



TG Canadian Pathways

2020-2021

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[September 18 changes](#)

[July/August changes](#)



1.0 INTRODUCTION

The TG Canadian Pathways are designed to help athletes progress in all TG disciplines: Trampoline, Synchronized Trampoline, Tumbling and Double Mini Trampoline.

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2.0 GENERAL INFORMATION

2.1 MOBILITY

- The highest category an athlete may enter the sport is Level 4, unless granted by a petition.
- To enter any category above Level 4 the athlete must meet the mobility requirements of the previous category.
- Mobility requirements must all be met at the same time (total preliminary score, DD, and required elements).
- Age splits for Level 1 to Level 6 are set by the PTO based on registration numbers. Recommended age splits are listed in the charts under 3.0 to 6.2. National Events (Elite Canada, Canadian Championships) age splits are also listed for Level 5 to Senior.
- Age is determined by the participant's age as of December 31 of the competition year

2.2 MOBILITY OPPORTUNITIES

- L4 athletes have the opportunity to mobilize in their first 5 competitions they participate in each season; examples of mobility events are listed below:
 - Minimum 2, maximum 3 Provincial Cups.
 - Provincial Championships.
 - Eastern or Western Canadian Championships.
 - 1 out-of-province Cup.
 - L5 and higher have the following additional opportunities to mobilize: Elite Canada, Canadian Championships or any International meets recognized by GymCan.

2.3 QUALIFICATION SCORES

- Provinces may not set additional qualification scores for attendance to National competitions.
- Provinces may choose to have qualification scores and/or rules for their own Provincial Championships.
- Provinces may set funding scores and/or team requirements for Provincial funding.
- Provinces are responsible to provide to GymCan after each Provincial Cup (trial), the list of athletes that have met mobility. Not providing this information to GymCan will render the athlete not eligible to compete in the new category.
- Host Provinces are required to send results of visiting athletes to GymCan.
- An athlete's home Province is required to notify GymCan of any out-of-Province events athletes



are registered for before the event occurs.

2.4 ELIGIBILITY FOR NATIONAL COMPETITIONS

- Athletes must attend a minimum of 1 Provincial Cup and or Provincial Championships in the current competitive season to be eligible to attend Canadian Championships. Any petitions to attend Canadian Championships (medical petitions only) must be approved and submitted to GymCan by the PTO for L5-Senior. All petitions for Junior and Senior National Team Members can be sent directly to GymCan.
- Rules in all categories involving mobility must be identical, no exceptions are allowed in these categories, if so, mobility will not be granted.
- Athletes must have met the mobility requirements for their category in order to be eligible to compete at Elite Canada or Canadian Championships.
- Any petitions to enter the sport in a category above Level 4 or to move down a category must be made to GymCan via the athlete's Provincial T&T Technical Committee.

2.5 ELIGIBILITY FOR INTERNATIONAL COMPETITIONS

- Athletes from Level 3 are allowed to take part at non-FIG sanctioned activities hosted in USA. They must represent either their club or their province but not Canada. These activities will not count for mobility.
- Athletes who have met the mobility requirements for Level 5 (Novice) to Senior are eligible to attend international invitational activities (competitions, camp, etc.) as representatives of their club or province, only if they have already competed in category Level 5 (Novice) to Senior at a Canadian Team Trial and have hit the International travel score in the previous or current competition season. International travel scores can be found in the document Qualifying Standards.
- To be allowed to compete internationally, athletes must also be competing and supporting the national competitions.
- For all international activities, a sanction form must be filled and sent to GymCan with payment at least 2 months prior the activity.

2.6 ELIGIBILITY FOR CANADIAN NATIONAL TEAM

- Athletes must meet qualification scores and requirements as well as rankings required for a specified competition. Team selection documents and rules will be circulated separately.
- World Age Group Teams and Indo's Teams will be selected from Level 5 (Novice), Level 6 (Espoir), Junior, Level 7, or Senior categories. Please note that athletes in levels L6 and above with standards will be granted priority as listed in the Qualifying Standards Document.
- Junior Teams will be selected from Junior category only with gymnasts from 13-16 years old.
- U21 Teams will be selected from Level 7 and Senior categories if an opportunity becomes available for U21 athletes.
- Senior Teams will be selected from Senior category only.

