

# 2024

## Gymnastics NSW Technical Regulations

### *Section 7- Trampoline Gymnastics*



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# Table of Contents

|   |           |
|---|-----------|
| <b>GENERAL INFORMATION</b> .....              | <b>3</b>  |
| <b>Technical Regulations Purpose</b> .....    | <b>3</b>  |
| Abbreviations .....                           | 3         |
| <b>Committees</b> .....                       | <b>4</b>  |
| National Commission .....                     | 4         |
| GNSW TRP Gymsport Committee .....             | 4         |
| Key Focuses and Initiatives .....             | 4         |
| <b>SPORT SPECIFIC INFORMATION</b> .....       | <b>5</b>  |
| About TRP.....                                | 5         |
| Program Information .....                     | 5         |
| Competition Framework.....                    | 6         |
| <b>GENERAL REGULATIONS</b> .....              | <b>7</b>  |
| <b>ADDITIONAL JUDGES REGULATIONS</b> .....    | <b>7</b>  |
| Judge Attire .....                            | 7         |
| Judge Information .....                       | 7         |
| Judging Panels.....                           | 7         |
| Supply of officials/volunteers.....           | 8         |
| <b>ADDITIONAL ATHLETE REGULATIONS</b> .....   | <b>9</b>  |
| Progression and Transitions.....              | 9         |
| Athlete Ages.....                             | 11        |
| Athlete Attire .....                          | 11        |
| <b>EVENT INFORMATION</b> .....                | <b>13</b> |
| <b>Competition Structure</b> .....            | <b>13</b> |
| Seasons .....                                 | 13        |
| Region Zones.....                             | 14        |
| Specific Event Requirements.....              | 15        |
| Entry Requirements .....                      | 15        |
| Regulations .....                             | 17        |
| Levels routines and Requirements.....         | 17        |
| GymAbility/Master Division.....               | 22        |
| Banding Scores.....                           | 24        |
| Awards .....                                  | 23        |
| Country Championships.....                    | 24        |
| Regional Teams Event.....                     | 26        |
| <b>SELECTION PROCESS</b> .....                | <b>27</b> |
| Australian Championships NSW State Team ..... | 27        |
| <b>RESOURCES</b> .....                        | <b>29</b> |
| <b>UPDATES AND CLARIFICATIONS</b> .....       | <b>29</b> |
| <b>APPENDIX A</b> .....                       | <b>30</b> |



# 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 Gysport 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 Gysport 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

|  |                  |                       |
|--|------------------|-----------------------|
| Technical Director                                   |                  | <a href="#">Email</a> |
| Judging Coordinator                                  | Shane Roberts    | <a href="#">Email</a> |
| Technical Coordinator (TRP)                          | Jessie Tulett    | <a href="#">Email</a> |
| Technical Coordinator (DMT)                          |                  | <a href="#">Email</a> |
| Technical Coordinator (TUM)                          | Bianca Zoonekynd | <a href="#">Email</a> |
| GNSW Events, Pathways and Performance Officer (EPPO) | Vanessa Broadley | <a href="#">Email</a> |
| GNSW TRP High Performance Manager (ex-officio)       | Belinda Cox      | <a href="#">Email</a> |

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

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

### Regulations

For 2024, the State Stream Levels 1-3A for Trampoline & Tumbling and 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 2024, 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 2022-2024 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 2022-2024 CoPs can be downloaded on the [FIG website](#).

