

2025

Gymnastics NSW Technical Regulations

Section 7- Trampoline Gymnastics



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General Information

Technical Regulations Purpose

This is to be read in conjunction with the [GNSW General Regulations Section](#).

The FIG Code of Points and Technical Regulations, and the Gymnastics Australia Technical Regulations provide governance for Trampoline Gymnastics (TRP). This handbook provides TRP in NSW with general and program information, technical regulations, event information and selection process, policies, and forms that differ from FIG & GA Tech Regs.

The TRP Gymsport Committee shall be master of its own procedures.

Where any event occurs that is not elsewhere provided in these regulations, any decision or action required shall be decided by a simple majority vote of the Committee, whose determination of the matter shall be final and not to be construed as having set a precedent.

Whereby error or omission of any of the foregoing regulations shall require interpretation, the original intent of the Committee in the framing of the subject regulation shall prevail, rather than the letter of the law.

Abbreviations

CJP	Chair of Judges Panel
CoP	Code of Points
DD	Degree of Difficulty
DMT	Double Mini Trampoline
EPPO	Events, Pathways and Performance Officer
FIG	Federation International Gymnastics
GA	Gymnastics Australia
GNSW	Gymnastics New South Wales
HD	Horizontal Displacement
HP	High Performance
NLS	National Levels System
SMT	Single Mini Trampoline
TCR	Technical Commission Regulations
TRP	Trampoline Gymnastics
TRP GC	Trampoline Gymsport Committee
TUM	Tumbling



Committees

National Commission

The Functional Statement for GA TRP National Commission can be found on the [GA Website](#).

Contact information for the commission can be found [HERE](#).

GNSW TRP Gymsport Committee

PURPOSE

Committees exist to promote the technical development of the Gymsports, by furthering and carrying out the purpose and objectives of Gymnastics NSW. The committee and its members are responsible for providing support to GNSW and other committee members to ensure the organisation meets its goals and objectives.

Committees will develop, implement and administer projects to support and encourage the growth of gymnastics and the technical development of the Gymsports.

For more information on the function, specific roles and responsibilities please refer to the GNSW Websites.

LINK: [GNSW Website Policy](#)- Committees & Volunteer Policy

LINK: [Technical Regulations Website](#)- Committee Roles & Responsibilities

Key Focuses and Initiatives

- Increase participation and provide support for clubs so that there is real growth in the sport.
- Provide mentorships and education programs, to train and develop both coaches and judges at a regional and state level.
- Improve communication within the TRP community.
- Support the International Program through the development of a strong underpinning levels program, which will build the numbers of international gymnasts for events.
- Achieve the premier position in the National arena.
- To broaden the participation in TRP across all disciplines.

If you have any ideas for future projects, please get in touch and submit your idea through the [online form](#)



*Sport Specific Information

About TRP Program Information

Trampoline Gymnastics offers the following disciplines:

<ul style="list-style-type: none"> • Individual Trampoline 	<ul style="list-style-type: none"> • Single Mini / Double Mini Trampoline
<ul style="list-style-type: none"> • Synchronised Trampoline 	<ul style="list-style-type: none"> • Tumbling

In New South Wales, Trampoline Gymnastics is divided into two competition seasons, with three streams:

State Levels Season	National Levels & International Age Season
<ul style="list-style-type: none"> • State Stream - Level 1-7 	<ul style="list-style-type: none"> • National Stream - National Level 5-7 • International Stream - Youth U13/U15, Junior U17/U22 & Senior

Regulations

For 2025, the State Stream Levels 1-3A for Trampoline & Tumbling, Levels 2-3A Double-Mini Trampoline and the State Stream Level 1-3 for Single Mini Trampoline work from the GNSW Technical Regulations & Routine Requirements. Level 4-7 Trampoline, DMT & Tumbling work from the current Australian Levels Program.

For 2025, the National Levels and International Age divisions work from the Gymnastics Australia Technical Regulations. NSW State Trial 1, State Trial 2 and Senior State Championships will run under the 2025-2028 CoP, as per Appendix 1 in the clarification documents. A copy of the **Gymnastics Australia Technical Regulations** can be downloaded from the [GA Website](#). The 2025-2028 CoP's can be downloaded on the [FIG website](#).

The **Australian Levels Program** can be downloaded from the [GA Website](#) if you hold a TRP accreditation.

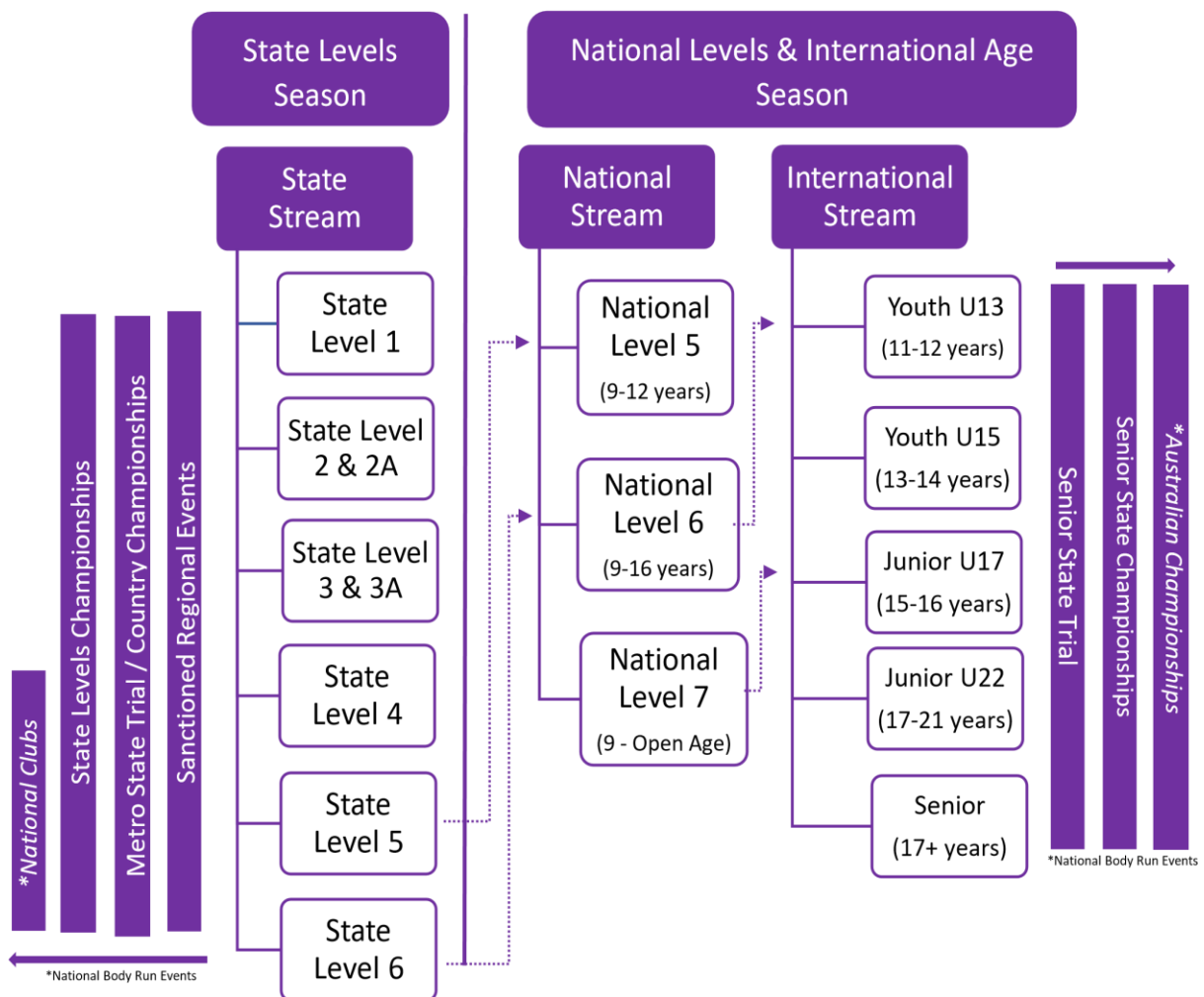
Additional errata, or clarification documents will be found on the Updates and Clarifications Section on the [GNSW Technical Regulations Website](#).