2.7 REGULATIONS

- This is only a summary of the regulations.
- For complete rules refer to the FIG Code of Points and section 5 of the Trampoline & Tumbling Program Regulations



3.0 TRAMPOLINE CATEGORIES

3.1 LEVEL 1 TO 4 REQUIREMENTS (TRAMPOLINE)

CATEGORY	LEVEL 1		LEVEL 2		LEVEL 3		LEVEL 4	
Recommended Min. Age	8		8		8		8	
Maximum Age	None		None		None		None	
Recommended Age Split	12U, 13+		12U, 13+		14U, 15+		14U, 15+	
Mobility Requirements	None		None		None		None	
Preliminary Round (Compulsory Routine)	4 - o -- o -- L - 1 L - 1 ↑ -- < 1 - F 1 - ↑ -- v 4 - < OR 4 1 o	Back Tuck Tuck Jump Seat Drop ½ Twist To Seat ½ Twist To Feet Pike Jump Front Drop To Feet Pike Straddle Jump Front Pike OR Barani Tuck	4 - / 4 - o 4 1 o -- o 4 1 < 4 - < -- L - 1 ↑ -- < 4 1 /	Back Straight Back Tuck Barani Tuck Tuck Jump Barani Pike Back Pike Seat Drop ½ Twist To Feet Pike Jump Barani Straight	4 1 / 4 - < 4 - / -- o 4 1 o 4 - o 4 1 < -- < 3 - / 5 1 o	Barani Straight Back Pike Back Straight Tuck Jump Barani Tuck Back Tuck Barani Pike Pike Jump ¾ Front Straight Barani Ballout Tuck	7 - - o 5 1 o 4 - o 4 1 / 4 - / 4 - < 4 1 < -- o 3 - / 5 - o	1 ¾ Front Tuck Barani Ballout Tuck Back Tuck Barani Straight Back Straight Back Pike Barani Pike Tuck Jump ¾ Back Straight Cody Tuck
Preliminary Round (Voluntary Routine)	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG Repetition Rules 							
Final Round								
Minimum DD	1.5		3.6		4.5		6.0	
Maximum DD	3.6		4.5		6.0		7.4	
Specific Rules	<ul style="list-style-type: none"> The compulsory routine will be considered interrupted if it is not performed using required sequence as written above. Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed. In categories Level 1 to 4 a bonus equivalent to the DD performed will be given in voluntary and final routines. SCORING: ALL BONUSSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. Time of Flight and Horizontal Displacement are part of the score calculation in each routine for categories Level 1 to 4. 							



3.2 LEVEL 5-6, REQUIREMENTS (TRAMPOLINE)

CATEGORY		LEVEL 5 (NOVICE)	LEVEL 6 (ESPOIR)
Minimum Age		11	11 (recommended 13)
Maximum Age		None	16
Age splits at National Events		14U, 15-16, 17+	14U, 15-16
Mobility Requirements		Must meet L5 (Novice) mobility requirements in L4 to enter	Must meet L6 mobility requirements in L5 to enter
Preliminary Round	1 st Voluntary Routine	<ul style="list-style-type: none"> 10 different elements, only one (1) element allowed with less than 270 somersault rotation FIG repetition rules The requirements must be performed as separate elements <p><u>REQUIRED ELEMENTS</u></p> <ul style="list-style-type: none"> 1 element landing on the front or back 1 element taking off from the front or back 4 2 Back Full 4 3 Rudy 4 1 < Barani Pike 	<ul style="list-style-type: none"> 10 different elements, only one (1) element allowed with less than 270° somersault rotation. FIG repetition rules The requirements must be performed as separate elements <p><u>REQUIRED ELEMENTS:</u></p> <ul style="list-style-type: none"> 1 element landing on the front or back 1 element taking off from the front or back- (in combination with element above) 1 forward or backward double somersault (720°) with or without twist 1 element with at least 540 ° twist
	2 nd Voluntary Routine	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules <p><u>REQUIRED ELEMENT:</u> 1 forward or backward double somersault (720°) with or without twist</p>	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules
Final Round		<ul style="list-style-type: none"> Finals recommended for all Provincial Cups & Championships 1 voluntary routine of 10 elements FIG repetition rules 	
Minimum DD		7.0	Women: 8.8 / Men 9.6
Maximum DD		Women: 9.4 / Men 10.2	Women: 11.2 / Men 13.5
Specific Rules		<ul style="list-style-type: none"> If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the voluntary routine score. This deduction will be applied by the DD judges. In all categories the penalty for not completing any required element(s) is 2.0 per requirement applied by the difficulty judges. Time of Flight and Horizontal Displacement are part of the score calculation in each routine for Level 5 (Novice) and Level 6 (Espoir) categories. 	



