



Trampoline Gymnastics

CANADIAN COMPETITION RULES

2026 Version 1.0 - December 14, 2025



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1.0 INTRODUCTION

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

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

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

- FIG TRA Code of Points 2025-2028 (Valid through Dec 31, 2028)
- Appendix to Codes of Points (COP)
- FIG Apparatus Norms - Section 2.4 Trampoline Gymnastics
- FIG General Judges' Rules - Cycle 2025-2028 (Valid through Dec 31, 2028)
- FIG TRA Specific Judges Rules 2025-2028 (Valid through Dec 31, 2028)
- FIG TRA World Age Group Competitions Rules 2025-2028 (Valid through Dec 31, 2028)
- FIG TRA World Cup Rules 2025-2028
- FIG TRA World Cup 2025-2028
- Nationals Team Finals (rules and charts)
- 2026 TG Canadian Pathways

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

2.0 GENERAL RULES

The following rules apply to all disciplines.

2.1 INDIVIDUAL COMPETITION FINALS

- 2.1.1 The competitors (or in Synchronized competition, the pairs) with the 10 (ten) best scores from the Preliminaries will go forward to the Final. There is no limit of 2 (two) competitors per club or per province.
- 2.1.2 Fresh start finals will be applied at Elite Canada. Finalists are determined by the Preliminary Round.
- 2.1.3 At Canadian Championships and the Third Domestic Trial (when applicable), the total score from preliminaries and finals (preliminaries + finals) will be cumulative for ranking.
- 2.1.4 Start order for all finals will be reverse order of merit.
- 2.1.5 During events where the format is fresh start finals, a minimum score to qualify for finals must be met, given in the chart below.

Score Based on Q1	L5/Novice	L6	L7	Junior	Senior
TRI Women	51.0	52.6	31.5	53.6	33.0
TRI Men	51.0	54.6	34.5	56.6	36.0
TUM Women	33.4	35.2	–	36.0	36.6
TUM Men	33.4	35.6	–	37.6	39.5
DMT Women	37.4	39.8	–	41.6	42.6
DMT Men	37.4	40.4	–	42.4	45.8
TRS Women	24.0	25.0	–	–	29.0
TRS Men	25.0	27.0	–	–	31.0
TRS Mixed	24.0	–	–	–	29.0

2.2 AWARD CEREMONIES

- 2.2.1 All gymnasts who are not present for their award (medal or ribbon) will not receive their award and may not receive the credit or their score obtained during the competition, unless given special permission in advance from a GymCan representative. This decision will be taken by the Trampoline & Tumbling Program Committee (TTPC).
- 2.2.2 Awards will not be handed out for Third/Technical Trials.

2.3 EXERCISES

- 2.3.1 GymCan compulsory exercises are set for Levels 1-4 and will be considered an interruption if not performed exactly as written. GymCan requirements will apply to some National Categories in all disciplines.
- 2.3.2 For each missing requirement, the difficulty judges will apply a penalty of 2.0. In case of an incomplete exercise, a penalty for missing requirement(s) will apply only if the missing requirements could not have been completed in the missing element(s).
- 2.3.3 For Levels 1-4, repetition of a 0.1 difficulty element will result in a penalty of 0.4 in addition to the loss of difficulty of the repeated element.
- 2.3.4 For Levels L5 to Senior, if minimum DD is not performed, a penalty of 0.1 per 0.1 under minimum DD will be applied to that exercise. On TUM/DMT this

penalty will be maximum 1.0 per exercise, on TRA there will be no maximum. This deduction will be applied by the DD judges.

2.3.5 The FIG limit of difficulty per element will not be applied within Canada.

2.4 REQUIRED POSITIONS IN ELEMENTS

2.4.1 A straddle position may only be performed as a jump, and is defined as follows: The angle between the upper body and thighs must be equal to or less than 135° , the angle between the thighs and the lower legs must be greater than 135° , and the angle between the legs must be between 65° and 175° . If the legs are narrower than 65° the jump will be considered pike, and if the legs are wider than 175° the jump will be considered straight, and therefore an interruption.

