



Section I

Trampoline Gymnastics

Technical Rules and Regulations



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Table of Contents

Section I	General Rules for Trampoline, Tumbling & DMT Competitions	
	1. Definition of Competition	Page 3
	2. Bid to Host / Hosting Requirements	Page 3
	3. Eligibility Rules / Participants & Clubs	Page 4
	4. General Safety Standards	Page 5
	5. Coaching Certification Requirements	Page 5
	6. Meet Entry & Admission Fees	Page 5
	7. Event Directive (Call to Meet)	Page 6
	8. Competition Guidelines / General	Page 6
	9. Petitions	Page 7
	10. Marshalling & Awards	Page 8
	11. Meet Results & Reports	Page 8
	12. Equipment & Venue Standards	Page 8
	13. Dress Code for Athletes, Coaches & Spotters	Page 9
	14. Protests	Page 11
	15. Competition Cards	Page 11
	16. Judging Panels	Page 11
	17. Scoring Calculations	Page 12
	18. Meet Time Calculations	Page 13
Section II	Individual Trampoline (TRI)	Page 14
Section III	Synchronized Trampoline (SYN)	Page 15
Section IV	Double-Mini Trampoline (DMT)	Page 16
Section V	Tumbling (TUM)	Page 17
Section VI	Interclub Competitive Rules:	
	General Rules	Page 18
	Individual Trampoline (TRI)	Page 21
	Synchronized Trampoline (SYN)	Page 23
	Double-Mini Trampoline (DMT)	Page 24
	Tumbling (TUM)	Page 25
Section VII	Tour Selection	Page 27
Section VIII	Ontario Championships	Page 28
Section IX	Eastern Canadian Championships	Page 29
Section X	Canadian Championships	Page 31
Section XI	Diagrams: Equipment Standards	
	Trampoline	Page 32
	Double-Mini Trampoline	Page 33
	Tumbling	Page 34

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Section I – General Rules for Trampoline, Tumbling & DMT Competitions

Only the most significant Fédération Internationale de Gymnastique (FIG) changes and any modifications we have adopted for Ontario are listed in this manual. It is imperative that all Trampoline, Tumbling, and Double-Mini Trampoline clubs obtain a copy of the current *FIG Trampoline Code of Points* and the current *TG Canadian Pathways* and *TG Canadian Competition Rules* documents, as well as carefully reading all Gymnastics Ontario Trampoline Gymnastics Technical Bulletins, where any modifications or amendments to this manual will be listed.

1. Definition of Competition

- a) Sanctioned Competition:
All competitions held within the jurisdiction of Gymnastics Ontario for which sanction has been granted, as well as all Ontario Cups and Ontario Championships.
- b) Competitive Round:
The portion of the competition specific to each category, beginning with the first routine of that category and ending with the posting of the scores of that same category.
- c) The following abbreviations shall be used in the Trampoline Gymnastics Technical Rules & Regulations:

TRI – Individual Trampoline	SYN – Synchronized Trampoline
DMT – Double-Mini Trampoline	TUM – Tumbling
G.O. – Gymnastics Ontario	GCG – Gymnastics Canada Gymnastique
FIG - Fédération Internationale de Gymnastique	CJP – Chair of the Judge's Panel
TG T.C. – Trampoline Gymnastics Technical Committee	
Program Manager – Gymnastics Ontario Trampoline Gymnastics Program Manager	
- d) New rule changes and additions to the **2023-2024** G.O. Trampoline Gymnastics Technical Rules will be in bold print with an italic font and grey shading.