3.3 JUNIOR, LEVEL 7 & SENIOR REQUIREMENTS (TRAMPOLINE)

CATEGORY		JUNIOR	LEVEL 7 (OPEN)	SENIOR
Minimum Age		13	17	17
Maximum Age		16	None	None
Mobility Requirements		Must meet Junior mobility requirements in L6 to enter	Must meet Level 7 mobility requirements in L5. From L6 or Junior age 17+	Must meet Senior mobility requirements in L6, Junior, or L7 to enter
Preliminary Round	1st Voluntary Routine	<ul style="list-style-type: none"> 10 different elements, only one (1) element allowed with less than 270° somersault rotation. FIG repetition rules The requirements must be performed as separate elements REQUIRED ELEMENTS: <ul style="list-style-type: none"> 1 element landing on the front or back 1 element taking off from the front or back 1 forward or backward double somersault (720°) with or without twist 1 element with at least 540 ° twist 	<ul style="list-style-type: none"> 10 different elements which must contain min. 270° of somersault FIG repetition rules The requirements must be performed as separate elements REQUIRED ELEMENTS: <ul style="list-style-type: none"> 1 forward or backward double somersault (720°) with or without twist 1 element with at least 540 ° twist Two (2) elements (can be combined with other required elements) will have the difficulty value added to the total score. These must be identified with their DD value on the competition card and cannot be repeated in the 2nd voluntary routine. 	<ul style="list-style-type: none"> 10 different elements which must contain min. 270° of somersault FIG repetition rules <p>*Four (4) elements will have the difficulty value added to the total score. These must be identified with their DD value on the competition card and cannot be repeated in the 2nd or 3rd voluntary routine.</p>
	2nd Voluntary Routine	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules 	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules 	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements, which must contain min of 270° of somersault FIG repetition rules
	3rd Voluntary Routine (National Events only)			<ul style="list-style-type: none"> Same as above
Final Round		<ul style="list-style-type: none"> Finals recommended for all Provincial Cups & Championships 1 voluntary routine of 10 elements FIG repetition rules 		
Minimum DD		Women: 9.5 / Men: 11.2	Women: 8.8 / Men: 9.6	Women: 11.2 / Men: 13.5
Maximum DD		None	None	None
Specific Rules		<ul style="list-style-type: none"> If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the voluntary routine score. This deduction will be applied by the DD judges. In all categories the penalty for not completing any required element(s) is 2.0 per requirement applied by the difficulty judges. Time of Flight and Horizontal Displacement are part of the score calculation in each routine for Junior, L7 and Senior categories. 		



TRAMPOLINE MOBILITIES

TRAMPOLINE WOMEN

FROM	TO	SCORE	DD	REQUIREMENT
L4	L5	88.0 (DDx2)	7.0	1 double salto
L5	L6 or L7	85.0	8.8	None
L6	Junior	87.8	9.5	None
L6 or Junior	L7	By age 17+		
L6 or Junior	Senior	90.0	11.2	None
L7	Senior	91.2	11.2	None

TRAMPOLINE MEN

FROM	TO	SCORE	DD	REQUIREMENT
L4	L5	90.0 (DDx2)	7.0	1 double salto
L5	L6 or L7	87.7	9.6	None
L6	Junior	91.6	11.2	None
L6 or Junior	L7	By age 17+		
L6 or Junior	Senior	95.0	13.5	None
L7	Senior	96.2	13.5	None



4.0 SYNCHRONIZED TRAMPOLINE CATEGORIES

4.1 LEVEL 1 TO 4 REQUIREMENTS (SYNCHRO)

CATEGORY	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Recommended Minimum Age	8	8	8	8
Maximum Age	None	None	None	None
Recommended Age Split	12U, 13+	12U, 13+	14U, 15+	14U, 15+
Mobility Requirements	None	None	None	None
Preliminary Round (Voluntary Routine)	<ul style="list-style-type: none"> • 1 voluntary routine of 10 elements <ul style="list-style-type: none"> • FIG Repetition Rules 			
Final Round				
Minimum DD	1.5	3.6	4.5	6.0
Maximum DD	3.6	4.5	6.0	7.4
Specific Rules	<ul style="list-style-type: none"> • Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed. • In categories Level 1 to 4 a bonus equivalent to the DD performed will be given in voluntary and final routines. SCORING: ALL BONUSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. • Synchro Score and Horizontal Displacement are part of the score calculation in each routine for categories Level 1 to 4. 			