2.5 DRESS FOR COMPETITORS

- 2.5.1 Any violation of Canadian dress code rules will result in a FIG dress code penalty which will be deducted from the total score of any of the exercises where the violation occurs.
- 2.5.2 Taping of jewelry is not adequate. Medic alert bracelets as well as Blood Glucose Sensors can be worn but must be taped.
- 2.5.3 When warm up is conducted in the competition gym all competitors and coaches must dress in competition attire or equivalent. A violation of this dress code will result in a penalty of 0.2 deducted from the total score of the first exercise.
- 2.5.4 At club events (Elite Canada), athletes must wear their club competition attire in Preliminaries.
- 2.5.5 At Nationals, athletes must wear their province competition attire in Preliminaries. In Finals, athletes have the right to choose their competition attire; it must not be a competition attire from another country; the right to wear the current or any past National Team competition attire is reserved only to athletes that are currently or have been member of a Canadian Team (World Championships, World Age Group Competition and/or international competitions); current members of the National Team must wear the competition attire of the current sponsor in final rounds of competition at all domestic trial events.
- 2.5.6 Any violation of dress code will result in a penalty of 0.2 pts which will be deducted from the total score of any of the exercises where the violation occurs.
- 2.5.7 Attire for awards ceremony will be full Club track suit or National Team track suit (only for athletes on the current Junior or Senior National Teams) at Elite Canada. At National Championships, attire will be full Provincial Track suit, or National Team tracksuit (only for athletes on the current Junior or Senior National Teams). A violation of this dress code will result in the athlete not receiving their award.
- 2.5.8 Silicone socks/shoes are not permitted.

2.6 SAFETY REQUIREMENTS

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



2.7 RECORDERS & SECRETARIAT

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

3.0 THE JUDGES' PANEL

3.1 COMPETITION JURY

- 3.1.1 The Competition Jury list must be posted before the start of the competition.
- 3.1.2 A 4 execution judge system will be used, with the highest and lowest scores per element being removed.
- 3.1.3 Chair of the Panel: Decide and apply penalty for unsportsmanlike conduct of 0.6. Penalty could include disqualification and/or removal from the venue. Examples of unsportsmanlike conduct include: swearing, disrespectful or unsafe behavior towards officials, coaches, other competitors or volunteers, at any time on the field of play.

3.2 PROCESS FOR INQUIRY/PROTESTS

- 3.2.1 Only written protests will be allowed. Process for Inquiry/Protest forms will be provided to coaches at the head event table. Forms must be completed and submitted to designated GymCan staff.
- 3.2.2 Protests can only be made for Degree of Difficulty scores. They may not be made for Execution, Horizontal Displacement, or Time of Flight scores, except in the case of an obvious error in calculation.
- 3.2.3 Protests can only be made by coaches for their own personal athletes.
- 3.2.4 It will be the CJP's responsibility to confer with the Difficulty Judges to determine if a protest is a legitimate concern requiring review, or if it is unfounded and a video review is not required.

3.3 DUTIES OF THE JUDGES FOR DIFFICULTY

- 3.3.1 Bonuses must be calculated and must appear in a special box identifying the bonus. Bonus should not be combined with difficulty, but will be added to the total score for the exercise in which it was earned.
- 3.3.2 Apply deductions as per section 2.3.



4.0 TRAMPOLINE (TRI AND TRS)

4.1 SYNCHRONIZED COMPETITION

4.1.1 In synchronized competition, pairing from different provinces is permitted for all National Levels

4.2 NON-STANDARD FIG CODE

4.2.1 For elements landing on the seat (L) front (F) or back (B), or for an element returning to feet (↑) from one of these landings, the appropriate symbol should be used in place of the position in the FIG code. For example, ½ turn to stomach is written “1 1F” and ½ turn to feet (from seat drop) is written “-1↑”

5.0 TUMBLING (TUM)

5.1 EXERCISES

- 5.1.1 Voluntary exercises consist of 3, 5, or 8 elements as noted in the Canadian Pathways.
- 5.1.2 FIG special requirements will only apply to the Senior category.

5.2 INTERRUPTION OF AN EXERCISE

- 5.2.1 In Levels 1-4, exercises will not be **interrupted** if a slight foot bounce occurs during a front somersaulting walkout element but will instead receive a 1.0 penalty.
- 5.2.2 In Level 1 only, exercises will not be terminated if the athlete performs an element without somersault rotation.
- 5.2.3 In Level 1-2 only, the penalty for failing to perform the final element from the tumbling track to the landing zone will not be applied.
- 5.2.4 In Level 1-2 only, a salto at the end of an exercise will not be considered a whip back if performed below shoulder height. It will be interpreted as the athlete attempting to complete an end element (eg back layout) but maximum deductions in execution will apply.

