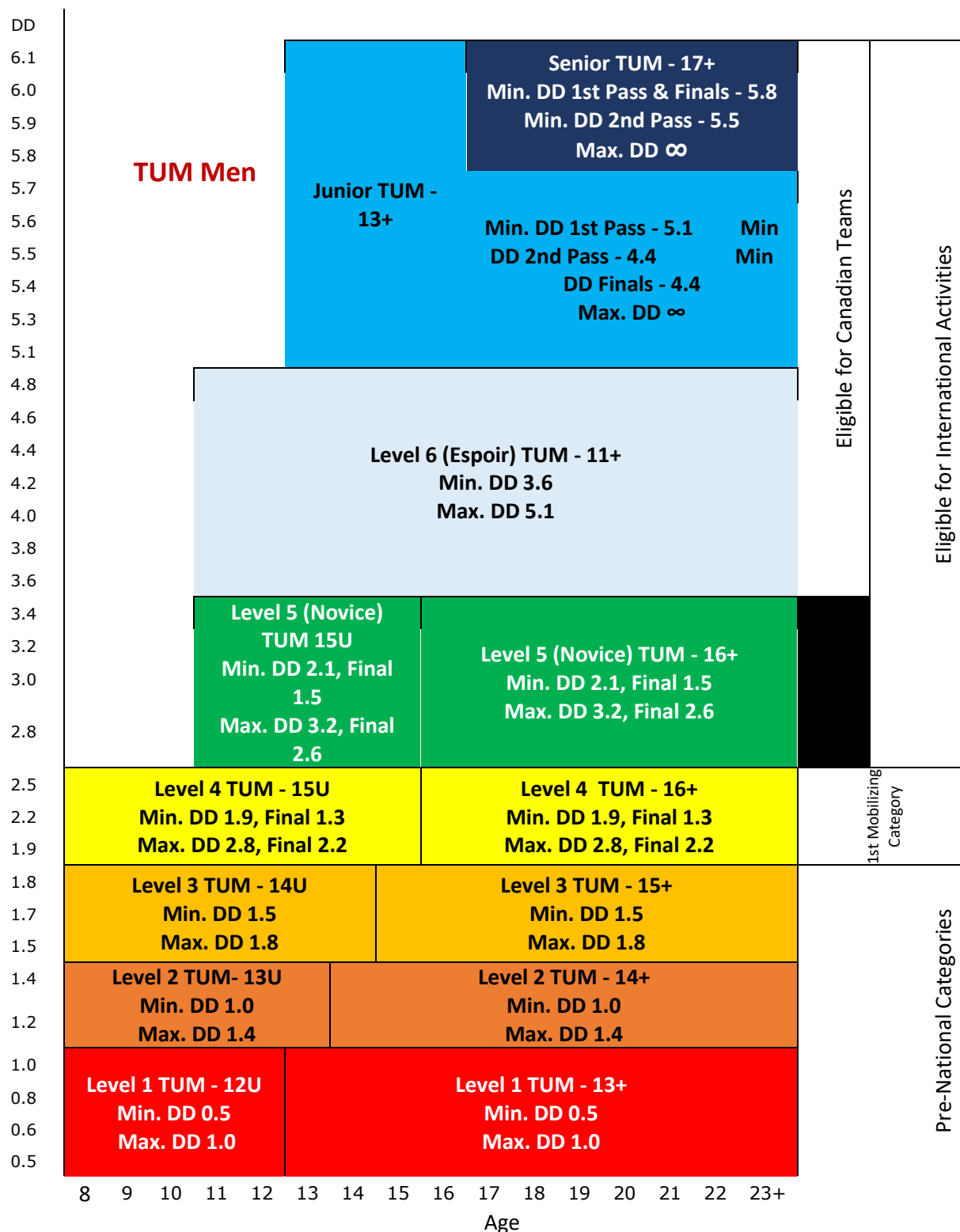
*For complete rules refer to the FIG Code of Points and section 5 of the Trampoline & Tumbling Program Regulations.*

## 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

# 2019 Canadian Competition Rules – Trampoline, Tumbling and Double-mini Trampoline

## 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 5 saltos**
- Maximum element of 0.9

### VOLUNTARY PASS

1 voluntary pass of 8 elements

- FIG repetition rules
- Minimum 4 saltos
- **No Maximum of 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  
**including whip full\*\***

*\*\* 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 – 52.1  
Required Element; 4  
bounding whips (or whip full)  
Minimum DD – 2.2 in the  
voluntary pass in preliminary