4.2 LEVEL 5, 6 & SENIOR REQUIREMENTS (SYNCHRO)

CATEGORY		LEVEL 5	LEVEL 6	SENIOR
Minimum Age		11	Min age 11 (recommended age 13)	17 (one athlete in the pair)
Maximum Age		None	None	None
Age splits at National Events		None	None	None
Mobility Requirements		Both athletes must meet Level 5 (Novice) mobility requirements in TRI to enter. Open to TRI L5 athletes only.	One athlete in the pair must be TRI L6, Junior or Level 7 , (open to L5 TRI athletes if paired with a TRI L6, Junior or L7). Senior TRI athletes are ineligible.	One athlete in the pair must be TRI Senior. (open to Junior and L7 if paired with a TRI Senior)
Preliminary Round	1st Voluntary Routine	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules 	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules 	<ul style="list-style-type: none"> 1 voluntary routine of 10 different elements which must contain min of 270° of somersault FIG repetition rules 4 elements will have the difficulty value added to the total execution score. These must be identified with their DD value on the competition card and cannot be repeated in the 2nd voluntary routine.
	2nd Voluntary Routine	None	None	<ul style="list-style-type: none"> 1 voluntary routine of 10 elements which must contain min of 270° of somersault FIG repetition rules
Final Round			<ul style="list-style-type: none"> 1 voluntary routine of 10 elements FIG repetition rules 	
Minimum DD		6.5	Women: 7.8 / Men: 8.5	Women: 9.0 / Men 9.7
Maximum DD		Women: 9.4 / Men 10.2	Women: 10.9 / Men: 13.1	None
Specific Rules		<ul style="list-style-type: none"> If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the voluntary routine score. This deduction will be applied by the DD judges. In all categories the penalty for not completing any required element(s) is 2.0 per requirement applied by the difficulty judges. Synchro Score and Horizontal Displacement are part of the score calculation in each routine for Level 5, Level 6 and Senior categories. 		



5.0 TUMBLING CATEGORIES

5.1 LEVEL 1 & 2 REQUIREMENTS (TUMBLING)

CATEGORY	LEVEL 1	LEVEL 2
Minimum Age	8	8
Maximum Age	None	None
Recommended Age Split	12U, 13+	12U, 13+
Mobility Requirements	None	None
Preliminary Round (Compulsory Pass)	(f Backspring f Backspring f Backspring f Backspring *Followed by a straight jump as a requirement	(^ Whip f Backspring f Backspring - o Back Tuck
Preliminary Round (Voluntary Pass)	1 voluntary pass of 5 elements • FIG repetition rules • No salto required *** • Maximum 1 salto • No element with twist	1 voluntary pass of 5 elements • FIG repetition rules • Minimum 1 salto • Maximum 2 saltos • Maximum element of 0.9 Bonus of 0.3 for competing the max DD
Final Round		
Minimum DD	0.5	1.0
Maximum DD	1.0	1.4
Specific Rules	<p>** In the voluntary or final pass, whips can be placed anywhere with the exception of the last element. *** In Level 1, if the voluntary pass doesn't end with a salto, it must be followed by a straight jump as this is a required element. A one-foot landing will only receive a 0.3 deduction, which will be the maximum for steps instability. All other levels MUST end in a salto.</p> <ul style="list-style-type: none"> • The compulsory pass will be considered interrupted if not performed using the sequence written above. • Minimum DD's are expected and should be adhered to. No penalty will apply if minimum DD is not performed. • In all categories the penalty for not completing any required element(s) is 3.0 per requirement applied by the difficulty judges. • SCORING: ALL BONUSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. • There will be a 3.0 penalty applied by the DD Judge for performing a restricted element; however, the athlete will still get the DD for the element up to the maximum for the category. • No deduction will be applied for landing on the track in L1 and L2 (Section 17.3 in the Code of Points will not be applied) 	



5.2 LEVEL 3 & 4 REQUIREMENTS (TUMBLING)

CATEGORY		LEVEL 3	LEVEL 4	
Minimum Age		8	8	
Maximum Age		None	None	
Recommended Age Split		14U, 15+	14U, 15+	
Mobility Requirements		None	None	
Preliminary Round (Compulsory Pass)	(^ ^ f f f f - o	Round off Whip Whip Spring Spring Spring Spring Back Tuck	(^ ^ ^ ^ f f f - /	Round off Whip Whip Whip Spring Spring Spring Back Straight
Preliminary Round & Final Round (Voluntary Pass 1)	1 voluntary pass of 8 elements • FIG repetition rules • Minimum 3 saltos • Maximum 5 saltos • Maximum element 0.9 Bonus of 0.3 for competing the max DD		1 voluntary pass of 8 elements • FIG repetition rules • Minimum 4 salto • Maximum element of 2.0 Bonus of 0.3 for competing the max DD	
Minimum DD	1.5		1.7	
Maximum DD	2.0		2.5	
Preliminary Round & Final Round (Voluntary pass 2)	1 voluntary pass of 3 elements • FIG repetition rules DO NOT apply • Minimum 1 salto • Maximum element of 1.3		1 voluntary pass of 3 elements • FIG repetition rules • Minimum 1 salto • Maximum element 2.2 Bonus of 1.0 for a double salto	
Minimum DD	1.1		1.3	
Maximum DD	1.5		2.4	
Specific Rules	<ul style="list-style-type: none"> For L3 & L4, the expectation is to have athletes compete the compulsory pass as well as both voluntary passes once at all Provincial Cups. At all Championships, the expectation is to compete a 2 pass preliminary (compulsory + voluntary 1) and a 2 pass Final (Voluntary 1 & 2). The compulsory pass will be considered interrupted if not performed using the sequence written above. Minimum DD's are expected and should be adhered to. No penalty will apply if minimum DD is not performed. In all categories the penalty for not completing any required element(s) is 3.0 per requirement applied by the difficulty judges. Max DD bonus is applied to all passes valued at or above the max DD SCORING: ALL BONUSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. There will be a 3.0 penalty applied by the DD Judge for performing a restricted element; however, the athlete will still get the DD for the element up to the maximum for the category. 			