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

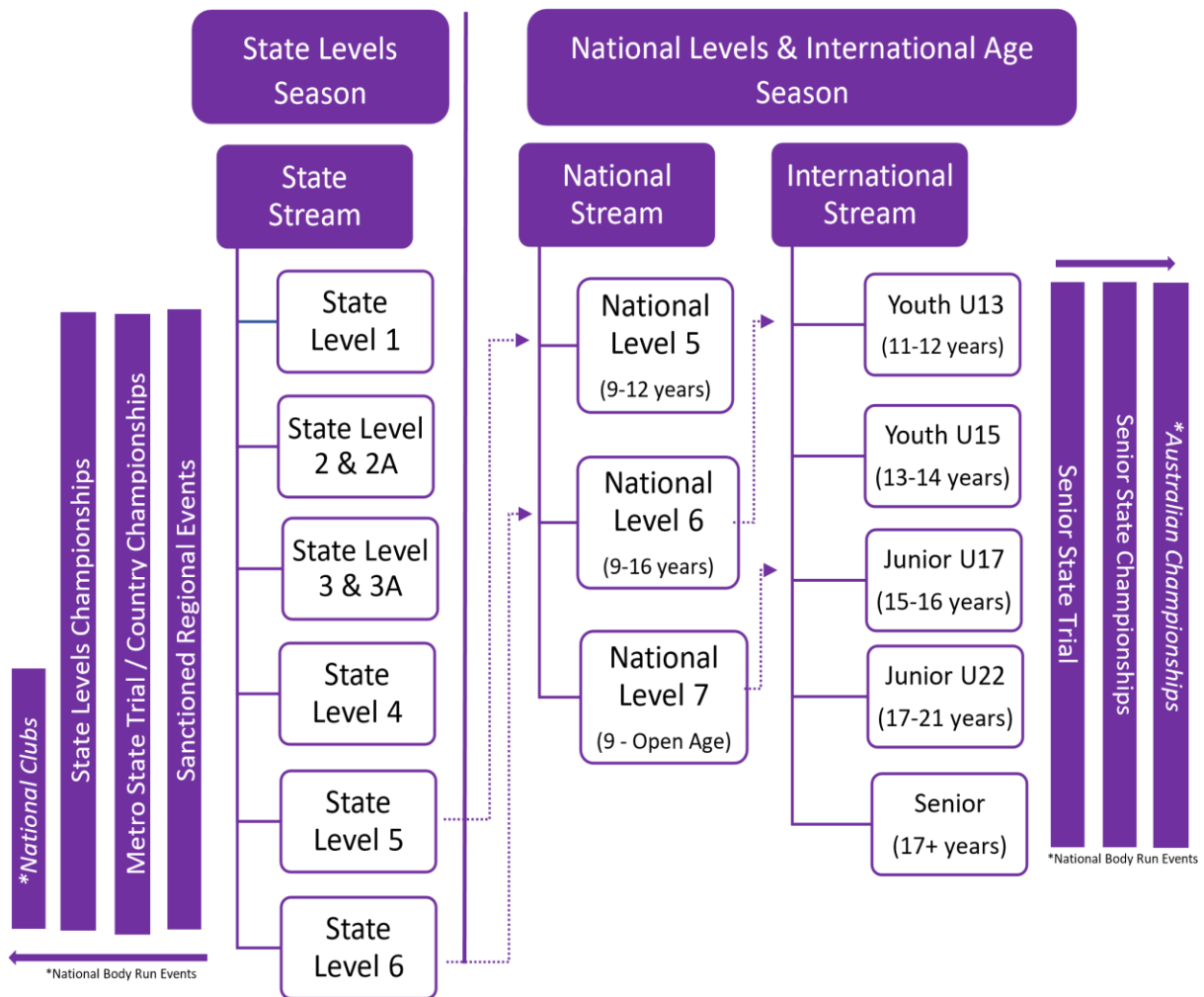
Additional errata, or clarification documents will be found on the Updates and Clarifications Section on the [GNSW Technical Regulations Website](#).



## 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)

### 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                      | 5                       |

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 | Synchronisation |
|-----------------|----------------------|------------|-----------------|
| Beginner        | ALP 1-3A             |            |                 |
| Intermediate    | ALP 1-6              | ALP 1-3A   |                 |
| Advanced        | ALP 1-6              | ALP 1-6    | ALP 1-6         |
| 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 (Details on page 4) – to discuss your options.

## Supply of Volunteers

- All clubs are required to supply ONE (1) volunteer official, per ONE (1) to SIX (6) gymnasts entered in each session, 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 scoring, 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 2024 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 \(ALP\)](#).