# 2019 Canadian Competition Rules – Trampoline, Tumbling and Double-mini Trampoline

## 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: 0.4 for a whip\*\*

**FINAL ROUND**

**VOLUNTARY PASS**

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

Bonus: 0.4 for a whip\*\*

**FINAL ROUND**

**VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules
- Minimum 3 saltos
- **Maximum 5 saltos**
- Maximum 1 element of 0.9

Bonus: 0.4 per whip over 2\*\*

**FINAL ROUND**

*Finals must be held at all Provincial Cups and Championships*

**1st VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules
- Minimum of 4 saltos
- **No Maximum of saltos**
- Maximum element of 2.0

Bonus: 0.4 per whip over 3 **including whip full\*\***

\*\* *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    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

**2nd VOLUNTARY PASS**

- 1 voluntary pass of 3 elements
- FIG repetition rules
- Minimum of 1 saltos
- Maximum of 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

*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 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**

**LEVEL 5 (NOVICE) 16+**  
**WOMEN & MEN**

Minimum age: 11  
Maximum age: 15

Minimum age: 16  
Maximum age: none

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

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

**PRELIMINARY ROUND**

**1<sup>st</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

**PRELIMINARY ROUND**

**1<sup>st</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

**REQUIRED ELEMENT:**

- Minimum of 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

**REQUIRED ELEMENT:**

- Minimum of 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

Minimum DD **2.1**

Maximum DD Women 3.2 Men 3.6

Minimum DD **2.1**

Maximum DD Women 3.2 Men 3.6

**2<sup>nd</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

**2<sup>nd</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

**REQUIRED ELEMENT:**

- Minimum of 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 3.6 Men 3.9

**REQUIRED ELEMENT:**

- Minimum of 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 3.6 Men 3.9

**Level 6 (Espoir) MOBILITY REQUIREMENTS:**

**(must be done together)**

Women:

Total preliminary – 56.8

Two pass total DD – 6.0+

Element required – 1 double salto in one preliminary pass

Men:

Total preliminary score – 59.0

Two pass total DD – 7.2

Element required – 1 double salto in one preliminary pass

**Level 6 (Espoir) MOBILITY REQUIREMENTS:**

**(must be done together)**

Women:

Total preliminary – 56.8

Two pass total DD – 6.0+

Element required – 1 double salto in one preliminary pass

Men:

Total preliminary score – 59.0

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**

**LEVEL 5 (NOVICE) 16+**  
**WOMEN & MEN**

**FINAL ROUND**

*Finals must be held at all Provincial Cups and Championships*

**1<sup>st</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

**REQUIRED ELEMENT:**

- Minimum of 1 element of 0.9 or higher

Bonus: 1.0 for any double salto

Minimum DD **2.1**

Maximum DD Women 3.6 Men 3.9

**2<sup>nd</sup> VOLUNTARY PASS**

- 1 voluntary pass of 3 elements
- FIG repetition rules

**REQUIRED ELEMENT:**

- Minimum of 1 element of **1.1** or higher

Bonus: 1.0 for any double salto

Minimum DD **1.5**

Maximum DD Women **2.6** Men **2.6**

**FINAL ROUND**

*Finals must be held at all Provincial Cups and Championships*

**1<sup>st</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

**REQUIRED ELEMENT:**

- Minimum of 1 element of 0.9 or higher

Bonus: 1.0 for any double salto

Minimum DD **2.1**

Maximum DD Women 3.6 Men 3.9

**2<sup>nd</sup> VOLUNTARY PASS**

- 1 voluntary pass of 3 elements
- FIG repetition rules

**REQUIRED ELEMENT:**

- Minimum of 1 element of **1.1** 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.*

*If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges.*

**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 5 of 8)**

**LEVEL 6 (Espoir)**  
**WOMEN**

**LEVEL 6 (Espoir)**  
**MEN**

Minimum age: 11  
Maximum age: None

Minimum age: 11  
Maximum age: None

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

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

**PRELIMINARY ROUND**

**PRELIMINARY ROUND**

**1<sup>st</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

**1<sup>st</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

**REQUIRED ELEMENT:**

- Minimum of 1 element of 2.0 or higher in one preliminary pass

**REQUIRED ELEMENT:**

- Minimum of 1 element of 2.0 or higher in one preliminary pass

Bonus: 1.0 for twisting double (only on one pass per preliminary round)