5.2 LEVEL 5 REQUIREMENTS (TUMBLING)

CATEGORY	LEVEL 5 (NOVICE)	
Minimum Age	11	
Maximum Age	None	
Age Splits at National Events	14U, 15-16, 17+	
Mobility Requirements	Must meet Level 5 (Novice) mobility requirements in Level 4 to enter	
Preliminary Round (2 Voluntary Passes)	1st Voluntary Pass	2nd Voluntary Pass
	<ul style="list-style-type: none"> 1 voluntary pass of 8 elements FIG repetition rules <u>REQUIRED ELEMENTS:</u> <ul style="list-style-type: none"> Minimum of 1 element of 0.9 or higher 1 element of 1.1 or higher in one preliminary pass (both requirements can be combined in 1 element) Minimum DD: 2.1 / Maximum DD: Women 3.4 Men 3.9	<ul style="list-style-type: none"> 1 voluntary pass of 8 elements FIG repetition rules <u>REQUIRED ELEMENTS:</u> <ul style="list-style-type: none"> Minimum of 1 element with at least 360° of twist 1 element of 1.1 or higher in one preliminary pass (both requirements can be combined in 1 element) Minimum DD: 2.1 / Maximum DD: Women 3.4 Men 3.9
Final Round (2 Voluntary passes) <i>Finals must be held at all Provincial Cups and Championships</i>	1st Voluntary Pass	2nd Voluntary Pass
	<ul style="list-style-type: none"> 1 voluntary pass of 8 elements FIG repetition rules <u>REQUIRED ELEMENT:</u> <ul style="list-style-type: none"> Minimum of 1 element of 0.9 or higher Minimum DD: 2.1 Maximum DD: Women 3.4 Men 3.9	<ul style="list-style-type: none"> 1 voluntary pass of 3 elements FIG repetition rules <u>REQUIRED ELEMENT:</u> <ul style="list-style-type: none"> Minimum of 1 element of 1.1 or higher Minimum DD: 1.5 Maximum DD: Women 2.6 Men 2.6
Bonus	1.0 for double salto (Bonus applies to all 4 passes)	
Specific Rules	<ul style="list-style-type: none"> If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges. SCORING: ALL BONUSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. In all categories the penalty for not completing any required element(s) is 3.0 per requirement applied by the difficulty judges. 	



5.3 LEVEL 6 REQUIREMENTS (TUMBLING)

CATEGORY		LEVEL 6 (ESPOIR)	
Minimum Age		11	
Maximum Age		16	
Age Splits at National Events		14U, 15-16	
Mobility Requirements	Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter		
Preliminary Round	1st Voluntary Pass	2nd Voluntary Pass	
	<ul style="list-style-type: none"> 1 voluntary pass of 8 elements FIG repetition rules REQUIRED ELEMENT: <ul style="list-style-type: none"> Minimum of 1 element with at least 360° of twist in one preliminary pass 	<ul style="list-style-type: none"> 1 voluntary pass of 8 elements FIG repetition rules REQUIRED ELEMENT: <ul style="list-style-type: none"> Minimum of 1 element with at least 360° of twist in one preliminary pass 	
Final Round <i>Finals must be held at all Provincial Cups and Championships</i>	1st Voluntary Pass	2nd Voluntary Pass	
	<ul style="list-style-type: none"> 1 voluntary passes of 8 elements FIG repetition rules 	<ul style="list-style-type: none"> 1 voluntary passes of 8 elements FIG repetition rules 	
Minimum DD		Women: 3.0/Men: 3.4	
Maximum DD		Women: 4.5/Men: 5.5	
Bonus		0.3 for barani, full twist and double salto – in transition (not applied to the 8 th element of the pass) Maximum of 0.6 per pass	
Specific Rules	<ul style="list-style-type: none"> FIG Bonus for DD is applied to the DD If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges. All bonuses are only applied to skills in transition (bonus is not applied to the 8th element of the pass). Elements must receive credit for DD to be eligible for bonus SCORING: ALL BONUSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. (except for the FIG Bonus for DD for women that is applied to the difficulty). In all categories the penalty for not completing any required element(s) is 3.0 per requirement applied by the difficulty judges. 		