2. Bid to Host / Hosting Requirements

- a) Gymnastics Ontario shall sanction a minimum of two Ontario Cups and Ontario Championships for Levels 1 to Senior in TRI, TUM and DMT and Levels 2 to Senior for SYN.
- b) Whenever possible, TG Ontario Cups shall be held no earlier than January of the current season.
- c) Bids for Ontario Cups and Ontario Championships must be submitted, in writing, to the TG T.C., through the Program Manager at Gymnastics Ontario. Clubs may either bid to host one (1) discipline (i.e. TRI / SYN and/or TUM and/or DMT) or a combination of disciplines, depending on the venue.
- d) The TG T.C. must approve facilities not meeting the minimum Equipment & Venue Standards before being used for any sanctioned competition.
- e) All Meet Director's must reference the current FIG Code of Points, GCG TG Technical Rules and Regulations, the G.O. Meet Director's Manual, as well as all sections of this manual (including the G.O. Safety Guidelines (Section D) and the G.O. TG Judging Policies (Section G)) prior to hosting a competition.
- f) ***Clubs may be sanctioned to host an Interclub competition within the scheduled times of a TG Ontario Cup if the Ontario Cup schedule and judge availability permits. The Ontario Cup will have priority for scheduling and judge assignment.*** Clubs are also permitted to host an Interclub meet on the day before ***a scheduled Ontario Cup*** or at the conclusion of the day of ***a scheduled Ontario Cup***. There will not be any modification of the Ontario Cup schedule to accommodate a host club with respect to the Interclub competition.
- g) Clubs are not permitted to host an Interclub meet in conjunction with Ontario Championships.
- h) The Host Club of an Ontario Cup(s) and Ontario Championships shall provide a variety of the following for coaches and judges on-site during the competition, this is a guideline for minimum standards to be followed;
 - yogurt, fruit, vegetables, cheese & crackers
 - sandwiches and/or pizza
 - danish, muffins and/or bagels
 - a hot item such as a stew / soup
 - water, juice, coffee and tea

The Host club must accommodate food allergies, sensitivities and restrictions (including vegetarians and vegans). The Host club must have their meals approved by the Technical Committee a minimum of two weeks before the competition.

3. Eligibility Rules / Participants & Clubs

- a) All competitors, coaches, judges, and officials are required to be members in good standing of G.O.
- b) Only athletes registered with clubs who are member clubs in good standing of G.O. are eligible to compete for official standing in Ontario Cups and Ontario Championships.
- c) All athletes must be a Canadian citizen or Landed Immigrant to be eligible for awards, support and opportunities provided by G.O.
- d) For the **2023-2024** season, G.O. may adjust qualification standards for Ontario Championships based on the COVID-19 situation.
- e) Levels 1 to 4 TRI, TUM, and DMT athletes are required to compete at a minimum of two Ontario Cups to be eligible to compete at Ontario Championships. Levels 1 to 3 must also attain the qualifying standards to be eligible to compete at Ontario Championships. (refer to Section VIII – Ontario Championships)
- f) Levels 5 to Senior TRI, TUM, and DMT athletes are required to compete at a minimum of one Ontario Cups and/or Ontario Championships to be eligible to compete at Canadian Championships. (refer to Section X – Canadian Championships).
- g) Levels 2 and 3 SYN athletes must compete together as a pair at a minimum of one Ontario Cup to be eligible to compete at Ontario Championships, in addition to attaining the qualifying standards. (refer to Section VIII – Ontario Championships). Level 4 SYN pairs may qualify in TRI only.
- h) Levels 5 to Senior SYN athletes may qualify in TRI only or must compete together as a pair at a minimum of one Ontario Cups and/or Ontario Championships to be eligible to compete at Canadian Championships (refer to Section X – Canadian Championships).
- i) If athletes achieve L5 mobility standards at any Ontario Cup or Ontario Championships prior to Canadian Championships, they are eligible to compete at Canadian Championships.
- j) Age requirements are as of December 31st, the year of Ontario Championships and/or Canadian Championships.
- k) Athletes compete only against athletes of their **identified** gender in all individual competitions.
- l) An athlete may change categories, provided all eligibility and mobility guidelines are adhered to, at any time during the season.
- m) Levels 2 to 4 SYN pairs who compete in different TRI categories must compete in the higher category for SYN. No athlete may compete SYN in a lower category than they are registered in TRI. A minimum of one team member in each SYN pair must be registered in the same TRI category.
 - i. **A Level 1 TRI athlete may be paired with a Level 2 TRI athlete for Level 2 SYN.**
- n) Level 5 to Senior athletes must meet the specific TRI mobility requirements in the category they wish to compete in order to enter that SYN category.
- o) TRI / TUM / DMT: Any athlete who elects to compete in a category more advanced than his / her own current category previously competed during the current season, at **any non-invitational event (any Provincial Cup, Championships, or National Trial)**, may not compete thereafter in a lower category.
- p) For TRI Levels 1 through 5, there will be at least one age split per gender for individual competition.
- q) For Levels 1 through 6, if there are less than 10 competitors registered with G.O. in a certain age group, that age group may be combined with the next higher age group within the same category. If there are less than 10 competitors in the highest age category, that category may be combined with the preceding age group within the same category. Combining categories will be based on the registration numbers from the 1st Ontario Cup, and adjusted within the season as needed for 2nd and 3rd Ontario Cups only. The age groups may be adjusted by the Program Manager and the TG T.C. in order for the categories to be more balanced with regard to the number of athletes in each group.
- r) For Levels 1 through 6, categories with 24 or more athletes will be split into two groups according to age. Splitting categories will be based on the registration numbers from the 1st Ontario Cup only. The age groups may be adjusted by the Program Manager and the TG T.C. in order for the categories to be more balanced with regard to the number of athletes in each group.
- s) Provincial level athletes who, for reasonable circumstances (e.g. injury, mental block, etc.), are incapable of performing at an Ontario Cup (that they are registered for) may receive an attendance exemption for 1 competition to be used as part of their attendance requirement for Ontario Championships qualification.
 - i. **The TG Program Manager will record attendance exemptions following each Ontario Cup by tracking athletes that did not compete and were listed on the official start lists.**