Competition Framework

The State levels competition stream offers a progression through various levels which aims to nurture gymnasts and provide an inclusive competition opportunity. Levels 1 to 3 are implemented within the states and territories and have the goal of encouraging participation. These athletes do not compete at national events.

The National and International Stream aims to build the Gymnasts ability and skills and prepare them for successful representation at national and international events. The current competition framework is shown in the diagram below.





General Regulations

To access all club, coach, judge, athlete, volunteer and competition regulations, please visit the [GNSW Technical Regulations Website](#).

Additional Judges Regulations

Judge information, with the exception of the points below, is found on the [GNSW General Regulations Website](#).

Judge Attire

All Gymnastics NSW / TRP GC run events follow FIG Judges dress codes.

This includes:

- Navy or Black dress pants or skirt (No Jeans or Shorts)
- White top
- Navy or Black jacket
- Black Shoes (No Stilettos)
- For State Championships (Senior & Levels) a tie for male judges is compulsory.

Judge Information

All competitions follow current FIG rules and/or GA Technical Regulations and/or Australian Levels Program with only the variations specified in this handbook. Time of Flight (TOF) component of scoring will be used in all International Stream events during the International Age Competition Season. Time of Flight will not be used for National Stream or State Levels Stream competitions. Horizontal Displacement scoring will be used at all NSW TRP events.

Judging Panels

The following table outlines the minimum judging requirements for all TRP competitions.

Competition Level	Head Judge Min. Accreditation	Panel Judge Min Accreditation	Min. # Judges per Panel
Senior State Events	Advanced Silver	Intermediate	6
Levels Stream Events	Advanced	Beginner	4

Variation to panel requirements and composition is at the discretion of the TRP Gymsport Committee and is relevant and appropriate to the levels and format of the competition.

*Regional competitions will be given lenience around judging accreditations.



Supply of Judges

Please see the [GNSW Provision of Judges Policy for full details](#).

Each club must provide ONE (1) appropriately qualified judge for every - ONE (1) to SIX (6) gymnasts entered in each session. If a club has more than SIX (6) gymnasts entered in any session, they will be required to provide additional appropriately qualified judges for that session to the same ratio (1 judges per 1-6 athletes).

The following table shows the accreditation requirements for competition judges.

Accreditation	Execution	Difficulty	Chair
Beginner	ALP 1-3A		
Intermediate	ALP 1-6	ALP 1-3A	
Advanced	ALP 1-6	ALP 1-6	ALP 1-3
Advanced Silver	ALP 1-10	ALP 1-10	ALP 1-10
FIG	Senior International		

**For clubs who are unable to fill the required number of judges – Please contact the state judging coordinator – to discuss your options. A fine will be applied for failure to do this.

Supply of Volunteers

- All clubs are required to supply ONE (1) volunteer official, per ONE (1) to SIX (6) gymnasts entered in each session, plus 1 spotter, to assist with the running of the competition. Clubs must provide all volunteer's names to the TRP EPPO or designated Gymsport Committee member within one week after the competition/volunteer's schedule has been released. This deadline will be approximately two weeks prior to the event date. All volunteers must sign the volunteer register on arrival at venue. Volunteer information can be found on the [GNSW General Regulations Website](#).
- Volunteers are required to cover roles such as data entry, announcing, marshalling, spotting and other duties.
- All Volunteers require a valid WWC prior to the competition. Clubs to confirm the date of the last time the coach/official was verified by the club. "Date of Last Verification by Club."

Spotters

- Clubs entering athletes for Trampoline events are required to provide at least ONE (1) Trampoline Spotter for every session that the club has athletes competing in the trampoline discipline. All spotters must have participated in a sanctioned spotter's workshop.
- Volunteers and spotters are to wear appropriate attire, or club uniform if available.
- Appropriate closed toe footwear must be worn at all times.



Additional Athlete Regulations

Athlete information, with the exception of the points below, is found on the [GNSW General Regulations Website](#).

Progression and Transitions

Clubs and Coaches are encouraged to move their athletes through the competition pathway to:

1. Reward gymnasts for high level of achievement in competition.
2. Assist athletes in transitioning from one level to another.
3. Help gymnasts to re-evaluate goals/objectives.
4. Create a fairer competitive standard across all levels.

State Levels Stream:

Levels 1-4 can be upgraded/assessed at a sanctioned in-house competition by an appropriately accredited judge.

- Level 1-3A: Beginner Judge
- Level 4: Intermediate Judge

Levels 5 and above must be assessed/upgraded at a state-run competition.

Compulsory Upgrades:

At the end of the State Levels Season all athletes in Levels 1-7 who have obtained the qualifying score for the next level in any state-run event (Country Championships, State Levels Trial, State Levels Championships) will be compulsorily upgraded to the next level for the 2025 competition season.

The Gymsport Committee may in its absolute discretion, upon formal written application, make an exception for a gymnast. Each matter will be considered on an individual basis and situations evaluated according to merit and circumstance. Precedent is not a consideration.

For further information regarding the determination of an athlete's level, please refer to the current Australian Levels Program 2025 and Beyond (available as a part of your technical membership from Gymnastics Australia.)

National Levels Stream:

Athletes must compete in the level they already achieved from previous competition (level held) or one level higher irrespective of the athlete's age. E.g., An athlete who currently holds an ALP Level 6 qualification is ineligible to compete in National Level 5. The athlete is only eligible to compete in National Level 6 or National Level 7.

International Age:

Once an athlete has achieved the qualification score in the International Stream, athletes will not be permitted to compete in the National Stream for that discipline.