Bonus: 1.0 for double salto in transition

\*\*FIG Bonus for DD is applied to the DD

Minimum DD 3.5  
Maximum DD 5.1

Minimum DD 3.2  
Maximum DD 4.3

**2<sup>nd</sup> VOLUNTARY PASS**

**2<sup>nd</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

- 1 voluntary pass of 8 elements
- FIG repetition rules

**REQUIRED ELEMENT:**

- Minimum of 1 element with at least 360° of twist
- 1 element of 2.0 or higher in one preliminary pass

**REQUIRED ELEMENT:**

- Minimum of 1 element with at least 360° of twist
- 1 element of 2.0 or higher in one preliminary pass (both requirements can be combined in 1 element)

(both requirements can be combined in 1 element)

Bonus: 1.0 for twisting double (only on one pass per preliminary round)

Minimum DD 3.5  
Maximum DD 5.1

\*\*FIG Bonus for DD is applied to the DD

**Junior MOBILITY REQUIREMENTS:**  
**(must be done together)**

Men:

Total preliminary score – 59.6

Two pass total DD – 8.2+

Element required – 1 double salto in transition in one preliminary pass

Minimum DD 3.2  
Maximum DD 4.3

**Junior MOBILITY REQUIREMENTS:**  
**(must be done together)**

Women:

Total preliminary score – 58.4

Two pass total DD – 7.0+

Element required – 1 element of 2.4 or higher in one preliminary pass (completed pass only)

**TUMBLING**  
**(page 6 of 8)**

**LEVEL 6 (Espoir)**  
**WOMEN**

**LEVEL 6 (Espoir)**  
**MEN**

**FINAL ROUND**

*Finals must be held at all Provincial Cups and Championships*

**1<sup>st</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

**REQUIRED ELEMENT:**

- Minimum of 1 element of 2.0 or higher in one final pass

Bonus: 1.0 for twisting double (only on one pass per round)

\*\*FIG Bonus for DD is applied to the DD

Minimum DD 3.2

Maximum DD 4.3

**2<sup>nd</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

**REQUIRED ELEMENT:**

- Minimum of 1 element of 2.0 or higher in one final pass

Bonus: 1.0 for twisting double (only on one pass per round)

\*\*FIG Bonus for DD is applied to the DD

Minimum DD 3.2

Maximum DD 4.3

**FINAL ROUND**

*Finals must be held at all Provincial Cups and Championships*

**1<sup>st</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

**REQUIRED ELEMENT:**

- Minimum of 1 element of 2.0 or higher in one final pass

Bonus: 1.0 for double salto in transition

Minimum DD 3.5

Maximum DD 5.1

**2<sup>nd</sup> VOLUNTARY PASS**

- 1 voluntary pass of 8 elements
- FIG repetition rules

**REQUIRED ELEMENT:**

- Minimum of 1 element of 2.0 or higher in one final pass

Bonus: 1.0 for double salto in transition

Minimum DD 3.5

Maximum DD 5.1

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

*If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges.*

**SCORING: ALL BONUSSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED.**  
*(except for the FIG Bonus for DD for women that is applied to the difficulty).*