5.4 JUNIOR REQUIREMENTS (TUMBLING)

CATEGORY		JUNIOR	
Minimum Age		13	
Maximum Age		16	
Mobility Requirements		Must meet Junior mobility requirements in Level 6 (Espoir) to enter	
Preliminary Round (2 passes)	1 st Pass	Requirements	<ul style="list-style-type: none"> 1 voluntary pass of 8 elements FIG repetition rules
		Required Elements	<ul style="list-style-type: none"> 1 element of 2.0 or higher
		Min DD / Max DD	Women: 3.4 / None Men: 5.1 / None
	2 nd Pass	Requirements	<ul style="list-style-type: none"> 1 voluntary pass of 8 elements FIG repetition rules
		Required Elements	<ul style="list-style-type: none"> 1 element with at least 360° of twist
		Min DD / Max DD	Women: 3.4 / None Men: 4.4 / None
Final Round	Requirements	<ul style="list-style-type: none"> 2 voluntary pass of 8 elements FIG repetition rules 	
	Required Element	No Required Element	
	Min DD / Max DD	Women: 3.4 / None Men: 4.4 / None	
Bonus		<ul style="list-style-type: none"> 0.3 for barani, full twist and double salto – in transition (not applied to the 8th element of the pass) Maximum of 0.6 per pass 	
Specific Rules		<ul style="list-style-type: none"> FIG Bonus for DD is applied to the DD If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges. All bonuses are only applied to skills in transition (bonus is not applied to the 8th element of the pass). Elements must receive credit for DD to be eligible for bonus SCORING: ALL BONUSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. (except for the FIG Bonus for DD for women that is applied to the difficulty). In all categories the penalty for not completing any required element(s) is 3.0 per requirement applied by the difficulty judges. 	



5.5 LEVEL 7 & SENIOR REQUIREMENTS (TUMBLING)

CATEGORY		LEVEL 7 (OPEN)	SENIOR
Minimum Age		17	17
Maximum Age		None	None
Mobility Requirements		Must meet Level 7 mobility requirements in L5. From Level 6 or Junior by age 17+	Must meet Senior mobility requirements in Junior, Level 6 or Level 7 to enter
Preliminary Round (2 passes)	1 st Pass	Requirements	<ul style="list-style-type: none"> 1 voluntary pass of 8 elements FIG repetition rules
		Required Elements	<ul style="list-style-type: none"> 1 element with at least 360° of twist in one preliminary pass
		Min DD / Max DD	Women: 3.0 / None Men: 3.4 / None
	2 nd Pass	Requirements	Same as above
		Required Elements	Same as above
		Min DD / Max DD	Women: 3.0 / None Men: 3.4 / None
Final Round	Requirements	<ul style="list-style-type: none"> 2 voluntary passes of 8 elements FIG repetition rules 	
	Required Element	No required element	
	Min DD / Max DD	Women: 3.0 / None Men: 3.4 / None	
Bonus		<ul style="list-style-type: none"> 0.3 for barani, full twist and double salto – in transition (not applied to the 8th element of the pass) maximum of 0.6 per pass 	<ul style="list-style-type: none"> 0.3 for barani, full twist and double salto – in transition (women only) (not applied to the 8th element of the pass) (Canadian Rule) maximum of 0.6 per pass
Specific Rules		<ul style="list-style-type: none"> FIG Bonus for DD is applied to the DD If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges. Elements must receive credit for DD to be eligible for bonus SCORING: ALL BONUSES MUST BE INPUTTED INTO THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. (except for the FIG Bonus for DD for women that is applied to the difficulty). In all categories the penalty for not completing any required element(s) is 3.0 per requirement applied by the difficulty judges. NOTE: Senior: 1st-Preliminary Pass: no element with more than 180° twist permitted. Any violation will result in the DD being removed from that skill Senior: 2nd-Preliminary Pass: requires only 1 twisting element, in the 8th skill (Canadian only rule which differs from FIG requirements). If the 8th element of the pass lacks twist of at least 360°, the DD of that skill will not be given. 	



TUMBLING MOBILITIES

TUMBLING WOMEN

FROM	TO	SCORE	DD	REQUIREMENT
L4	L5	51.6	2.1 (2 nd pass)	None
L5	L6 or L7	55.2	6.0 (2 passes)	None
L6	Junior	56.8	7.0 (2 passes)	None
L6 or Junior	L7	By age 17+		
L6, Junior or L7	Senior	58.3	7.9 (2 passes)	None

TUMBLING MEN

FROM	TO	SCORE	DD	REQUIREMENT
L4	L5	51.6	2.1 (2 nd pass)	None
L5	L6 or L7	56.4	6.6 (2 passes)	None
L6	Junior	58.9	9.1 (2 passes)	None
L6 or Junior	L7	By age 17+		
L6, Junior or L7	Senior	60.7	10.3 (2 passes)	None