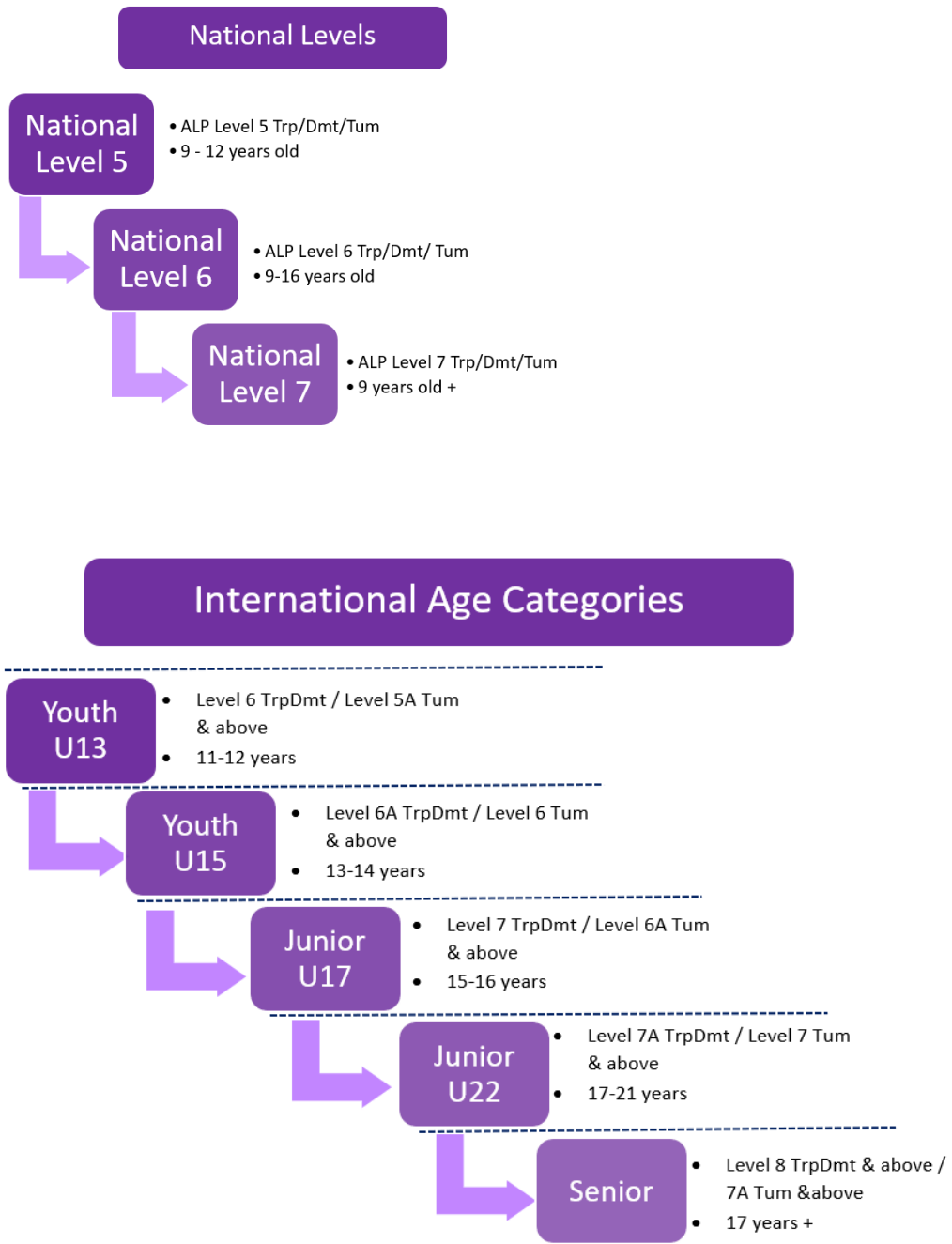
Gymnasts must compete in their correct division with the following progressions arising throughout the year:

1. After the Australian Championships, gymnasts may compete in the division they will be eligible for in the following year.
2. Achievement of National Levels scores may be done in an International or National



Level event above that being sought. E.g., Achieving Youth U13 is the equivalent to achieving National Level 6 and therefore satisfies all previous levels requirements for that discipline.

3. An achievement of International Level qualification can only be achieved in the international event.





Athlete Ages

Gymnasts competing for the first time in the National Level Stream or International Age division must have forwarded proof of age to GNSW and their club with their original registration before competing.

The below table indicates the level/division that athletes are eligible to enter for 2025 based on their age:

Level	Year of Birth (Inclusive)
National Level 5	2016 - 2013
National Level 6	2016 - 2009
National Level 7	2016 or prior
Youth U13	2014 - 2013
Youth U15	2012 - 2011
Junior U17	2010 - 2009
Junior U22	2008 - 2004
Senior	2008 or Prior

Athlete Attire

For athlete attire, refer to the [General Regulations](#).

State Levels and Regional Competitions

- Can follow requirements below or
- Club T-Shirt or Singlet and Training Shorts and White Foot Covering.

State Team Qualifiers & Selection Events

Male Gymnasts

- Sleeveless or short sleeves singlet/leotard.
- Gym trousers (in a single colour) or gym shorts.
- Trampoline shoes and/or foot covering of the same colour as the gym trousers or plain white foot covering.

Female Gymnasts

- Female athletes must wear a club leotard or unitard (one-piece leotard with full length legs -hip to ankle or one-piece leotard with the athletes' preferred leg length). Leotards may be short or long-sleeve.
- Athletes have the option of wearing bike shorts, short gymnastic pants (non-form fitting Lycra shorts) or complete leg coverings (tights/leggings); under or on top of the leotard. The shorts or leg coverings must be in the club colours and in keeping with the aesthetic design of the leotard.
- Trampoline shoes and/or plain white foot covering.

General

- Jewellery is not permitted (earrings, bracelets, watches etc)
- Body Piercing must be removed/covered by attire or skin tone taping. All ear-piercing objects/jewellery is to be removed (including studs)
- All hair should be secured close to the head.