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

# 2019 Canadian Competition Rules – Trampoline, Tumbling and Double-mini Trampoline

## TUMBLING (page 7 of 8)

JUNIOR WOMEN & MEN		SENIOR WOMEN & MEN	
Minimum age: 13 Maximum age: None		Minimum age: 17 Maximum age: None	
Must meet Junior mobility requirements in Level 6 (Espoir) to enter		Must meet Senior mobility requirements in Junior to enter	
<b><u>PRELIMINARY ROUND</u></b>	<b><u>PRELIMINARY ROUND</u></b>	<b><u>PRELIMINARY ROUND</u></b>	<b><u>PRELIMINARY ROUND</u></b>
<b>1<sup>st</sup> VOLUNTARY PASS</b> 1 voluntary pass of 8 elements FIG repetition rules	<b>1<sup>st</sup> VOLUNTARY PASS</b> 1 voluntary pass of 8 elements FIG repetition rules	<b>1<sup>st</sup> VOLUNTARY PASS</b> 1 voluntary pass of 8 elements FIG repetition rules FIG salto pass requirements	<b>1<sup>st</sup> VOLUNTARY PASS</b> 1 voluntary pass of 8 elements FIG repetition rules FIG salto pass requirements
<b>REQUIRED ELEMENTS:</b> <b>Women:</b> 1 element of 2.4 or higher in one preliminary pass Bonus 1.0 in for Double in Transition applied to final score	<b>REQUIRED ELEMENTS:</b> <b>Men:</b> 1 double salto in transition	<b>REQUIRED ELEMENTS:</b> <b>Women:</b> None	<b>REQUIRED ELEMENTS:</b> <b>Men:</b> 1 double salto in transition
*FIG Bonus for DD is applied to the DD		**FIG Bonus for DD is applied to the DD	Bonus: 1.0 for any triple salto, 1.0 for any additional double in transition up to a maximum bonus of 2.0 per pass
Minimum DD <b>3.5</b> Maximum DD <b>None</b>	Minimum DD <b>5.1</b> Maximum DD <b>None</b>	Minimum DD <b>3.5</b> Maximum DD <b>None</b>	Minimum DD <b>5.5</b> Maximum DD <b>None</b>
<b>2<sup>nd</sup> VOLUNTARY PASS</b> 1 voluntary pass of 8 elements FIG repetition rules	<b>2<sup>nd</sup> VOLUNTARY PASS</b> 1 voluntary pass of 8 elements FIG repetition rules	<b>2<sup>nd</sup> VOLUNTARY PASS</b> 1 voluntary pass of 8 elements FIG repetition rules FIG twisting pass requirements	<b>2<sup>nd</sup> VOLUNTARY PASS</b> 1 voluntary pass of 8 elements FIG repetition rules FIG twisting pass requirements
<b>REQUIRED ELEMENTS:</b> <b>Women:</b> * 1 element of 2.4 or higher in one preliminary pass * 1 skill in transition with a full twist Bonus: 1.0 for full twisting whip to full twisting double or more up to a maximum bonus of 2.0 per pass **FIG Bonus for DD is applied to the DD	<b>REQUIRED ELEMENTS:</b> <b>Men:</b> * 1 double salto with at least 360° of twist Bonus: 1.0 for double in transition up to a maximum bonus of 2.0 per pass	<b>REQUIRED ELEMENTS:</b> <b>Women:</b> * 1 element of 2.4 or higher	<b>REQUIRED ELEMENTS:</b> <b>Men:</b> * 1 double salto in transition
* Minimum DD <b>3.6</b> * Maximum DD <b>None</b>	* Minimum DD <b>4.4</b> * Maximum DD <b>None</b>	** FIG Bonus for DD is applied to the DD * Minimum DD <b>4.3</b> * Maximum DD <b>None</b>	Bonus: 1.0 for any triple salto, 1.0 for any additional double in transition up to a maximum bonus of 2.0 per pass * Minimum DD <b>5.5</b> * Maximum DD <b>None</b>
<b>Senior MOBILITY REQUIREMENTS: (must be done together)</b>			
<b>Women:</b> Total preliminary score – 59.3 Two pass total DD – 7.9+ Element required – whip full or full twisting double to a full twisting double in 2 <sup>nd</sup> voluntary pass	<b>Men:</b> Total preliminary score – 62.0 Two pass total DD – 11.0+ Element required – Double salto to double salto in 1 <sup>st</sup> voluntary pass		

**TUMBLING**  
(page 8 of 8)

<b>JUNIOR WOMEN &amp; MEN</b>		<b>SENIOR WOMEN &amp; MEN</b>	
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**FINAL ROUND**

*Finals must be held at all Provincial Cups and Championships*

- 2 voluntary pass of 8 elements
- FIG repetition rules

**FINAL ROUND**

*Finals must be held at all Provincial Cups and Championships*

- 2 voluntary pass of 8 elements
- FIG repetition rules

**REQUIRED ELEMENTS:**

**Women:**

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

**Men:**

- \* 1 double salto in transition

**Women  
REQUIRED  
ELEMENT:**

No required element

\*\* FIG Bonus for DD is applied to the DD  
1.0 for double in transition  
1.0 for full twisting whip to a full twisting double or more up to a maximum bonus of 2.0 per pass

**Men  
REQUIRED  
ELEMENT:**

1 double salto in transition in one final pass

Bonus: 1.0 for all additional double in transition up to a maximum bonus of 2.0 per pass

**Women  
\*\* FIG Bonus for DD is applied to the DD**

**Men**  
Bonus: 1.0 for all triple salto, 1.0 for any additional double salto in transition up to a maximum bonus of 2.0 per pass

Minimum DD	3.6	Minimum DD	4.4	Minimum DD	3.5	Minimum DD	5.5
Maximum DD	None	Maximum DD	None	Maximum DD	None	Maximum DD	None