6.0 DOUBLE MINI-TRAMPOLINE CATEGORIES

6.1 LEVEL 1 TO 4 REQUIREMENTS (DMT)

CATEGORY		LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Minimum Age		8			
Maximum Age		None			
Recommended Age Split		12U, 13+	12U, 13+	14U, 15+	14U, 15+
Mobility Requirements		None			
Preliminary Round	Requirements	<ul style="list-style-type: none"> 2 voluntary passes FIG repetition rules 			
	Required Elements	<ul style="list-style-type: none"> 1 element of 0.5 or higher in each preliminary pass 	<ul style="list-style-type: none"> 2 saltos in one preliminary pass 1 element of 0.7 or higher in each preliminary pass Bonus: 0.7 for each Barani Mount** 	<ul style="list-style-type: none"> 1 element of 0.9 or higher in one preliminary pass 2 saltos in each preliminary pass Only one spotter permitted 	<ul style="list-style-type: none"> 1 element of 0.9 or higher in each preliminary pass 2 saltos in each preliminary pass Only one spotter permitted
Final Round	Requirements	<ul style="list-style-type: none"> 2 voluntary passes FIG repetition rules 			
	Required Elements	<ul style="list-style-type: none"> 1 element of 0.5 or higher in each final pass 	<ul style="list-style-type: none"> 2 saltos in one final pass 1 salto in each final pass Bonus: 0.7 for each Barani Mount** 	<ul style="list-style-type: none"> 1 element of 0.9 or higher in one of the final pass 2 saltos or one double in each final pass 	<ul style="list-style-type: none"> 1 element of 0.9 or higher in each final pass 2 saltos or one double in each final pass
Minimum DD / Maximum DD		0.5 / 0.7	0.7 / 1.3	1.3 / 1.9	1.6 / 2.9
Specific Rules		<p>** Only Barani Mounts that receive credit for DD will be eligible for bonus</p> <ul style="list-style-type: none"> Minimum DD's are expected and should be adhered to. No penalty will apply if minimum DD is not performed. In all categories the penalty for not completing any required element(s) is 3.0 per requirement applied by the difficulty judges. L3 & L4- Only one spotter permitted in Preliminary Round. Any additional spotters performed in Preliminary Round will not receive DD. 			



6.2 LEVEL 5 & LEVEL 6 REQUIREMENTS (DMT)

CATEGORY		LEVEL 5 (NOVICE)	LEVEL 6 (ESPOIR)
Minimum Age		11	11 (recommended 13)
Maximum Age		None	16
Mobility Requirements		Must meet Level 5 (Novice) mobility requirements in Level 4 to enter	Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter
Age Splits		14U, 15-16, 17+	14U, 15-16
Preliminary Round	Requirements	<ul style="list-style-type: none"> • 2 voluntary passes • FIG repetition rules 	
	Required Element	Minimum 1 Double Salto in one Prelim Pass	Minimum 1 double salto in each pass <i>Bonus Women only: 0.3 for 8-1< Mount</i>
Final Round	Requirements	<ul style="list-style-type: none"> • 2 voluntary passes • FIG repetition rules 	
	Required Element	<ul style="list-style-type: none"> • 1 element of 1.2 or higher in each final pass 	Same as above
Minimum DD / Maximum DD		Women: 1.8 / 4.4 Men: 1.8/4.4	Women: 3.0 / 5.6 Men: 3.3 / 6.8
Specific Rules		<ul style="list-style-type: none"> • Each element must have a minimum 360° somersault rotation, if not the pass will be interrupted. • If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges. • In all categories the penalty for not completing any required element(s) is 3.0 per requirement applied by the difficulty judges. • L5 & L6 – Only one spotter permitted in Preliminary Round. Any additional spotters performed in preliminary round will not receive DD. 	