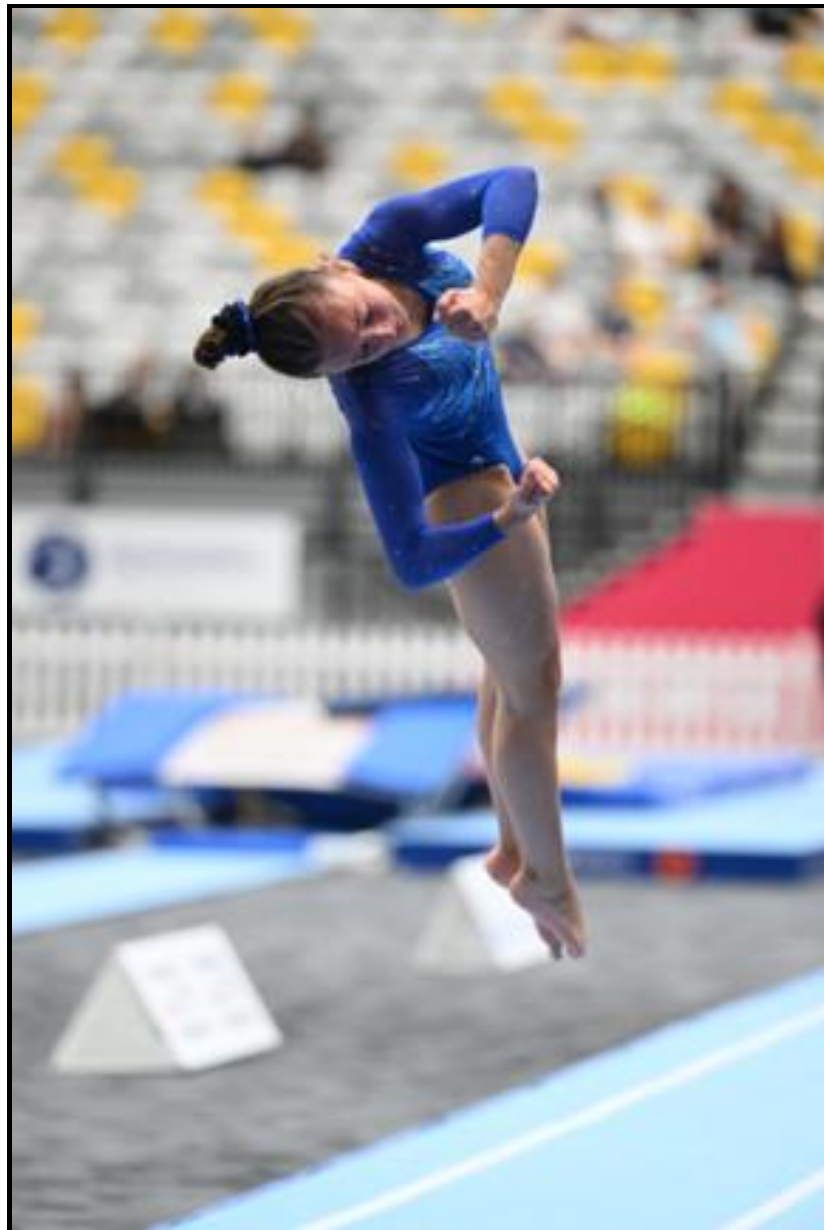


- Raised decorations must be either integrated into the fabric of the competition attire, or attached securely, but any injury occurring as a consequence is the responsibility of the coach and athlete.
- All tape and joint supports must be of a non-distracting colour.
- Symbols or logos of any kind, except for the leotard brand/trademark (e.g. GK) are not permitted on leotards and shorts.
 - Cultural and religious headwear may be worn in competition so long as it is deemed safe to wear by the relevant Gymsport Committee.

Presentation Attire

- Athletes attire for presentation will be communicated with event information.

NOTE: In extenuating circumstances permission may be sought from the EPPO to wear other attire where 'Club' attire is not available.





Event Information

Competition Structure

Seasons

Competitions for Trampoline Gymnastics are split into two seasons:

1. State Levels Season

- Sanctioned Region Events
- State Levels Trial / Country Championships
- NSW State Levels Championships
- National Clubs Carnival

State Levels Stream is for athletes in State Levels 1-7, GymAbility & Masters division. Athletes within this stream will compete in both regional and state-based events. Athletes are only permitted to compete in one State Championships per competition year, therefore any athlete who has competed in the National Levels & International Age Season for a particular discipline, will not be permitted to enter the State Levels Stream Competition Season for that same discipline.

All State Level events will consist of preliminary rounds only.

There will be no separate finals. Results will be determined by the total score achieved at the conclusion of the preliminary competition for each discipline within each division.

State Levels Season	
Sanctioned Region Events	Sanctioned Region events are localised competitions specific to each region within NSW. These events are run by region committees in conjunction with the hosting club. Each regional zone is required to host a minimum of 1 sanctioned Region Trial competition. Clubs are encouraged to attend as many regional competitions as possible within their zone. Clubs may attend regional competitions outside their allocated zone only where there is capacity and space within the competition they are seeking to enter. Sanctioned Region events are qualifiers for the State Levels Trial. Athletes must attend these competitions within their own region to qualify.
State Levels Trial & Country Championships	These are Gymnastics NSW run events: State Levels Trial is a compulsory event for athletes who want to compete at State Levels Championships. A regional trial is required for all athletes prior to attending State Levels Trial. Country athletes from clubs in Zones 4, 5 and 6 are eligible to enter the Country Championships. Metro athletes are ineligible to enter this event. However, there is an Invitational event run alongside Country Championships that metro Clubs can attend. All country athletes can attend Country Championships even if they have competed in the National/ International Season – Refer to Country Handbook for Divisions.
NSW State Levels Championships	This is a Gymnastics NSW run event. Athletes must have attended the State Levels Trial to be eligible to compete in this event.
National Clubs Carnival	This is a Gymnastics Australia run event. You can find out information for this event on the GA Website/GA Tech Regs.



Region Zones

Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
Northern	Met West	Outer City	Hunter	Central West	Northwest
Inner City		Southern		Riverina	Far North Coast
		South Coast			

2. National Levels & International Age Season

- Senior State Trials
- Senior State Championships
- Australian Championships

The National Levels and International Age Season is for athletes competing in National Levels 5-7 and International Age Groups 11-14yrs for Youth (Youth U13 and Youth U15 divisions), 15-18yrs for Junior (Junior U17 and Junior U22 divisions) or 17+ for Senior (according to the age they turn in 2025) divisions.

Gymnasts may only compete in National OR International stream competitions for the same discipline. Athletes will not be permitted to compete in both the National and International stream in the same discipline at the same event. Athletes who achieve the qualifying requirements for the international division must compete in the International Stream for that discipline for the remainder of the competition season.

Gymnasts may compete in the International Stream for one discipline and the National Levels Stream for another discipline. Once they achieve the qualifying requirements for the International Stream within that discipline, they must remain in the International Stream

Athletes may qualify for National Levels Events from within International Stream Events; however, an athlete cannot qualify for the International Stream from a National Levels Event.

State Trial results are decided at the end of the preliminary rounds. There are NO finals in these events. State Championships include finals for the following:

National Levels 5,6,7	TRP TUM DMT	<p>Top 8 NSW Athletes progress.</p> <p>Cumulative score of Preliminary & Final rounds.</p> <p>If interstate/overseas athletes are within the top 8, subsequent NSW athletes will be taken into the final to ensure a total of 8 NSW athletes.</p> <p>If there are 30 or more gymnasts in an age group, 12 gymnasts will proceed to the final. If interstate/overseas athletes are within the top 12, subsequent NSW athletes will be taken into the final to ensure a total of 12 NSW athletes. (Note: this is the same for International divisions)</p> <p>TRP/TUM – 1 x routine final DMT – 2 x pass final</p>
International Age Divisions	TRP TUM DMT	<p>Top 8 NSW Athlete progress.</p> <p>Zero start finals.</p> <p>Winners determined by the final round only.</p> <p>If interstate/overseas athletes are within the top 8, subsequent NSW athletes will be taken into the final to ensure a total of 8 NSW athletes.</p> <p>TRP – 1 x routine final TUM/DMT – 2 x pass final</p> <p>**There will be no drop off finals in NSW</p>
National/ International SYNC	SYNC	<p>National Levels & International Age- Straight finals only, 1 routine, no preliminary rounds.</p> <p>International Senior – 2 routines – best routine to count</p>



National Levels & International Age Season	
NSW Senior State Trials	The Senior State Trials are GNSW run events. State Trial 1 & 2 are qualifying competitions for both the NSW State Championships and the NSW State Team for the Australian Championships. Athletes seeking selection onto the NSW State Team for the Australian Championships in 2025 must achieve the qualification requirements in at least one of the Senior State Trials or Senior State Championships.
NSW Senior State Championships	NSW Senior State Championships is a Gymnastics NSW run event. All gymnasts seeking selection for the NSW State Team must enter the GNSW Senior State Championships.
Australian Championships	The Australian Championships is a Gymnastics Australia run event. You can find out information for this event on the GA Website .