As athletes are upgraded and obtain a new level in each discipline, clubs may request to purchase a level badge via Gymnastics NSW. Levels badges can be purchased by contacting the TRP EPPO. Clubs should ensure that they also correctly update the athlete database for each athlete's level in the 'athlete code' section.

### 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.

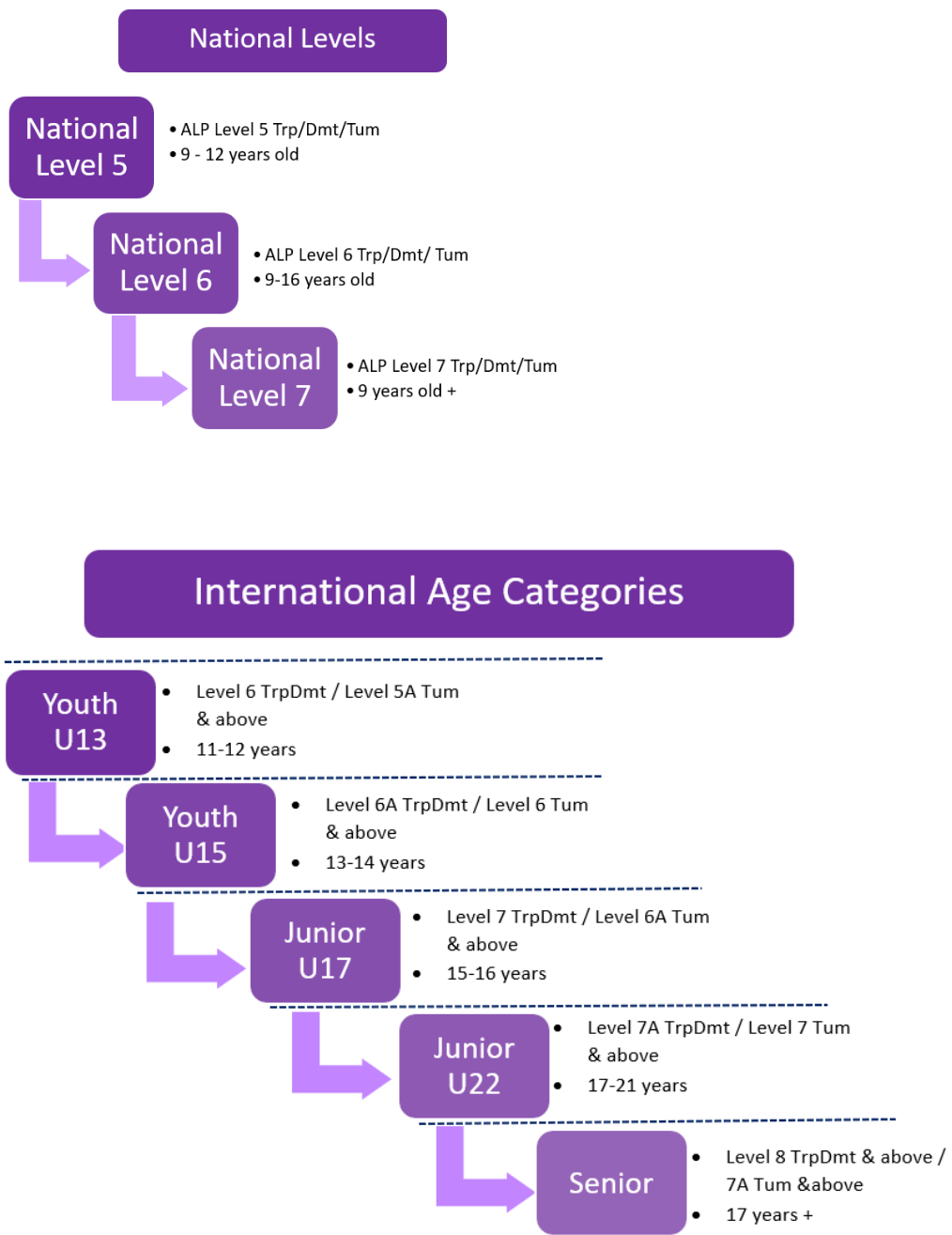
### International Age:

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 2024 based on their age:

| Level            | Year of Birth (Inclusive) |
|------------------|---------------------------|
| National Level 5 | 2015 - 2012               |
| National Level 6 | 2015 - 2008               |
| National Level 7 | 2015 or prior             |
| Youth U13        | 2013 - 2012               |
| Youth U15        | 2011 - 2010               |
| Junior U17       | 2009 - 2008               |
| Junior U22       | 2007 - 2003               |
| Senior           | 2007 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)



- 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 (Eg. 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 Competition Organiser 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
- Metro State 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                         | <p>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.</p> <p>Each regional zone is required to host a minimum of 1 sanctioned competition. Clubs are encouraged to attend regional competitions 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.</p> <p>Sanctioned Region events are qualifiers for the Metro State Trial/Country Championships. Athletes must attend these competitions within their own zone to qualify.</p>    |
| Metro State Levels Trial & Country Championships | <p>Metro State Levels Trial Event and Country Championships are Gymnastics NSW run events.</p> <p>Only 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. All country athletes can attend Country Championships even if they have competed in the National/ International Season – Refer to Country Handbook for Divisions. Refer to page 16.</p> <p>Only Metro athletes and athletes from Zones 1, 2 and 3 are eligible to enter the Metro State Levels Trial. Country athletes are ineligible to enter this event. These two events are State Levels Championships Qualifiers.</p> |
| NSW State Levels Championships                   | <p>NSW State Levels Championships is a Gymnastics NSW run event. Athletes must have attended either Country Championships OR the Metro State Trial to be eligible to compete in this event.</p>   |
| National Clubs Carnival                          | <p>The National Clubs Carnival is a Gymnastics Australia run event. You can find out information for this event on the <a href="#">GA Website</a>.</p>  |



## Region Zones

| 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 |        |              |                 |

### 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 that year) 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, provided they haven't already achieved the qualifying requirements for the International Stream within that discipline.

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<br>TUM<br>DMT | <p>Top 8 NSW Athletes progress.</p> <p><b>Cumulative score of Preliminary &amp; Final rounds.</b></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 over 30 gymnasts in an age group, 10 gymnasts will proceed to the final. If interstate/overseas athletes are within the top 10, subsequent NSW athletes will be taken into the final to ensure a total of 10 NSW athletes.</p> <p><b>TRP/TUM – 1 x routine final      DMT – 2 x pass final</b></p> |
| International Age Divisions | TRP<br>TUM<br>DMT | <p>Top 8 NSW Athlete progress.</p> <p><b>Zero start finals.</b></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><b>TRP – 1 x routine final      TUM/DMT – 2 x pass final</b></p> <p>**There will be no drop off finals in NSW</p>  |
| National Levels             | SYNC              | Straight finals only, 1 routine, no preliminary rounds.   |
| International Age Divisions | SYNC              | Straight finals only, 1 routine, no preliminary rounds.   |



| National Levels & International Age Season |  |
|--|--|
| NSW Senior State Trials                    | The Senior State Trials are NSW 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 2024 must achieve the qualification requirements in at least <b>one</b> 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 <a href="#">GA Website</a> .  |

## Specific Event Requirements

### Entry Requirements

| State Levels Season                        |  |
|--|--|
| Sanctioned Regional Event                  | There is no qualification requirement for this event.  |
| Metro 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.<br>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 <a href="#">online form</a> <b>within 24hrs of the conclusion of the trial</b> . This rule also applies to all Sanctioned Region Competitions, Country Championships and Metro 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 either the Metro State Trial OR Country Championships to be eligible to enter the NSW State Levels Championships.<br>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.<br>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.<br>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.<br>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 <a href="#">online form</a> <b>within 24hrs of the conclusion of the 2<sup>nd</sup> trial</b> .  |