- ii. This exemption is in lieu of a refund and is not applicable to virtual competitions.
- iii. Attendance exemptions will not replace the accepted Grounds for Exemptions / Petitions for qualification to Ontario Championships or Canadian Championships; the Petition Policy in the Technical Rules and Regulations Section C, General Competition Guidelines will still apply.

4. General Safety Standards

- a) Safety standards apply to all sanctioned competitions, as per the rules and regulations outlined in the current FIG Code of Points, the G.O. Meet Director's Manual and the G.O. Safety Guidelines (Section D), with modifications as listed in this manual.
- b) The Meet Director shall be responsible for the general running of the competition and must reference the current FIG Code of Points, GCG TG Technical Rules and Regulations, the G.O. Meet Director's Manual, as well as all sections of this manual (including the G.O. Safety Guidelines (Section D) and the G.O. TG Judging Policies (Section G)).

5. Coaching Certification Requirements

- a) To be registered as a competitive TRA and/or DMT coach in Ontario, and gain access to the competitive floor during warm-up and/or competition at all Provincial competitions including Ontario Cups, Ontario Championships, training camps and all other G.O. activities:
 - i. Coaches of TRA and/or DMT athletes in Levels 1, 2, or 3, must be fully Certified NCCP Level 2 Trampoline, or Trained NCCP Competition 1 Trampoline.
 - ii. Coaches of TRA and/or DMT athletes in Level 4 or higher must be Technical NCCP Level 3 Trampoline, or Trained NCCP Competition 2 Trampoline.
- b) To be registered as a competitive TUM coach in Ontario, and gain access to the competitive floor during warm-up and/or competition at all Provincial competitions including Ontario Cups, Ontario Championships, training camps and all other G.O. activities:
 - i. Coaches of TUM athletes in Levels 1, 2, or 3, must be fully Certified NCCP Level 2 Trampoline or Artistic Gymnastics, or Trained NCCP Competition 1 Trampoline or Artistic Gymnastics.
 - ii. Coaches of TUM athletes in Level 4 or higher must be Technical NCCP Level 3 Trampoline or Artistic Gymnastics, or Trained NCCP Competition 2 Trampoline or Artistic Gymnastics.
- c) In order to attend Canadian Championships and/or all other GCG activities:
 - i. Coaches of TRA and/or DMT athletes must be fully Certified NCCP Level 3 Trampoline.
 - ii. Coaches of TUM athletes must be fully Certified NCCP Level 3 Trampoline or Artistic Gymnastics.

6. Meet Entry & Admission Fees

- a) The Ontario Cup entry fee for athletes, Levels 1 to 7 and Junior, is **\$120.00** for the first event and \$35.00 for each additional event. The Ontario Cup entry fee for Senior level athletes is \$40.00 for the first individual event and \$35.00 for each additional event.
- b) The Ontario Championship entry fee for athletes, Levels 1 to 7 and Junior, is **\$140.00** for the first event and **\$40.00** for each additional event. The Ontario Championships entry fee for Senior level athletes is \$45.00 for the first event and **\$40.00** for each additional event.
- c) The Ontario Cup and Championships entry fee for coaches is **\$25.00** per coach.
- d) Entry fees for all Ontario Cups and Ontario Championships are to be paid directly to the host club.
- e) Late entry fees are subject to a penalty of \$25.00 per athlete for all registrations received after the registration deadline (including additional events) however, new registrations and changes will NOT be accepted four weeks before the competition. This must be clearly outlined on the Event Directive (Call to Meet), along with the terms of payment. The host club may require late entry payment to be in the form of a certified cheque or cash. A change fee of \$20.00 cash must be paid to the Meet Director on the day of the competition for any change that was previously missed (**including SYN partnership changes – coaches must ensure a partner change follows the required TRI level rules**).
- f) At Ontario Cup(s), and/or Ontario Championships there are no refunds after the change deadline (4 weeks prior to competition). Exception if a SYN partner mobilizes into a different level after the change deadline. Refund requests must be received by the host club by the deadline.
- g) For the **2023-2024** season, G.O. may adjust fees (entry, late, change) and deadlines (registration, change, refund) for each Ontario Cup and Ontario Championships based on the COVID-19 situation.
- h) An athlete who is registered to compete at an Ontario Cup and/or at Ontario Championships is not required to pay an admission fee throughout the competition they have been registered to compete at.