Specific Event Requirements

Entry Requirements

State Levels Season	
Sanctioned Regional Event	There is no qualification requirement for this event.
State Trial / Country Championships	Gymnasts must have competed in at least ONE GNSW sanctioned region event to be eligible for this competition. Refer to page 13. Gymnasts who have entered in the State Trial but have been sick/injured and are unable to compete in them, may apply for special consideration to compete at the State Levels Championships if they can provide proof of injury and clearance to compete at the event. Permission must be sought via the online form within 24hrs of the conclusion of the trial . This rule also applies to all Sanctioned Region Competitions, Country Championships and State Levels Trials if the athlete wishes to attend State Levels Championships and must be done within 24hrs of the conclusion of the competition.
NSW State Levels Championships	Gymnasts must have competed in the State Levels Trial to be eligible to enter the NSW State Levels Championships. Gymnasts must have competed in the discipline they are seeking to compete in at the NSW State Levels Championships at their respective qualification events.
National Levels & International Age Season	
NSW Senior State Trials	There is no qualification requirement for this event. All gymnasts seeking to enter the GNSW Senior State Championships are required to compete in the disciplines they propose to compete in at the State Championships in at least one state trial event.
NSW Senior State Championships	Gymnasts must have competed in at least ONE NSW state trial, in the discipline they are seeking to compete in at the NSW Senior State Championships. Any athlete who competed in Trampoline at one of the NSW State Trials is eligible to compete in SYNC at the NSW Senior State Championships. Gymnasts who have entered in the State Trial/s but have been injured and are unable to compete in them, may apply for special consideration to compete at the State Championships if they can provide proof of injury and clearance to compete at the event. Permission must be sought via the online form within 24hrs of the conclusion of the 2nd trial .



Regulations

Sanctioned Regional Events	<p>Competition rules will be the same as the ALP. The following exceptions will apply:</p> <ul style="list-style-type: none"> Level 1-3A TRP/TUM, Level 1-3 SMT & Level 3A DMT will be as per GNSW Levels Routines. 	
State Levels Trial / Country Championships	<p>Level 4-7 TRP & TUM/DMT work from the Australian Levels Program.</p> <ul style="list-style-type: none"> A gymnast performing a routine below the minimum D score a penalty is taken by the D Judge of the amount under minimum DD. A gymnast may perform a routine with a higher degree of difficulty than the maximum BUT will only be awarded the maximum degree of difficulty. 	
NSW State Levels Championships	<ul style="list-style-type: none"> Exceeding the maximum degree of difficulty will result in automatic promotion to the next Level at the end of the season. There is no landing zone deduction for SMT. 	
NSW Senior State Trials	<p>National Levels 5-7 & International Age Divisions follow the GA Technical Regulation Requirements.</p> <p>The National Levels Stream uses the minimum and maximum degree of difficulty limits as set in the ALP. The degree of difficulty will be capped at the maximum degree of difficulty for the level. If the degree of difficulty falls below the minimum requirement, the athlete will be deducted in accordance with the respective deductions in the GA Technical Regulations.</p> <p>Time of Flight is not used for National Levels Events.</p>	
NSW Senior State Championships	<p>Time of Flight is not used for National Levels Events.</p>	
NSW Senior State Championships - SYNC EVENT	<p>SYNC Level</p> <p>National Levels 15 Years & Under 16 Years & Over</p>	<p>Routine Requirement</p> <p>1 Voluntary routine for all age categories Male, Female or Mixed pairs will compete in a combined group.</p>
	<p>International U13s & U15s (Youth) U17s & U22s (Junior) Seniors (2 routines – best to count)</p>	<p>Athletes must compete in the age category they fall into or 1 category higher. International athletes cannot compete in National Levels SYNC and vice versa. Male, Female or Mixed pairs will compete in a combined group.</p>

Request for Refunds – [Refer to GNSW Events Policy](#) . Official Refund Jotform click [Here](#)



NSW Levels Competition Requirements

TRAMPOLINE

Level 1 – Consists of a 5 skill routine x 2 – or a 10 skill routine.

Level 2 – Consists of a 10 skill routine: There are 2 options of routines. Athletes must choose one (1) of the options. The routine will be performed only once.

Level 3 – Consists of a 10 skill optional routine: Athletes will perform only one (1) optional routine.

Level 3A – Consists of a 10 skill optional routine: Athletes will perform only one (1) optional routine.

Levels 4-10 - Consists of 2 voluntary routines with compulsory elements in the first routine.

Tumbling

All athletes will perform 2 x passes for each level.

Level 1 – Consists of two (2) compulsory pass.

Level 2 – Consists of one (1) compulsory pass and one (1) optional pass: Athletes must complete the compulsory pass and complete a 5 skill pass from the nominated list of skills (see Appendix A for complete list of skills)

Level 2A – Consists of two (2) compulsory passes: Athletes must complete a four (4) skill compulsory pass and a three (3) skill compulsory pass. (see Appendix A for routines)

Level 3 – Consists of two (2) compulsory passes: Athletes must complete a three (3) skill compulsory pass and a five (5) skill compulsory pass. (see Appendix A for routines)

Level 3A – Consists of two (2) compulsory passes: Athletes must complete a three (3) skill compulsory pass and a five (5) skill compulsory pass. (see Appendix A for routines)

Power Hurdle - Instructional video: https://www.youtube.com/watch?v=MaLKYkoig_s

Levels 4-10 - Consists of 2 x 5 skill passes as per the NLS requirements. (Optional 8 skill bonus second pass)

- Please note equipment may vary at different competitions, however at every competition minimum safety requirement will be followed.
- Level 1-2A may be performed on the artistic floor.
- Levels 1-3A Last skill does not need to land on the landing zone - landing can be on the tumble track.



Single Mini Trampoline

All athletes will perform 3 x passes for each level.

Level 1 – Consists of three (3) compulsory passes: Athletes will perform the 3 compulsory passes in order (see Appendix A for pass order)

Level 2 – Consists of three (3) compulsory passes: Athletes will perform the 3 compulsory passes in order (see Appendix A for pass order)

Level 3 – Consists of one (1) compulsory pass and 2 optional passes: Athletes will perform the 1 compulsory pass first and then 2 optional passes (see Appendix A for pass order)

Double Mini Trampoline

All athletes will perform 2 x passes for each level.

- Level 3 SMT can move to Level 3 or 3A DMT.
- Level 3 DMT can move to Level 3 SMT (3A DMT cannot move to Level 3 SMT) – However the aim would be to move from SMT to DMT, not DMT to SMT.

Level 3 – Consists of two (2) compulsory passes: Athletes will perform the 2 compulsory passes in order (see Appendix A for pass order)

Level 3A – Consists of two (2) compulsory passes: Athletes will perform the 2 compulsory passes in order (see Appendix A for pass order)

Level 4-10 - Consists of two (2) optional passes

GymAbility Requirements

A club or region is encouraged to host a GymAbility division. Rules are as follows:

Trampoline: Athletes are to attempt a ten (10) skill voluntary routine with five (5) skills to count from a maximum of ten (10).

Double Mini: Athletes are to complete two (2) optional passes with two (2) skills to count from two (2) passes.

Single Mini: Athletes will compete three (3) passes - three (3) skills to count from a reversed mini trampoline.

Tumbling: Athletes to compete a five (5) skill pass with three (3) skills to count from a maximum of five (5).

Masters Requirements

Athletes must be 18 years or older with a minimum of 2 years out of competing in mainstream GNSW events. (Entry to Masters for 2025 will be via a separate entry form and entrants do not have to attend country or metro trial).

Trampoline: Athletes are to attempt a ten (10) skill voluntary routine. EXC DD & HD to count.

Double Mini: Athletes are to complete two (2) optional passes. EXC & DD to count.

Tumbling: Athletes to compete two x five (5) skill passes. EXC & DD to count.