## Regulations

|   |  |  |
|---|--|--|
| Sanctioned Regional Events                  | <p>Competition rules will be the same as the ALP.<br/>The following exceptions will apply:</p> <ul style="list-style-type: none"> <li>Level 1-3A TRP/TUM, Level 1-3 SMT &amp; Level 3A DMT will be as per NSW Levels Routines.</li> </ul>  |  |
| Metro State Trial / Country Championships   | <p>Level 4-7 TRP &amp; TUM/DMT work from the Australian Levels Program.</p> <ul style="list-style-type: none"> <li>A gymnast performing a routine below the minimum D score a penalty is taken by the D Judge of the amount under minimum DD x 2.</li> <li>There is no landing zone deduction for SMT.</li> <li>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.</li> <li>Exceeding the maximum degree of difficulty will result in automatic promotion to the next Level at the end of the season.</li> </ul> |  |
| NSW State Levels Championships              |  |  |
| NSW Senior State Trials                     | <p>National Levels 5-7 &amp; International Age Divisions follow the <a href="#">GA Technical Regulation Requirements</a>.</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. Time of Flight is not used for National Levels Events.</p>                                    |  |
| NSW Senior State Championships              |  |  |
| NSW Senior State Championships - SYNC EVENT | <p><b>SYNC Level</b></p> <p><b>National Levels</b><br/>15 Years &amp; Under<br/>16 Years &amp; Over</p>  | <p><b>Routine Requirement</b></p> <p>1 Voluntary routine for all age categories</p> <p>Male &amp; Female pairs will compete in a combined group &amp; mixed partnerships are allowed.</p>  |
|   | <p><b>International</b><br/>U13s &amp; U15s (Youth)<br/>U17s &amp; U22s (Junior)<br/>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 &amp; Female pairs will compete in a combined group &amp; mixed partnerships are allowed.</p> |

**Request for Refunds** – [Refer to GNSW Events Policy \(pg23\)](#). Official Refund Jotform click [Here](#)





## NSW Levels Competition Requirements

**Note: New (A) Level additions in TRP, TUM & DMT**

- 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)

**Please see Appendix A for Full Routine Clarifications / Requirements.**

### 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 encourage the routine to be completed as a 10 skill combination.

**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 3 required elements are:

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

Degree of Difficulty (DD) information

- Minimum DD = 0.9
- Max DD = 1.3
- Max of 180° twisting rotation in a s/s skill (ie. can barani, but can't full twist B/S)

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

Level 3A Compulsory elements are:

- A landing on front or back
- A full twist jump
- A somersault of minimum 270 degrees ( $\frac{3}{4}$  Back or  $\frac{3}{4}$  front or pullover, or feet to feet somersault)
- No repeat skills

Degree of Difficulty (DD) information

- Minimum DD = 1.4
- Max DD = 1.8
- Max of 180° twisting rotation in a s/s skill (i.e. can be barani, but can't full twist B/S)

**Levels 4-10 - Consists of 2 voluntary routines.**

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

The 1<sup>st</sup> routine requirements are as per the National Levels requirements. The 2<sup>nd</sup> 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               | 0.9                  |
| 4     | 4.2               | 1.9                  |
| 5     | 5.7               | 4.3                  |
| 6     | 7.0 Women/7.7 Men | 5.8                  |
| 7     | 8.7 Women/9.6 Men | 7.1 Women /7.8 Men   |
| 8     | Unlimited         | 8.8 women / 10.0 men |
| 9-10  | Unlimited         | 8.8 women / 10 men   |

### Tumbling

All athletes will perform 2 x passes for each level.

**Level 1 – Consists of one (1) compulsory pass and one (1) optional pass:** Athletes can either repeat the compulsory pass again, or compete a 5 skill pass from the nominated list of skills (see Appendix A for complete 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 1<sup>st</sup> skill of the optional pass.