- i) The following spectator admission fees will be used at all Ontario Cups that are 2.5 days or less;

		One Day Pass	Weekend Pass
Adult	18 years of age & older	\$8	\$13
Youth	11 – 17 years of age	\$5	\$8
Senior	55 years of age & older	\$5	\$8
Children	6-10 years	\$3	\$5
Children	5 & younger	Free	Free

- j) The following spectator admission fees will be used at Ontario Championships;

		1 Day Pass	2 Day Pass	3 Day Pass
Adult	18 years of age & older	\$15	\$25	\$35
Youth	11 – 17 years of age	\$10	\$15	\$25
Senior	55 years of age & older	\$10	\$15	\$25
Children	6-10 years	\$5	\$8	\$12
Children	5 & younger	Free	Free	Free

7. Event Directive (Call to Meet)

- The Meet Director is required to submit a draft copy of the Event Directive (Call to Meet) to the Program Manager at least twelve (12) weeks prior to the competition for approval and circulation by G.O. to TG Clubs.
- The Program Manager will establish the registration deadline, which will ensure adequate time for clubs to respond. Registration deadline will be approximately 8 weeks prior to competition.
- Registration forms for all competitions must include the name(s) of the coach(es) attending the competition.
- The host club is required to email each registered club a confirmation of registration, verification of the spelling of each athlete's name, their category and their gender following the registration deadline in a timely manner.

8. Competition Guidelines / General

- The TG Program Manager together with the TG T.C. Chairperson, and Judging Chairpersons for TRA/DMT and TUM, shall make the competition schedule for the Ontario Cups and Ontario Championships in partnership with the host club to ensure adequate warm-up and competition times for all athletes.
- The order of events is at the discretion of the Meet Director but must be approved by the Program Manager and the TG T.C. Chairperson. It is suggested that Level 5 and above are run on the first full day of competition.
- For each Ontario Cup and Ontario Championships, schedules shall include the following details with assigned times for each category; "Specific Warm-up" and "Competition".
- For each Ontario Cup and Ontario Championships, schedules shall take into consideration necessary breaks for coaches and judges.
- A minimum of twenty (20) minutes must be provided for a general stretch for athletes to warm-up in a designated area prior to the specific warm-up. The general stretch is recommended to be in a separate area from the competitive apparatus, when possible. Coaches must be present and supervising their athlete(s) during general stretch, specific warm-up and competition.
- Coaches are responsible for the conduct of their athletes at competitions. Coaches must ensure that athletes do not use any piece of equipment in the gym (including the tumbling strip, trampolines, DMT, etc.) until their scheduled warm-up or competition has begun. When the competition has ended, athletes are to remain in the designated athlete corral and leave the competition floor at the conclusion of their flight.
- Coaches holding a spotting mat may take the place of two spotters on one side of the trampoline.
- The starting order of the Qualifying Round is decided by a random draw. The gymnasts will be divided into groups of no more than 20 (twenty) per group for Levels 1 to 4 in TRI, SYN, TUM, and DMT, 17 (seventeen) per group for Levels 5 and above in TRI, SYN, TUM, and DMT, with each group