Judging - FIG Variations

All competitions follow current FIG rules and/or GA Technical Commission Regulations Part B and/or National Levels Program with the following variations:

Tumbling Levels 1-3A

Code of point deductions will not apply when failing to end a completed pass with a somersault, failing to finish in landing zone or movement without somersault rotation.

COP deductions will not apply for touching the track with body parts other than hands or feet when executing rolls.

Each pass will be scored out of 10. Passes must be performed as specified; change to any elements of a compulsory routine will be deemed an interruption. Passes performed with less than 3 elements will still receive credit for the completed element(s).

Trampoline

Time of Flight component of scoring will be used in all International Stream events at NSW State Championships, and State Trial events. Horizontal Displacement scoring will be used at all NSW TRP events.

Banding Scores

At the conclusion of each event, athletes in Levels 1-3 will receive a coloured ribbon based on their banding score from the event. The banding scores are following. Levels 4 and above will be awarded placings at the conclusion of the event.

Level 1	SMT	TRP	TUM	DMT
Blue	58.2+	27.5+	18.8+	n/a
Red	57+	22.8+	17.2+	n/a
Green	56.9↓	22.7↓	17.1↓	n/a
Level 2	SMT	TRP	TUM	DMT
Blue	58+	27+	37+	n/a
Red	56.5+	22.5+	35.9+	n/a
Green	56.4↓	22.4↓	35.8↓	n/a
Level 2A	SMT	TRP	TUM	DMT
Blue	n/a	n/a	37+	n/a
Red	n/a	n/a	35.9+	n/a
Green	n/a	n/a	35.8↓	n/a
Level 3	SMT	TRP	TUM	DMT
Blue	59.0+	28+	37+	38+
Red	58.2+	24+	35.5+	36.5+
Green	58.1↓	23.9↓	35.4↓	36.4↓
Level 3A	SMT	TRP	TUM	DMT
Blue	n/a	28+	37+	39.5+
Red	n/a	25+	35.5+	38.5+
Green	n/a	24.9↓	35.4↓	38.4↓



Awards

An Overall Club Trophy will be awarded at the conclusion of each seasons State Championships.

- **NSW State Levels Championships Overall Club Award**
Points accrued in all competition levels and divisions.
- **John Hendry Trophy**
Level 4 & Above Trampoline only – Best E score – minus DD.
- **NSW State Levels Region Teams Event**
See Page 22 for information.
- **NSW State Championships Overall Club Award**
Points accrued from all finals results in each level and division.

The Overall Club Trophy will be determined by the following point allocation.

Each club will be allocated points for their highest placed athlete only. Other athletes from this club who finish behind them in the top 8 will block these points going to other clubs.

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Points	8	7	6	5	4	3	2	1

State Levels Season	
Level 1-3A TRP/TUM/SMT/DMT	
Trial Events Banded awards based on score achieved in each discipline. <i>Banding scores for awards can be found on the GNSW Technical Regulations Website</i>	State Championships Banding awards will be given for Levels 1-3A for each discipline.

Level 4-7 TRP/TUM/DMT	
Trial Events 1 st - 3 rd place awards for each discipline <i>No requirement</i>	State Championships 1 st - 6 th place awards for each discipline

National Levels & International Age Season	
National Levels 5-7 & International Age Divisions	
<i>(All National Levels & International Age Divisions will compete and be awarded as individual categories).</i>	
Trial Events 1 st - 3 rd Place awards for each discipline	State Championships 1 st - 6 th Place awards for each discipline
<i>To be eligible to receive an award an athletes must meet the following criteria: Athletes must complete a minimum of 50% of the routines/pass - at the discretion of the CJP of that discipline.</i>	



Country Championships

Please refer to the Country Championships Handbook for full details of this event. The Handbook can be found on the [GNSW Website](#).





Regional Teams event

At the State Levels Championships in 2025 we will hold a Regional Champion Teams event. The highest three (3) athletes for each level and discipline, will be selected from their regional/zone qualifying events to represent the region at the State Levels Championships. Following submission of entries for the State Levels Championships, clubs will be notified of the athletes that are selected to represent as part of a Region Team. In event of a tie between athletes for selection on Region team, The EPPO will use scores from the State levels trial to ascertain the final region team.

At State Levels the athletes selected will have their scores from their individual competition counted towards their regions overall score. In each division the top 2 scores from each region will be tallied, with the overall winning region being announced at the conclusion of the Championships.

- Regions are not required to have athletes competing in regions teams in region uniform and gymnasts will compete in club attire.
- Regions may wish to have a region t-shirt or similar. Where regions have decided to have region items for their team/s such as a t-shirt, these items must only be designed and ordered through Gymnastics NSW official uniform suppliers.
- For outer wear items such as t-shirts or jackets the supplier must be Sinalli Sportswear

Each region/zone will hold a minimum of 1 region team selection and qualification competition for State Levels 1-7.

Team	Team Selection
TRP Level 1	Top 3 ranked gymnasts from combined age/open scores at qualification competition
TRP Level 2	Top 3 ranked gymnasts from combined age/open scores at qualification competition
TRP Level 3 & 3A combined	Top 3 ranked gymnasts from combined age/open scores at qualification competition
TRP Level 4/5/6/7	Top 3 ranked gymnasts from combined age/open scores at qualification competition
SMT Level 1	Top 3 ranked gymnasts from combined age/open scores at qualification competition
SMT Level 2 & 3 combined	Top 3 ranked gymnasts from combined age/open scores at qualification competition
DMT Level 3 & 3A combined	Top 3 ranked gymnasts from combined age/open scores at qualification competition
DMT Level 4/5/6/7	Top 3 ranked gymnasts from combined age/open scores at qualification competition
TUM Level 1	Top 3 ranked gymnasts from combined age/open scores at qualification competition
TUM Level 2 & 2A combined	Top 3 ranked gymnasts from combined age/open scores at qualification competition
TUM Level 3 & 3A combined	Top 3 ranked gymnasts from combined age/open scores at qualification competition
TUM Level 4/5/6/7	Top 3 ranked gymnasts from combined age/open scores at qualification competition

Region teams will consist of the top 3 (minimum 2) ranked athletes in each division from the region selection event.

Some regions have been combined into competition zones and zone teams are to be selected. Selection will be across the top 3 athletes in the Zone. Region / Zones are listed here.

Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
Northern	Met West	Outer City	Hunter	Central West	North West
Inner City		Southern		Riverina	Far North Coast
		South Coast			



Selection Process

Australian Championships NSW State Team

Selection Committee

The TRP Selection Committee shall consist of:

- NSW TRP Technical Director
- NSW TRP Judging Coordinator
- NSW TRP HP Manager
- NSW TRP Head Coach

The makeup of this Committee may be altered via consensus of the Gymsport Committee.

Athlete Selection Criteria

Please refer to the Gymnastics NSW Selection Policy covering eligibility criteria, selection requirements and roles and responsibilities available on the GNSW website and [GNSW State Team Website](#).

Gymnasts must seek qualification for the NSW Trampoline State Team at the designated NSW team selection events (Senior State Trials & Senior State Championships). Gymnasts achieving the national qualifying score and/or gymnasts who are current members of the National Squad and have competed in at least 1 GNSW Event in 2025 will be eligible for inclusion in the NSW State Team.

All gymnasts must compete in the NSW State Championships to be eligible for selection onto the State Team. Gymnasts who have entered in the State Championships but have been injured and unable to compete, may apply for special consideration to compete at the Australian Championships as long as they can provide proof of injury and clearance to compete by the Australian Championships, and have achieved the relevant selection score. Permission must be sought via the [online form](#) **within 24hrs of the conclusion of the 2nd trial**.