**Level 2 – Consists of one (1) compulsory pass and one (1) optional pass:** Athletes must compete the compulsory pass and compete a 5 skill pass from the nominated list of skills (see Appendix A for complete 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 1<sup>st</sup> skill of the optional pass.

**Level 2A – Consists of two (2) compulsory passes:** Athletes must compete 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 compete 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 compete 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](https://www.youtube.com/watch?v=MaLKYkoig_s)

### Levels 4-10:

- Consist of 2 x 5 skill passes as per the NLS requirements (optional 8 skill bonus second pass)



### Degree of Difficulty Limits (TUM)

| 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      |

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

**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)

### Degree of Difficulty Limits (SMT)

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



## **Double Mini Trampoline**

All athletes will perform 2 x passes for each level.

### **Note:**

- 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)

Note: The pass requirements have a maximum degree of difficulty as listed below. The penalty for exceeding the degree of difficulty will be the reduction of the degree of difficulty to the maximum score.

### **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.

### **Degree of Difficulty Limits (DMT)**

| LEVEL | MAXIMUM           | MINIMUM             | Special Requirements   |
|-------|-------------------|---------------------|--|
| 3     | n/a               | n/a                 | Compulsory passes  |
| 3A    | 1.8               | 1.0                 | Single somersaults only are permitted with a maximum of ½ twist  |
| 4     | 2.8               | 1.9                 | Double saults are not allowed in Level 4. If performed will receive zero (0) difficulty for the element. |
| 5     | 3.9               | 2.9                 |  |
| 6     | 5.9 Women/6.6 Men | 4.0                 |  |
| 7     | 7.5 Women/9.1 Men | 6.0 Women / 6.7 Men |  |
| 8     | Unlimited         | 7.6 Women / 9.2 Men |  |
| 9-10  | Unlimited         | NA                  |  |



## 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 25 years or older with a minimum of 2 years out of competing in mainstream GNSW events.

**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, not 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+   | 27+   | 18.8+ | n/a   |
| Red      | 55.5+ | 22.5+ | 18    | n/a   |
| Green    | 55.4↓ | 22.4↓ | 17.9↓ | n/a   |
| Level 2  | SMT   | TRP   | TUM   | DMT   |
| Blue     | 58+   | 27+   | 38+   | 38.5+ |
| Red      | 55.5+ | 22.5+ | 36    | 37+   |
| Green    | 55.4↓ | 22.4↓ | 35.9↓ | 36.9↓ |
| Level 2A | SMT   | TRP   | TUM   | DMT   |
| Blue     | n/a   | n/a   | 38+   | n/a   |
| Red      | n/a   | n/a   | 36    | n/a   |
| Green    | n/a   | n/a   | 35.9↓ | n/a   |
| Level 3  | SMT   | TRP   | TUM   | DMT   |
| Blue     | 39.3+ | 28+   | 37.3+ | 38+   |
| Red      | 38.2+ | 23.5+ | 35.6  | 36.5+ |
| Green    | 38.1↓ | 23.4↓ | 35.5↓ | 36.4↓ |
| Level 3A | SMT   | TRP   | TUM   | DMT   |
| Blue     | n/a   | 28.5+ | 37.3+ | 39.5+ |
| Red      | n/a   | 25.5+ | 35.6  | 38.5+ |
| Green    | n/a   | 25.4↓ | 35.5↓ | 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 26 for information.
- **NSW Senior 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.

| Place  | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Points | 10              | 6               | 4               | 3               | 2               | 1               |