- performing their first and second routines prior to the next group starting the Qualifying Round.
- i) When there is an error that is the fault of the host club / meet director, the athlete shall be placed as the last competitor on the start order, however, if the error is deemed to be the fault of the athlete's club registrar / coach, or a late registration, the athlete shall be placed as the first competitor on the start order.
 - j) Athletes, coaches, and judges must be prepared for a schedule to run up to thirty (30) minutes ahead of scheduled times. However, a competition may not run ahead of scheduled times without a meeting with the CJP and a coach representative for an athlete(s) from each club in the respective category indicating that they are all in agreement that each of the athletes are prepared to start ahead of the scheduled time; if there is one 'no' vote then the scheduled times shall be followed.
 - k) Flights of athletes in the same category may be combined due to last minute scratches. However, flights may not be combined if running more than thirty (30) minutes ahead of scheduled times for the second group.
 - l) It is recommended that awards are given between competitive categories to decrease the amount of time athletes and spectators need to spend at the competition. Grouping of like categories (i.e. Level 5 TRI, Level 5 SYN) would also help to decrease the amount of time or days an athlete needs to be present at the competition.
 - m) All one-day competitions shall start no earlier than 9:00 a.m. and shall end no later than 10:00 p.m. The warm-up may commence before 9 a.m. The duration of any competition shall be no greater than eleven (11) hours. Any given flight of competition may not exceed four (4) scheduled hours. The duration of the flight will be determined from the start of the first scheduled general stretch time to the conclusion of the scheduled competition time within a flight.
 - n) The Chair of the Judges' panel will ensure that all athletes utilize the specific warm-up period properly. For levels 5 to Senior, a 4 touch will be given for any break over one hour. Juniors and Seniors will be given a 2 touch before finals for breaks under one hour or until the final start lists have been generated.
 - o) Finals
 - TRI - Finals are not required for Levels 1 to 4 at Ontario Cups. Finals will be held for Levels 1 to 4 for the top **ten (10)** per competitive category at Ontario Championships. Finals will be held for Levels 5 and above for the top ten (10) per competitive category at all Ontario Cups and Ontario Championships.
 - SYN - Finals are not required at Ontario Cups or at Ontario Championships.
 - TUM - Finals are not required for Levels 1 to 4, L7, Junior, and Senior at Ontario Cups. Finals will be held for Levels 1 to 2 for the top **ten (10)** per competitive category and for all competitors in Levels 3 to 4, L7, Junior, and Senior at Ontario Championships. Finals will be held for all competitors in Levels 5 to 6 at all Ontario Cups and Ontario Championships.
 - DMT - Finals are not required at Ontario Cups. Finals will be held for **All Levels** for the top ten (10) per competitive category at Ontario Championships
 - p) Finals TRA / TUM / DMT; At Ontario Cups and Ontario Championships the starting order will be in the order of merit, with the gymnast with the lowest score in the Qualifying Round going first and the best gymnast starting last. For categories with the maximum # of finalists or less, the start order will be the same as the Qualifying Round. GCG tie breaking rules shall apply; see Canadian Competition Rules. If there is a delay in the scoring and it is clear who is in finals, then the CJP is permitted to run finals in the competition order.
 - q) Finals TRA / TUM / DMT; At Ontario Cups and Ontario Championships, total score from preliminaries and finals will be cumulative.
 - r) **Finals for Levels 1-4 at Ontario Championships may be scheduled later on the same day as preliminaries.**
 - s) Host clubs of an Ontario Cup and Ontario Championships are not permitted to tear down trampolines, tumbling or DMT equipment, mats and or carpet rolls, tables, judging podiums or any other large items on the competition floor until the final athlete has been presented at the last awards ceremony of the competition, without exception. Failure to comply with this rule may result in a club not being awarded an event the following season when bids to host are reviewed by the Technical Committee.
 - t) Events of the same category in different disciplines will not overlap in the schedule; for example Level 1 DMT will not be scheduled at the same time as Level 1 TRI. Any crossovers must be managed by the athlete and coach. Judges will do their best to accommodate the athletes.

9. Petitions

Please refer to Technical Rules and Regulations Section C, General Competition Guidelines.

10. Marshalling & Awards

- a) Marshalling for presentation to the CJP, and/or introduction of the gymnasts by an announcer for competition, shall be done in competition attire and prior to the gymnast's specific warm-up.
- b) A formal march-in prior to competition shall be done for all categories and levels for Finals at Ontario Championships only.
- c) It is recommended that awards at Ontario Cups and Ontario Championships be presented by Judges and or attending dignitaries.
- d) The winner is the gymnast or pair with the highest number of points obtained in the qualifying round and finals, if applicable. Second place is the gymnast or pair with the next highest number of points obtained in the qualifying round and finals, if applicable. This format will continue to the eighth place gymnast or pair. GCG tie breaking rules shall apply; see Canadian Competition Rules.
- e) At all Ontario Cups and Ontario Championships for TRI, TUM, DMT and SYN, medals will be given to the top three (3) all-around in each category and ribbons for fourth (4th) to eighth (8th) place. Awards are to be announced starting with 8th place, 7th place, etc., until the 1st place winner is presented.
- f) During the awards ceremony all athletes must wear **Awards Attire** (see Dress Code, #13. d) or award shall not be presented (to be strictly enforced). The Meet Director is responsible for ensuring that all athletes are dressed appropriately during the awards presentation.
- g) Only athletes receiving an award(s) shall be marshalled in during the award ceremony. The host club is responsible for an efficient and professional procedure for the award ceremony. Awards will be presented immediately after each category competes. The TG T.C. reserves the right to alter these arrangements, if necessary.
- h) Out-of-province or International athletes will receive duplicate medals and ribbons at Ontario Cups and Ontario Championships. They will not bump Ontario athletes.
- i) Clubs will be directed to distribute awards for athletes who are warming up on another event and are unable to attend the awards to that athlete's coach. A parent or athlete should not approach the Organizing Committee to pick up their award. If due to judging delays because of technical issues (time of flight and/or video review), or extenuating circumstances, those affected should have their medals mailed to them by Gymnastics Ontario.