All State Team Members will be required to attend State Team Verification weekend (unless prior application for non-attendance has been submitted in writing and subsequently approved by the Gymsport Committee). Team Members failing to attend State Team Verification Training may no longer be eligible to travel and compete with the NSW State Team.

State Team Training and Performance Readiness Verification

All State Team Members will be required to attend a two day in person activity. This is to be a compulsory activity. Exemptions only provided under extenuating circumstances, where application has been made in writing to the TRP High Performance Manager for consideration of the Selection Committee.

Please refer to the [GNSW State Team Website](#) for additional Selection Policy information.

Australian Championships Qualification Scores

Please refer to the [Gymnastics Australia Technical Regulations](#) for the Championship Qualification Scores.



State Team - National Levels

- The NSW State Team - National Levels Stream will be selected from the NSW athletes who have met the eligibility criteria and achieved the qualification requirements in the National Levels Stream at the GNSW State Trials and/or GNSW Senior State Championships.
- The TRP Selection Committee is responsible for the selection of the State Team. The final approval of the members of the State Team is at the discretion of the Selection Committee.
- The decision of the TRP Selection Committee is subject to ratification by GNSW TRP Gymsport Committee and the GNSW BOARD, in accordance with the Selection Policy and is final.
- All Team members will be asked to sign a State Team Agreement which will outline rules and responsibilities of State Team members.

State Team - International Age Divisions

- The NSW State Team - International Levels Stream will be selected from the NSW athletes who have met the eligibility criteria and achieved the qualification requirements in the International Levels at the GNSW State Trials and/or Senior State Championships.
- The TRP Selection Committee is responsible for the selection of the State Team. The final approval of the members of the State Team is at the discretion of the Selection Committee.
- The decision of this committee is subject to ratification by GNSW TRP Gymsport Committee and the GNSW Board in accordance with the Selection Policy and is final.
- All Team members will be asked to sign a State Team Agreement which will outline rules and responsibilities of State Team members.
- State Team Coaches will be responsible for the selection of athletes to compete in the team's final event at the Australian Championships. Selection to compete in the team final event will be based on a ranking of each athlete's scores and any other relevant criteria at the State Trials, State Championships, State team trainings and any relevant international events in the calendar year.

Special Consideration

Special considerations may be given to International Athletes who are selected to represent Australia at International competitions and who will be unavailable to compete at the NSW State Championships. In this circumstance, an 'Application for Special Consideration' must be submitted to the TRP EPPO prior to competition that will be missed via the [online form](#) with supporting documentation.

Special consideration may also be considered where the Gymsport Committee is satisfied that the reason for not competing at the State Trials or State Championships is valid and should not disqualify the athlete from the State Team selection. Valid reasons include but are not limited to illness, injury, attendance at international competition and family tragedy.

Special consideration will be assessed and granted on a case-by-case basis.



Official Selection Criteria and Process

Please refer to the [GNSW State Team Website](#) and Selection Policy for information.

State Team Information

Please refer to the [GNSW State Team Website](#) for team information.

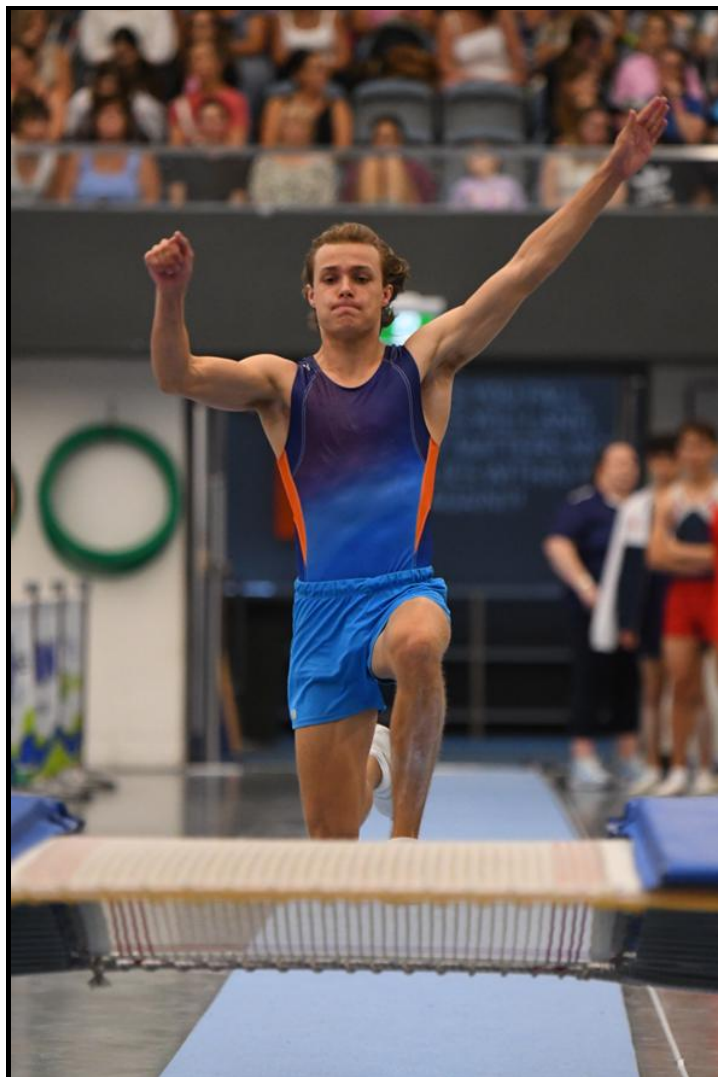
Resources

Any resources will be available on the [GNSW Technical Regulations Website](#).

GYMNSW Trampoline Sports now has a Facebook Page Private Group. If you are a Club Owner, Coach or Judge please join our Facebook Community [HERE](#). Or find us on Facebook search GNSW Trampoline.

Updates and Clarifications

Any updates or clarifications will be available on the [GNSW Technical Regulations Website](#).





Appendix A – Levels Clarifications and Regulations 2025

- Athletes can only compete in either SMT or DMT
- Once an athlete has competed at A levels, they **CANNOT** go back to the same non A level. They must move up to the next higher level. (eg. Level 2A cannot compete at Level 2, they need to move up to Level 3 or 3A)

Trampoline

Level 1: - Consists of 5 skill routine x 2: Athletes can perform a 'check' after skill 5 and then complete straight jumps before skill 6 (Ie. Two x 5 skill routines).

*Coaches, please note by doing a check after 5 skills, athletes run the risk of having 2 lots of checking deductions, so where possible we strongly encourage the routine to be completed as a 10 skill combination.

Level 1
1. Seat landing
2. Feet
3. Tuck jump
4. ½ twist jump
5. Straddle *
6. Seat landing
7. Feet
8. Tuck jump
9. ½ Twist
10. Straddle

Level 2: - Athletes to select **ONE** routine from the two options presented below.

Level 2 Option 1	Level 2 Option 2
1. Seat landing	1. Seat landing
2. To front landing	2. ½ to feet
3. Feet	3. Tuck jump
4. Tuck jump	4. Front landing
5. Seat landing	5. Feet
6. Swivel hips	6. Pike jump
7. Feet	7. ½ twist
8. Straddle jump	8. Straddle jump
9. Back landing	9. Back landing
10. Feet	10. Feet



Level 3: - One x 10 skill optional routine only in NSW competition.