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

*If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges.*

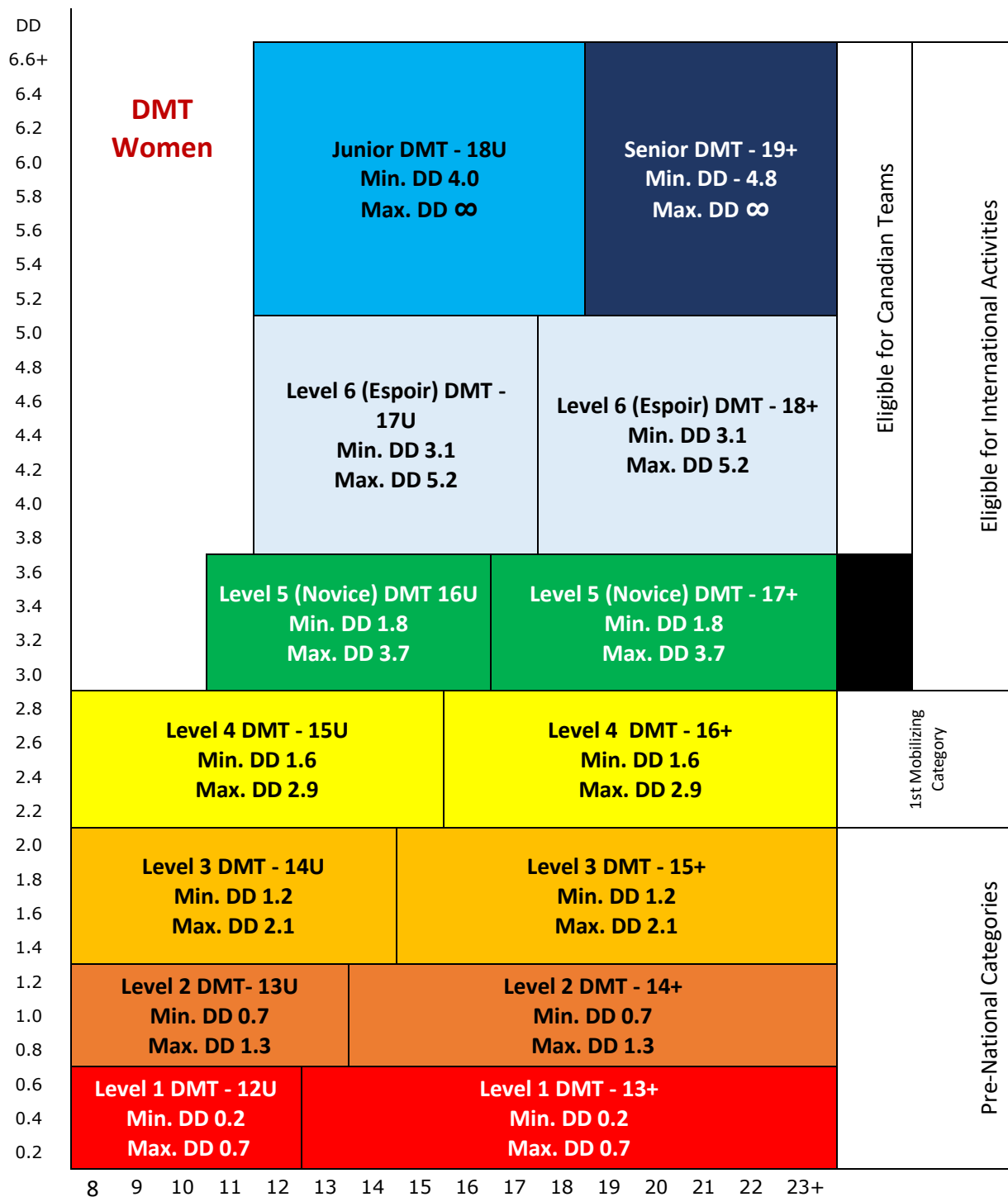
**SCORING: ALL BONUSSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED.**  
*(except for the FIG Bonus for DD for women that is applied to the difficulty).*

*In all categories the penalty for not completing any required element/s is 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