11. Meet Results and Reports

- a) Duplicates of all official score sheets must be retained by the host club, for at least **six (6) months**.
- b) The Meet Director must submit a meet report to Gymnastics Ontario, Attention: TG Program Manager, within thirty (30) days of the competition.
- c) Coaches have up to fifteen (15) minutes after the publication of the results to verify and communicate any error(s) to the CJP. After this time there will be no changes to scores at the meet. All awards will be final.
- d) Coaches have up to seventy-two (72) hours after results are posted on the G.O. website to verify and communicate any error(s) to the TG Program Manager. After this time there will be no further changes to any score. All scores, placements, rankings, and mobility will be final.

12. Equipment & Venue Standards

- a) TRI / SYN - As per the current FIG Trampoline Code of Points, the gymnasium height (interior height) of the hall at Provincial trampoline competitions must be a minimum of eight (8) metres. During synchronized trampoline competitions trampolines must be parallel, not staggered. The distance between them, measured from the outer edges of the frames, must be two (2) metres, as per the rules and regulations outlined in the current FIG Code of Points. Refer to diagram in Section XI.
- b) Host clubs must provide a minimum of 4 trampolines for all Ontario Cups and Ontario Championships. A minimum of two (2) throw mats must be provided per trampoline.
- c) TUM - As per the current FIG Trampoline Code of Points, the gymnasium height (interior height) of the hall at Provincial tumbling competitions must be a minimum height of five (5) metres. The length of venue must be ten (10) metres (+ 1 metre) run-up, twenty-five (25) metre track (+ 1 metre) and a six (6) metre landing area for a total of forty-three (41) metres minimum (+ 2 metres). A tape measure, running alongside the length of the tumbling track and run-up must be included in the competition set-up. The "zero" mark of the tape must be at the point where the track meets the landing zone. A take off and penalty zone is recommended to be used at all G.O. competitions. The exact dimensions of the zones are in the diagram in Section XI and also in the meet director's manual. A sting mat must be provided by the host for the landing area. The mat may be no more than 10 cm (4 inches) in thickness and shall not

exceed 2 x 4 metres. The use of the mat will be at the discretion of the athlete(s) and coach(es), and not the Chair of the Judging Panel. The landing mat should be placed against a wall to prevent shifting of the landing zone area.

- d) DMT - As per the current FIG Trampoline Code of Points, the gymnasium height (interior height) of the hall at Provincial double-mini trampoline competitions must be a minimum of six (6) metres. A tape measure, running alongside the length of the DMT run-up must be included in the competition set-up. The "zero" mark of the tape must be at the point where the run-up meets the DMT. A minimum of one (1) throw mat must be provided per DMT. The landing mat should be placed against a wall to prevent shifting of the landing zone area.
- e) All equipment shall conform to specifications as outlined in the current FIG Trampoline Code of Points, except allowable modifications listed in this document.
- f) Equipment concerns and specific requirements for equipment will be addressed and communicated with host clubs. TRI / SYN Levels 5 and above, should be scheduled on trampolines with thicker floor matting surrounding the equipment, when possible.
- g) Video recording equipment must be used at all G.O. Ontario Cups and Ontario Championships, all routines are to be recorded. The Chair of the Judge's Panel will approve the location of the video camera prior to commencement of competition.
- h) All equipment must be FIG approved. Refer to FIG Apparatus Norms.