6.3 JUNIOR, LEVEL 7 & SENIOR REQUIREMENTS (DMT)

CATEGORY		JUNIOR	LEVEL 7 (OPEN)	SENIOR
Minimum Age		13	17	17
Maximum Age		16	None	None
Mobility Requirements		Must meet Junior mobility requirements in Level 6 (Espoir) to enter	Must meet Level 7 mobility requirements from Level 5 (Novice) to enter. From Junior or L6 by age 17+	Must meet Senior mobility requirements in Level 6 (Espoir), L7 (Open) or in Junior to enter
Preliminary Round	Requirements	<ul style="list-style-type: none"> 2 voluntary passes FIG repetition rules 		
	Required Element	<ul style="list-style-type: none"> Minimum 1 double salto in each pass Double salto to double salto (or better) in 1 pass <p>No spotters permitted</p>	<ul style="list-style-type: none"> Minimum 1 double salto in each pass Bonus Women only: 0.3 for 8-1 < Mount <p>Only one spotter permitted</p>	<ul style="list-style-type: none"> Bonus Women only: 0.3 for double with 1 1/2 twist or more (mount or dismount) Bonus Men only: 0.3 for any skill valued at 4.8 or higher <p>No spotters permitted</p>
Final Round	Requirements	<ul style="list-style-type: none"> 2 voluntary passes FIG repetition rules 		
	Required Element	<ul style="list-style-type: none"> Minimum 1 double salto in each pass Double salto to double salto (or better) in 1 pass 	<ul style="list-style-type: none"> Minimum 1 double salto in each pass Bonus Women only: 0.3 for 8-1 < Mount 	<ul style="list-style-type: none"> Bonus Women only: 0.3 for double with 1 1/2 twist or more (mount or dismount) Bonus Men only: 0.3 for any skill valued at 4.8 or higher
Minimum DD / Maximum DD		Women: 4.0 / None Men: 4.8 / None	Women: 3.0 / None Men: 3.3 / None	Women: 4.4 / None Men: 6.0 / None
Specific Rules		<ul style="list-style-type: none"> Each element must have a minimum 360° somersault rotation, if not the pass will be interrupted. If minimum DD is not performed a penalty of 0.1 per 0.1 under minimum DD will be deducted from the routine score. This deduction will be applied by the DD judges. In all categories the penalty for not completing any required element(s) is 3.0 per requirement applied by the difficulty judges. L7 - Only one spotter permitted in Preliminary Round. Any additional spotters performed in preliminary round will not receive DD. Junior & Senior – No spotters permitted in Preliminary Round. Any spotters performed in preliminary round will not receive DD. 		



DOUBLE-MINI TRAMPOLINE MOBILITIES

DOUBLE-MINI WOMEN

FROM	TO	SCORE	DD	REQUIREMENT
L4	L5	118.9	4 pass min DD/ pass: 2.1	1 double salto
L5	L6 or L7	123.2	4 pass min DD/ pass: 3.0	None
L6	Junior	128.3	4 pass min DD/ pass: 4.0	None
L6 or Junior	L7	By age 17+		
L6, Junior or L7	Senior	65.6	10.4 (2 passes)	None

DOUBLE-MINI MEN

FROM	TO	SCORE	DD	REQUIREMENT
L4	L5	118.9	4 pass min DD/ pass: 2.1	1 double salto
L5	L6 or L7	124.2	4 pass min DD/ pass: 3.3	None
L6	Junior	130.2	4 pass min DD/ pass: 5.2	None
L6 or Junior	L7	By age 17+		
L6, Junior or L7	Senior	68.0	12.0 (2 passes)	None



7.0 SUMMARY OF MOBILITY SCORES

MOBILITY SCORES

FROM	TO	SCORE	DD	REQUIREMENT
TRAMPOLINE WOMEN				
L4	L5	88.0 (2xDD)	7.0	1 double salto
L5	L6 or L7	85.0	8.8	None
L6	Junior	87.8	9.5	None
L6 or Junior	L7	By age 17+		
L6 or Junior	Senior	90.0	11.2	None
L7	Senior	91.2	11.2	None
TRAMPOLINE MEN				
L4	L5	90.0 (2xDD)	7.0	1 double salto
L5	L6 or L7	87.7	9.6	None
L6	Junior	91.6	11.2	None
L6 or Junior	L7	By age 17+		
L6 or Junior	Senior	95.0	13.5	None
L7	Senior	96.2	13.5	None
TUMBLING WOMEN				
L4	L5	51.6	2.1 (2 nd pass)	None
L5	L6 or L7	55.2	6.0 (2 passes)	None
L6	Junior	56.8	7.0 (2 passes)	None
L6 or Junior	L7	By age 17+		
L6, Junior or L7	Senior	58.3	7.9 (2 passes)	None
TUMBLING MEN				
L4	L5	51.6	2.1 (2 nd pass)	None
L5	L6 or L7	56.4	6.6 (2 passes)	None
L6	Junior	58.9	9.1 (2 passes)	None
L6 or Junior	L7	By age 17+		
L6, Junior or L7	Senior	60.7	10.3 (2 passes)	None
DOUBLE MINI WOMEN				
L4	L5	118.9	4 pass min DD/pass: 2.1	1 double salto
L5	L6 or L7	123.2	4 pass min DD/pass: 3.0	None
L6	Junior	128.3	4 pass min DD/pass: 4.0	None
L6 or Junior	L7	By age 17+		
L6, Junior or L7	Senior	65.6	10.4 (2 passes)	None
DOUBLE MINI MEN				
L4	L5	118.9	4 pass min DD/pass: 2.1	1 double salto
L5	L6 or L7	124.2	4 pass min DD/pass: 3.3	None
L6	Junior	130.2	4 pass min DD/pass: 5.2	None
L6 or Junior	L7	By age 17+		
L6, Junior or L7	Senior	68.0	12.0 (2 passes)	None

NATIONAL EVENTS AGE SPLITS

L5 (NOVICE)	L6 (ESPOIR)	Junior	L7 (OPEN)	Senior
14U	14U	13-16		
15-16	15-16			
17+			17+	17+

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