5.3 SCORING

- 5.3.1 In Level 1, for all non-inverted elements, the difficulty value of each half twist will be 0.1.
- 5.3.2 Execution for all exercises will be scored out of 10.0. For each incomplete element, an additional 1.0 will be deducted. For example, in a 5 element exercise, if only 3 elements are completed, the maximum execution score will be 8.0.
- 5.3.3 In a 3 element exercise, if no attempt is made to perform the 3rd element, the score for the exercise will be 0. If an attempt is made but the element is incomplete, the exercise will have a maximum execution score of 9.0 as per the above.

5.4 DUTIES OF THE JUDGES FOR EXECUTION

- 5.4.1 In Level 1 only, a one foot landing in a straight bounce will receive a 0.3 deduction for the landing.
- 5.4.2 A straight jump as a final element should be judged as an element in addition to landing deductions. The execution for a straight bounce will use
 - 0.1 max deduction for legs
 - 0.1 max deduction for arms
 - 0.1 max deduction for body



6.0 DOUBLE MINI TRAMPOLINE (DMT)

6.1 DUTIES OF THE JUDGES FOR DIFFICULTY

- 6.1.1 Judges for difficulty will clearly mark when an athlete has completed any mobility requirements. This marking will be reflected on the final score sheet.

7.0 TIE BREAKING RULES

Ties will be broken by comparing the athletes in question against the following criteria point by point until one athlete has prevailed.

7.1 TRA (TRI AND TRS)

In case of a tie in Q1, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the scores of the two exercises.
2. For Levels 1-6 and Junior only, the gymnast with the higher second routine score.

In case of a tie in finals, or if there is still a tie in Q1, the ranking will be determined by the following criteria applied to the second exercise (Levels 1-6 and Junior) or the counting exercise (Level 7 and Senior):

3. The gymnast with the higher T score (or S score for TRS)
4. The gymnast with the higher H score
5. The gymnast with the higher D score

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

7.2 TUM AND DMT

In case of a tie in Q1, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of D scores from both exercises
2. The gymnast with the higher sum of E scores from both exercises
3. The gymnast with the lower sum of CJP penalties from both exercises
4. The gymnast with the highest single D score from either exercise

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

In case of a tie in finals, the ranking will be determined by the following criteria

1. In a cumulative event, the gymnast with the higher score from the finals round
2. In a fresh start event, the gymnast with the higher ranking from Q1
3. The gymnast with the higher score from the second finals exercise
4. The gymnast with the higher score from the second Q1 exercise

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

8.0 APPENDIX A: CODE OF POINTS ERRATA

This appendix outlines both missing information and corrections to the June 2nd 2025 version of the FIG Code of Points. All items included here have been confirmed by the FIG Technical Committee as either errors or omissions in the original document.

8.1 TRA (TRI AND TRS)

20.2.1.2 – Position of the Legs

- All of these deductions are added up to a maximum of ~~-0.3~~ -0.5 points.

8.2 TUM

12.3 – Split Legs Position

- Double somersaults, with or without twist, in straight position may be performed with legs separated (split legs). ~~A minimum angle of 90°~~ **An angle greater than 60°** between the two legs must be reached for this element to be considered different to the straight position.

19.2.1.1 – Position of the Arms

- All these deductions are added up to a maximum of -0.1 points.

19.2.1.2 - Position of the legs in a split leg element

- Angle between legs is more than 60° and less than or equal to 90° -0.2
- Angle between legs is more than 90° and less than or equal to 135° -0.1
- Angle between legs is greater than 135° No deduction

8.3 DMT

19.2.1.1 – Position of the Arms

- All these deductions are added up to a maximum of - 0.1 points.

19.2.1.3 – Opening of the Element

- A tuck or pike element is considered as open when the angle between the legs and the upper body reaches ~~180°~~ **an angle greater than 170° and less than or equal to 190°**. This straight position must be showed, at the latest, at 1 o'clock. If this angle is reached after 1 o'clock or it is never reached, then the element will receive a -0.2 points deduction.