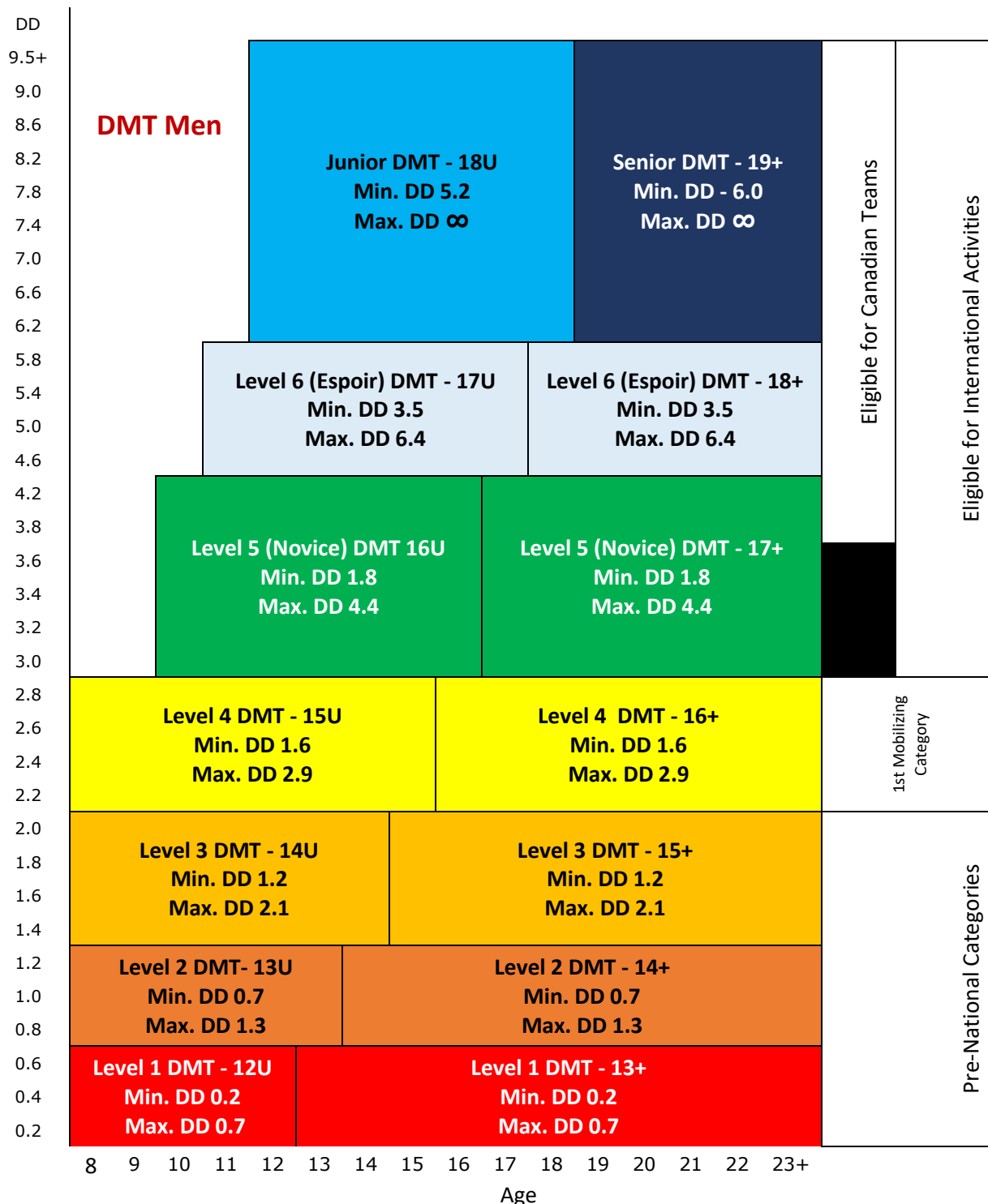


Age

\*\* 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 3)