Required elements are:

- A landing on front or back
- A full twist jump
- No repeat skills

Degree of Difficulty (DD) information

- Minimum DD = 1.2
- Max DD = 1.8
- Max of 180° twisting rotation in a s/s skill (ie. can barani, but can't full twist B/S)

Level 3 - Suggestion 1	Level 3 - Suggestion 2
1. Half to front	1. Back landing
2. Feet	2. ½ twist to feet
3. Full twist	3. Tuck Jump
4. Tuck jump	4. Full turn
5. Half to seat	5. Pike jump
6. Swivel hips	6. Seat Landing
7. Half to feet	7. Swivel hips
8. Straddle	8. Stand to feet
9. Back landing	9. Straddle
10. Half to feet	10. Front sault tuck
DD = 1.3	DD=1.6

Level 3A: - One optional routine only in NSW Competitions

Compulsory elements are:

- A landing on front or back
- A full twist jump
- A somersault of minimum 270 degrees (¾ Back or ¾ front or pullover, or feet to feet somersault)
- No repeat skills

Degree of Difficulty (DD) information

- Minimum DD = 1.8
- Max DD = 2.6
- Max of 180° twisting rotation in a s/s skill (i.e. can be barani, but can't full twist B/S)

Level 3A Suggestion 1	Level 3A Suggestion 2
1. Back landing	1. Back sault tuck
2. Pullover Tuck	2. Tuck jump
3. Tuck Jump	3. Full twist
4. Full turn	4. Pike Jump
5. Pike Jump	5. ½ to seat landing
6. ½ turn to seat Landing	6. To front landing
7. Swivel hips	7. To feet
8. Stand to feet	8. ½ twist
9. Straddle	9. Straddle
10. Front sault pike	10. Front sault pike or Barani
DD=1.8	DD = 2.0



Levels 4-10

Trampoline competition shall consist of 2 voluntary routines.

The degree of difficulty of the 1st routine will not be counted except in Levels 8, 9 & 10 which has Senior International requirements.

The 1st routine requirements are as per the National Levels requirements. The 2nd voluntary routine is limited to a maximum degree of difficulty and a minimum degree of difficulty. The penalty for exceeding the degree of difficulty will be the reduction of the degree of difficulty to meet the maximum allowed. The penalty for being under the minimum degree of difficulty will be a penalty of the difference of the routine DD performed to the minimum requirement.

Degree of Difficulty Limits (TRP)

LEVEL	Maximum	Minimum
1	NA	N/A
2	NA	N/A
3	1.8	1.2
3A	2.6	1.8
4	4.4	3.1
5	5.9	4.5
6	7.1 Women/7.8 Men	6.0
7	8.9 Women/10.2 Men	7.2 Women /7.9 Men
8	Unlimited	9.0 Women / 10.3 Men
9-10	Unlimited	11.4 Women / 14.0 Men

Tumbling

All athletes will perform 2 x passes for each level.

Note: Passes are to be completed in the order listed below.

Level 1: Two (2) x Compulsory

Pass 1 - Forward roll tuck, forward roll tuck, jump $\frac{1}{2}$ turn backward roll tuck, straight jump.

Pass 2 - Forward roll tuck, forward roll tuck, jump $\frac{1}{2}$ turn backward roll tuck, Tuck jump.

Level 2: - Consists of one (1) compulsory pass and one (1) optional pass: Athletes must complete the compulsory pass and complete a 5 skill pass from the nominated list of skills

- **Note:**
- Skills can be repeated but last skill must land on 2 feet.
- All tumble passes must go in the same forward moving direction.
- If handstand is to be included it must be the 1st skill of the optional pass.

Pass 1 – Reach Forward roll, forward roll step out (1 foot), cartwheel, cartwheel step in, backward roll tuck.

Pass 2 - Optional routine to include 5 skills from the list below

Roundoff	Pike Jump	Tuck Jump
Forward Roll	Backward Roll	Cartwheel
Handstand	Straight Jump	$\frac{1}{2}$ Turn

**Level 2A**

Pass 1 – Roundoff, jump ½ turn step-out, roundoff, straight jump

Pass 2 – Roundoff, Flic, straight jump

Level 3

Pass 1 - Power hurdle roundoff, flic, straight jump

Pass 2 - Round off, flic, flic, flic, straight jump

Level 3A

Pass 1 - Run to roundoff, flic, Back sault (tucked)*

Pass 2 - Power hurdle to roundoff, flic, flic, flic, straight jump.

Power hurdle - Instructional video: https://www.youtube.com/watch?v=MaLKYkoig_s

Tumbling Levels 4-10: - Consists of 2 x 5 skill passes as per the NLS requirements (optional 8 skill bonus of 2.0 for second pass)

Note all **International Stream** events are 8 skill passes.

Tumbling Degree of Difficulty Limits

The penalty for exceeding the combined 2 pass degree of difficulty total will be the reduction of the degree of difficulty to the maximum allowed.

LEVEL	MAXIMUM	MINIMUM
1	NA	NA
2	NA	NA
2A	NA	NA
3	NA	NA
3A	NA	NA
4	2.3	1.9
5	3.5	2.4
6	4.7	3.6
7	5.8	4.8
8	Unlimited	NA
9-10	Unlimited	NA

*Please note equipment may vary from competition, however at every competition minimum safety requirement will be followed.

*Level 1-2A may be performed on the artistic floor.

*Levels 1-3A Last skill does not need to land on landing zone - landing can be on the tumble track.



Single Mini Trampoline - (3 x passes per level).

Note: Passes are to be completed in the order listed below.

	Pass 1	Pass 2	Pass 3
Level 1	Tuck Jump	Pike Jump	Straddle Jump
Level 2	Straddle Jump	½ Twist Jump	Pike Jump
Level 3	Full Twist Turn	Optional Pass 2	Optional Pass 3 (Must be a somersault – max 180 Deg twist)

Single Mini Degree of Difficulty Limits

LEVEL	MAXIMUM	MINIMUM
1	n/a	n/a
2	n/a	n/a
3	1.8	0.9

Double Mini Trampoline - 2 passes per level (2 skills per pass)

Note: Passes are to be completed in the order listed below.

Level 3	Pass 1	Spotter Tuck Jump	Dismount ½ Twist Jump
	Pass 2	Spotter Full Twist Turn	Dismount Straddle Jump
Level 3A	Pass 1	Spotter Tuck, Straddle or Pike jump	Dismount Front Sault (max 180 deg. twist)
	Pass 2	Mount/Spotter somersault	Dismount tuck/pike/straddle
		No repeat shapes are allowed	

Level 4-10 - Consists of two (2) optional passes

No skill can be repeated in the same shape over the 2 skills.

Penalty for repeated skills is no degree of difficulty awarded for the repeated skill.

DMT Degree of Difficulty Limits

Level	MAXIMUM	MINIMUM	Special Requirements
3	n/a	n/a	Compulsory passes
3A	1.4	1.0	Single somersaults only are permitted with a max of ½ twist
4	2.8	2.0	Double saults are not allowed in Level 4.
5	3.9	2.9	
6	5.9 Women 6.6 Men	4.0	
7	7.9 Women 9.1 Men	6.0 Women 6.7 Men	
8	Unlimited	8.0 Women 9.2 Men	
9-10	Unlimited	NA	