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

| Level 4-7 TRP/TUM/DMT  |  |
|--|--|
| <p><b>Trial Events</b><br/>1<sup>st</sup> - 3<sup>rd</sup> place awards for each discipline</p>  | <p><b>State Championships</b><br/>1<sup>st</sup> - 6<sup>th</sup> place awards for each discipline</p> |
| <p><i>To be eligible to receive an award an athletes must meet the following criteria: TRP athletes must complete a minimum of 7 skills in each routine, Double Mini Athletes must complete a minimum of 3 skills over 2 passes and Tumbling Athletes must complete a minimum of 6 skills per pass (if completing an 8-skill pass) or 4 skills (if completing a 5-skill pass) at the discretion of the CJP of that discipline.</i></p> |  |

| National Levels & International Age Season   |  |
|--|--|
| National Levels 5-7 & International Age Divisions  |  |
| <p><i>(All National Levels &amp; International Age Divisions will compete and be awarded as individual categories).</i></p>  |  |
| <p><b>Trial Events</b><br/>1<sup>st</sup> - 3<sup>rd</sup> Place awards for each discipline</p>  | <p><b>State Championships</b><br/>1<sup>st</sup> - 6<sup>th</sup> Place awards for each discipline</p> |
| <p><i>To be eligible to receive an award an athletes must meet the following criteria: TRP athletes must complete a minimum of 7 skills in each routine, Double Mini Athletes must complete a minimum of 3 skills over 2 passes and Tumbling Athletes must complete a minimum of 6 skills per pass (if completing an 8-skill pass) or 4 skills (if completing a 5-skill pass) at the discretion of the CJP of that discipline.</i></p> |  |

## 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 2024 we will hold a Regional Champion Teams event. Regions are asked to select three (3) athletes for each level and discipline from their regional/zone events to represent the region at the State Levels Championships. 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.

- Each region/zone will select 1 team of 3 athletes (minimum 2 athletes) per level per discipline as per the below table. Teams can be combined gender male/female.

| 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 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 National Championships as long as they can provide proof of injury and clearance to compete at the event, and have achieved the relevant selection score. Permission must be sought via the [online form](#) **within 24hrs of the conclusion of the 2<sup>nd</sup> trial**.

All State Team Members will be required to attend State Team Training (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 Training may no longer be eligible to travel and compete with the NSW State Team.

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 NSW 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 the TRP Selection Committee is subject to ratification by NSW TRP GYMSPORT COMMITTEE and the GYMNASTICS NSW 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 NSW 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 NSW TRP GYMSPORT COMMITTEE and the GYMNASTICS NSW 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 and State team trainings.

### **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 1-3 Full Clarifications and Regulations 2024

## Note: New (A) Level additions in TRP, TUM & DMT

- 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

| Level 1  |
|--|
| <ol style="list-style-type: none"> <li>1. Seat landing</li> <li>2. Feet</li> <li>3. Tuck jump</li> <li>4. ½ twist jump</li> <li>5. Straddle *</li> <li>6. Seat landing</li> <li>7. Feet</li> <li>8. Tuck jump</li> <li>9. ½ Twist</li> <li>10. Straddle</li> </ol> <p>*Athletes can perform a 'check' after skill 5 and then complete straight jumps before skill 6 (ie. Two x 5 skill routines)</p> |

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 encourage the routine to be completed as a 10 skill combination.

### Level 2

Athletes to select **ONE** routine from the two options presented below.

| Level 2 Option 1   | Level 2 Option 2  |
|--|---|
| <ol style="list-style-type: none"> <li>1. Seat landing</li> <li>2. To front landing</li> <li>3. Feet</li> <li>4. Tuck jump</li> <li>5. Seat landing</li> <li>6. Swivel hips</li> <li>7. Feet</li> <li>8. Straddle jump</li> <li>9. Back landing</li> <li>10. Feet</li> </ol> | <ol style="list-style-type: none"> <li>1. Seat landing</li> <li>2. ½ to feet</li> <li>3. Tuck jump</li> <li>4. Front landing</li> <li>5. Feet</li> <li>6. Pike jump</li> <li>7. ½ twist</li> <li>8. Straddle jump</li> <li>9. Back landing</li> <li>10. Feet</li> </ol> |



**Level 3**

**One optional routine only in NSW competition.**

Level 3 required elements are:

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

Degree of Difficulty (DD) information

- Minimum DD = 0.9
- Max DD = 1.3
- 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 = 1.1             | DD=1.1               |

**Level 3A**

**One optional routine only in NSW Competitions**

Level 3A 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 = 1.4
- Max DD = 1.8
- 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. Swivel hips                 |
| 7. Swivel hips            | 7. ½ to feet                   |
| 8. Stand to feet          | 8. ½ twist                     |
| 9. Straddle               | 9. Straddle                    |
| 10. Front sault pike      | 10. Front sault pike or Barani |
| DD=1.4                    | DD = 1.7                       |



### **Levels 4-10**

Trampoline competition shall consist of 2 voluntary routines.