13. Dress Code for Athletes, Coaches and Spotters

- a) Athletes and Coaches are representatives of their clubs and Gymnastics Ontario, therefore proper attire is imperative.
- b) No jewellery may be worn by competitors, spotters and coaches acting as spotters during specific warm-up, competition, or at training camps. Taping of jewellery is not acceptable and must be removed. Medic Alert bracelets can be worn but must be taped. No hard casts.
- c) When specific warm-up is conducted in the competition gym all competitors and coaches must dress in competition attire only.
- d) During march-in for awards and the awards presentation, competitors must wear **Awards Attire (Club tracksuit jacket/sweater and Club athletic bottoms)**. Athletes failing to comply at an Ontario Cup(s), and Ontario Championships will not receive their awards; coaches must ensure that the dress code is adhered to.
- e) Athletes, coaches, and spotters may wear a current or previous club tracksuit, Ontario and or Canadian tracksuit.
- f) Individuals violating Rules # 13 a) to e) may be asked to leave the floor if they do not comply upon the first request from the Meet Director, Chair of Judge's Panel, Chair of the TG T.C. or Program Manager.
- g) **All Competitors – TRI / SYN / TUM / DMT**
 - i. The wearing of jewellery or watches is not permitted during the competition. Any violation may result in a 0.2 penalty from the total score from the routine in which the offence occurs.
 - ii. TRI / SYN / DMT, bare feet are not allowed.
 - iii. TUM, bare feet are allowed.
 - iv. All athletic supports must be white, tan, or black. No hard casts. Any violation will result in a penalty of 0.2 which will be deducted from the total score of the routine where the violation occurs. *Note: this rule is specific to Ontario; different from GCG and FIG.*
 - v. Religious head coverings may be worn if it is skin-tight and the same colour as the leotard, black or white. *Note: this rule is specific to Ontario; different from GCG and FIG.*
 - vi. For reasons of safety, hair covering the eyes is not allowed; long hair must be tied back. Violation may result in a penalty or disqualification from the round in which the offence occurs. This decision is made by the Chair of Judges Panel.
 - vii. Athletes are permitted to wear sandals, flip-flops or gym shoes.
 - viii. Coaches are responsible to speak to an athlete not dressed appropriately.
 - ix. Any athlete violations of Rules #13 e) i. to vii. (exception iv.) may result in a penalty or disqualification from the round in which the offence occurs; this decision is made by the Chair of the Judge's Panel.

h) Female Competitors – TRI / SYN / TUM / DMT

- i. Ontario Cup / Qualifying Round: A club leotard is required (current or previous), with or without sleeves, as per GCG & FIG, applies to all categories. All categories/levels may wear shorts or long tights. Gym shorts must not be longer than mid-thigh. Shorts or long tights must be skin-tight and be the same colour as the leotard or black (should coordinate with the leotard). Major violation may result in a 0.2 penalty from the total score from the routine in which the offence occurs. This decision is made by the Chair of Judges Panel. Note: GCG states “no obvious logos” for shorts.
- ii. Ontario Cup / Finals: An optional leotard may be worn, with or without sleeves, as per GCG & FIG, applies to all categories. All categories/levels may wear shorts or long tights. Gym shorts must not be longer than mid-thigh. Shorts or long tights must be skin-tight and be the same colour as the leotard or black (should coordinate with the leotard). Major violation may result in a 0.2 penalty from the total score from the routine in which the offence occurs. This decision is made by the Chair of Judges Panel. Note: GCG states “no obvious logos” for shorts.
- iii. Ontario Championships / Qualifying Round & Finals: An optional leotard may be worn, with or without sleeves, as per GCG & FIG, applies to all categories. All categories/levels may wear shorts or long tights. Gym shorts must not be longer than mid-thigh. Shorts or long tights must be skin-tight and be the same colour as the leotard or black (should coordinate with the leotard). Major violation may result in a 0.2 penalty from the total score from the routine in which the offence occurs. This decision is made by the Chair of Judges Panel. Note: GCG states “no obvious logos” for shorts.
- iv. Trampoline shoes and/or white foot covering are required for TRI / SYN / DMT and optional for TUM. Silicone socks or shoes are not permitted.
- v. SYN pairs must wear matching uniform attire, including shorts if one partner elects to do so; a violation may result in disqualification at the discretion of the CJP.
- vi. Undergarments must not be visible.
- vii. Any athlete violations of Rules #13 f) i to vi. may result in a penalty or disqualification from the round in which the offence occurs; this decision is made by the Chair of the Judge’s Panel.