<b>LEVEL 1 WOMEN &amp; MEN</b>	<b>LEVEL 2 WOMEN &amp; MEN</b>	<b>LEVEL 3 WOMEN &amp; MEN</b>	<b>LEVEL 4 WOMEN &amp; MEN</b>
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
<b><u>PRELIMINARY ROUND</u></b>	<b><u>PRELIMINARY ROUND</u></b>	<b><u>PRELIMINARY ROUND</u></b>	<b><u>PRELIMINARY ROUND</u></b>
<ul style="list-style-type: none"> <li>• 2 voluntary passes</li> <li>• FIG repetition rules</li> </ul>	<ul style="list-style-type: none"> <li>• 2 voluntary passes</li> <li>• FIG repetition rules</li> </ul>	<ul style="list-style-type: none"> <li>• 2 voluntary passes</li> <li>• FIG repetition rules</li> </ul>	<ul style="list-style-type: none"> <li>• 2 voluntary passes</li> <li>• FIG repetition rules</li> </ul>
REQUIRED ELEMENT: 1 element of 0.2 or higher in each preliminary pass	REQUIRED ELEMENT: <ul style="list-style-type: none"> <li>• 2 saltos in one preliminary pass</li> <li>• 1 element of 0.7 or higher in each preliminary pass</li> </ul>	REQUIRED ELEMENT: <ul style="list-style-type: none"> <li>• 1 element of 0.9 or higher in one preliminary pass</li> <li>• 2 saltos or one double in each preliminary pass</li> </ul>	REQUIRED ELEMENT: <ul style="list-style-type: none"> <li>• 1 element of 0.9 or higher in each preliminary pass</li> <li>• 2 saltos or one double in each preliminary pass</li> </ul>
Minimum DD 0.2 Maximum DD 0.7	Bonus: 0.7 for each Barani Mount** Minimum DD 0.7 Maximum DD 1.3	Minimum DD 1.2 Maximum DD 2.1	Minimum DD 1.6 Maximum DD 2.9
<b><u>FINAL ROUND</u></b>	<b><u>FINAL ROUND</u></b>	<b><u>FINAL ROUND</u></b>	<b><u>FINAL ROUND</u></b>
<ul style="list-style-type: none"> <li>• 2 voluntary passes</li> <li>• FIG repetition rules</li> </ul>	<ul style="list-style-type: none"> <li>• 2 voluntary passes</li> <li>• FIG repetition rules</li> </ul>	<ul style="list-style-type: none"> <li>• 2 voluntary passes</li> <li>• FIG repetition rules</li> </ul>	<ul style="list-style-type: none"> <li>• 2 voluntary passes</li> <li>• FIG repetition rules</li> </ul>
REQUIRED ELEMENT: 1 element of 0.2 or higher in each preliminary pass	REQUIRED ELEMENT: <ul style="list-style-type: none"> <li>• 2 saltos in one final pass</li> <li>• 1 salto in each final pass</li> </ul>	REQUIRED ELEMENT: <ul style="list-style-type: none"> <li>• 1 element of 0.9 or higher in one final pass</li> <li>• 2 saltos or one double in each final pass</li> </ul>	REQUIRED ELEMENT: <ul style="list-style-type: none"> <li>• 1 element of 0.9 or higher in each final pass</li> <li>• 2 saltos or one double in each final pass</li> </ul>
Minimum DD 0.2 Maximum DD 0.7	Bonus: 0.7 for each Barani Mount** Minimum DD 0.7 Maximum DD 1.3	Minimum DD 1.2 Maximum DD 2.1	Minimum DD 1.6 Maximum DD 2.9
	Minimum DD 0.7 Maximum DD 1.3 <b>*Only Barani Mounts receive credit for DD will be eligible for bonus</b>		<b>Level 5 (Novice) MOBILITY REQUIREMENTS: (must be done together)</b> Total of 4 pass score – 118.9 Req. element – 2 elements with 720° of summersault across the 4 passes 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 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 3)**

**LEVEL 5 (NOVICE)**  
**WOMEN & MEN**

**LEVEL 6 (ESPOIR)**  
**WOMEN & MEN**

**Level 5 16U**

Minimum age: 11 Maximum age: 16  
Must meet Level 5 (Novice) mobility requirements in Level 4 to enter

**Level 5 17+**

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 when 17 years old

**PRELIMINARY ROUND**

- 2 voluntary passes
- FIG repetition rules

**REQUIRED ELEMENTS:**

- 2 double saltos
- 1 element of 1.2 or higher in each preliminary pass

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

**FINAL ROUND**

- 2 voluntary passes
- FIG repetition rules

**REQUIRED ELEMENTS:**

- 1 element of 1.2 or higher in each preliminary pass

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 passes score – Women 122.5 Men 124.7  
Min DD for each pass – Women 3.1 Men 3.5

**Level 6 17U**

Minimum age: 13 Maximum age: 17  
Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter.

**Level 6 18+**

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 when 18 years old

**PRELIMINARY ROUND**

- 2 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 6.4

**FINAL ROUND**

**Finals must be held at all Championships**

- 2 voluntary passes
- FIG repetition rules

**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 6.4

**Junior MOBILITY REQUIREMENTS: (must be done together)**

Total of 4 passes score – Women 128.3 Men 130.2  
Min DD for each pass – Women 4.0 (3 passes must be double salto to double salto) Men 5.2

**Senior MOBILITY REQUIREMENTS: (must be done together)**

Total of 4 passes score – Women 128.3 Men 130.2  
Min DD for each pass – Women 4.8 Men 6.0

*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.*

*If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges.*

*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 3)

### JUNIOR WOMEN & MEN

Minimum age: 15 Maximum age: 18  
Must meet Junior mobility requirements in Level 6 (Espoir) to enter

#### REQUIRED ELEMENTS:

- Minimum 1 double salto in each pass
- Double salto to double salto (or better) in 3 passes