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

The 1<sup>st</sup> routine requirements are as per the National Levels requirements. The 2<sup>nd</sup> 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               | 0.9                  |
| 4     | 4.2               | 1.9                  |
| 5     | 5.7               | 4.3                  |
| 6     | 7.0 Women/7.7 Men | 5.8                  |
| 7     | 8.7 Women/9.6 Men | 7.1 Women /7.8 Men   |
| 8     | Unlimited         | 8.8 women / 10.0 men |
| 9-10  | Unlimited         | 8.8 women / 10 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**

**Pass 1** - Forward roll tuck, forward roll tuck, jump ½ turn backward roll tuck, straight jump.

**Pass 2** - Athletes can either repeat Pass 1 again **OR**

Compete 1 x optional pass that must be 5 elements with skills to come from the list below:

- Forward roll
- Backward roll
- Cartwheel
- Handstand
- Straight jump
- Tuck jump
- Pike jump
- ½ turn jump
- **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 1<sup>st</sup> skill of the optional pass.

#### **Level 2**

**Pass 1** – Handstand, forward roll step out, cartwheel, cartwheel step in, backward roll tuck





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

- Roundoff
- Forward roll
- Backward roll
- Cartwheel
- Handstand
- Straight jump
- Tuck jump
- Pike jump
- ½ turn jump
- **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 1<sup>st</sup> skill of the optional pass.

**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](https://www.youtube.com/watch?v=MaLKYkoig_s)

**Tumbling Levels 4-10**

- Consist of 2 x 5 skill passes as per the NLS requirements (optional 8 skill bonus second pass)

**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                                 |
|----------------|-----------------|-----------------|--|
| <b>Level 1</b> | Tuck Jump       | Pike Jump       | Straddle Jump                          |
| <b>Level 2</b> | Straddle Jump   | ½ Twist Jump    | Pike Jump                              |
| <b>Level 3</b> | Full Twist Turn | Optional Pass 2 | Optional Pass 3 (Must be a somersault) |

### 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.

|                 |               |   |                                     |
|-----------------|---------------|---|-------------------------------------|
| <b>Level 3</b>  | <b>Pass 1</b> | Spotter Tuck Jump                         | Dismount ½ Twist Jump               |
|                 | <b>Pass 2</b> | Spotter Full Twist Turn                   | Dismount Straddle Jump              |
| <b>Level 3A</b> | <b>Pass 1</b> | Mount/Spotter Tuck, Straddle or Pike jump | Dismount Front Sault (Tuck or Pike) |
|                 | <b>Pass 2</b> | Mount/Spotter Somersault                  | Dismount Tuck Jump                  |

### 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   |
|-------|-------------------|---------------------|--|
| 2     | n/a               | n/a                 | Compulsory passes  |
| 3     | n/a               | n/a                 | Compulsory passes  |
| 3A    | 1.8               | 1.0                 | Single somersaults only are permitted with a maximum of ½ twist  |
| 4     | 2.8               | 1.9                 | Double saults are not allowed in Level 4. If performed will receive zero (0) difficulty for the element. |
| 5     | 3.9               | 2.9                 |  |
| 6     | 5.9 Women/6.6 Men | 4.0                 |  |
| 7     | 7.5 Women/9.1 Men | 6.0 Women / 6.7 Men |  |
| 8     | Unlimited         | 7.6 Women / 9.2 Men |  |
| 9-10  | Unlimited         | NA                  |  |
|       |                   |                     |  |