#### PRELIMINARY ROUND

- 2 voluntary passes
- FIG repetition rules

Minimum DD Women **4.0** Men 5.2  
Maximum DD None

#### FINAL ROUND

Finals must be held at all Championships

- 2 voluntary passes
- FIG repetition rules

Minimum DD Women **4.0** Men 5.2  
Maximum DD None

#### Senior 17-18 MOBILITY REQUIREMENTS:

(must be done together)

Total of 4 passes score – Women 130.6 Men 137.8  
Min DD for each pass – Women 5.2 Men 6.8

#### Senior 19+ MOBILITY REQUIREMENTS:

(must be done together)

Total of 4 passes score – Women 128.3 Men 130.2  
Min DD for each pass – Women **4.8** Men **6.0**

### 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) to enter, or must meet Senior mobility requirements in Junior to enter

#### PRELIMINARY ROUND

- 2 voluntary passes
- FIG repetition rules

Bonus Women only: 0.5 for double with 1 ½ twist or more (mount)  
Bonus Women only: 0.3 for double with 1 ½ twist or more (dismount)

Minimum DD Women **4.8** Men **6.0**  
Maximum DD None

#### FINAL ROUND

Finals must be held at all Championships

- 2 voluntary passes
- FIG repetition rules

Bonus Women only: 0.5 for double with 1 ½ twist or more (mount)  
Bonus Women only: 0.3 for double with 1 ½ twist or more (dismount)

Minimum DD Women **4.8** Men **6.0**  
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.*

*If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction is applied by the DD judges.*

*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.*

**2019 Canadian Competition Rules – Trampoline, Tumbling and Double-mini Trampoline**  
**SUMMARY OF MOBILITY SCORES**

To move into:	Trampoline	Double Mini	Tumbling
<b>Level 5 (Novice)</b> Women From Level 4	Total preliminary score: 88.0 (DDx2) Min. DD – 7.0 Element: 1 double salto	4 Pass Score: 118.9 4 pass min DD/pass: 1.8 Element: 2 double saltos	Total preliminary score: 52.1 Min. DD – 2.2 (2 <sup>nd</sup> pass) Element: 4 bounding whips (incl whip full)
<b>Level 5 (Novice)</b> Men From Level 4	Total preliminary score: 90.0 (DDx2) Min. DD – 7.0 Element: 1 double salto	4 Pass Score: 118.9 4 pass min DD/pass: 1.8 Element: 2 double saltos	Total preliminary score: 52.1 Min. DD – 2.2 (2 <sup>nd</sup> pass) Element: 4 bounding whips (incl whip full)
<b>Level 6 (Espoir)</b> Women From Level 5 (Novice)	Total preliminary score: 85.0 Min. DD – 8.8 Element: 1 double with at least a full twist	4 Pass Score: 122.5 4 pass min DD/pass: 3.1	Total preliminary score: 56.8 Min. DD – 6.0 (2 passes) Element: 1 double salto
<b>Level 6 (Espoir)</b> 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: 59.0 Min. DD – 7.2 (for 2 passes) Element: 1 double salto
<b>Junior</b> Women From Level 6 (Espoir)	Total preliminary score: 89.8 Min. DD – 9.5	4 Pass Score: 128.3 4 pass min DD/pass: 4.0 3 passes must be double to double	Total preliminary score: 58.4 Min. DD – 7.0 (for 2 passes) Element: 1 element of 2.4 or higher in one pass
<b>Junior</b> Men From Level 6 (Espoir)	Total preliminary score: 93.6 Min. DD – 11.2	4 Pass Score: 130.2 4 pass min DD/pass: 5.2	Total preliminary score: 59.6 Min. DD – 8.2 (for 2 passes) Element: Double in transition
<b>Senior</b> Women From Level 6 (Espoir) From Junior 19+	Total preliminary score: 91.2 Min. DD – 11.2	4 Pass Score: 128.3 4 pass min DD/pass: 4.8	
<b>Senior</b> Men From Level 6 (Espoir) From Junior 19+	Total preliminary score: 96.2 Min. DD – 13.5	4 Pass Score: 130.2 4 pass min DD/pass: 6.0	
<b>Senior</b> Women From Junior (TRA-DMT 17-18 yo) (TUM 17+)	Total preliminary score: 98.3 Min. DD – 13.1	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: Whip full (or more) to full twisting double
<b>Senior</b> Men From Junior (TRA-DMT 17-18 yo) (TUM 17+)	Total preliminary score: 104.9 Min. DD – 15.4	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 the 1 <sup>st</sup> pass