i) Male Competitors – TRI / SYN / TUM / DMT

- i. Ontario Cup / Qualifying Round: A club uniform is required (current or previous); singlet without sleeves and trousers (in a single colour that matches the singlet) or shorts no longer than mid-thigh length for TRI and SYN; singlet without sleeves and shorts no longer than mid-thigh length for TUM & DMT; as per GCG & FIG, applies to all categories. Major violation may result in a 0.2 penalty from the total score from the routine in which the offence occurs. This decision is made by the Chair of Judges Panel.
- ii. Ontario Cup / Finals: An optional uniform may be worn; singlet without sleeves and trousers (in a single colour that matches the singlet) or shorts no longer than mid-thigh length for TRI and SYN; singlet without sleeves and shorts no longer than mid-thigh length for TUM & DMT; as per GCG & FIG, applies to all categories. Major violation may result in a 0.2 penalty from the total score from the routine in which the offence occurs. This decision is made by the Chair of Judges Panel.
- iii. Ontario Championships / Qualifying Round & Finals: An optional uniform may be worn; singlet without sleeves and trousers (in a single colour that matches the singlet) or shorts no longer than mid-thigh length for TRI and SYN; singlet without sleeves and shorts no longer than mid-thigh length for TUM & DMT; as per GCG & FIG, applies to all categories. Major violation may result in a 0.2 penalty from the total score from the routine in which the offence occurs. This decision is made by the Chair of Judges Panel.
- iv. Trampoline shoes and or foot covering of the same colour as the gym trousers or white are required for TRI / SYN / DMT and optional for TUM. Silicone socks or shoes are not permitted. For TRI and SYN coloured foot covering may be worn that is of the same colour as an athlete’s trousers. For TRI and SYN if shorts are worn, an athlete must wear white foot coverings.
- v. SYN pairs must wear matching uniform attire; a violation may result in disqualification at the discretion of the CJP.
- vi. Any athlete violations of Rules #13 g) i to v. may result in a penalty or disqualification from the round in which the offence occurs; this decision is made by the Chair of the Judge’s Panel.

j) **Coaches and Spotters**

- i. Proper coaching attire is required. Tracksuits, team t-shirts, polo shirts or hemmed shorts are considered appropriate coaching or spotting attire.
- ii. Gym shoes are required, (no open shoes, no sandals, no flip-flops, no crocs are permitted for coaches).
- iii. No denim pants or denim shorts are allowed.
- iv. No caps or hats are allowed.
- v. Unacceptable attire also includes ripped clothing, inappropriate language on clothing, street shoes or insufficient clothing such as mid-drift or halter tops.
- vi. Any coach violating Rules # 13 h) i to v. may be asked to leave the floor if they do not comply upon the first request from the Meet Director, Chair of Judge's Panel, Chair of the TG T.C. or Program Manager.

14. **Protests**

- a) In case of obvious errors concerning calculation in difficulty, time of flight or execution scores, a judge, gymnast, coach or other official, who recognises this, should approach the Chair of the Judges' panel in a professional and friendly way before the end of the round to allow the Chair of Judges' panel to clarify the situation before the next round has started.
- b) See #11 c) and d) for additional protest rules.

15. **Competition Cards/Degree of Difficulty (DD) Cards – TRI / SYN / TUM / DMT**

- a) The DD card must be handed in at the start of the corresponding specific warm-up of a competition category, at a place designated by the organizing committee. Athletes are not permitted to warm-up on equipment until the card is handed in and completed in full. Competition cards will only be accepted if written in FIG notation. The penalty for failing to comply will be a 0.1 deduction per Execution Judge from the routine(s) in which the error was made.
- b) Finalists must hand in their competition cards at the start of finals warm-up.
- c) DMT level 1 & 2 athletes are not required to provide DD cards.
- d) TUM level 1 & 2 athletes are not required to provide DD cards.

16. **Judging Panels**

- a) The TRA/DMT and TUM Judging Chairpersons will provide judging panels for Ontario Cups and Ontario Championships.
- b) Individual Trampoline (TRI) and Synchronized Trampoline (SYN) competition jury:
 - i) Composition of the Judges' Panel with Horizontal Displacement device:

Judge Role	TRI	SYN
Chair of Judges Panel	1	1
Execution Judges	6	6
Difficulty Judges	2	2
TOF/SYN/HD Judges	1 (TOF/HD)	1 (SYN/HD)
	10	10

- ii) Composition of the Judges' Panel without Horizontal Displacement device:

Judge Role	TRI	SYN
Chair of Judges Panel	1	1
Execution Judges	4	4
Horizontal Displacement Judges	2	2
Difficulty Judges	2	2
TOF/SYN Judges	1 (TOF)	1 (SYN)
	10	10

- iii) TRI – the following judges may be omitted at the discretion of the Judging Chairperson if the required number of judges for a panel is not possible:
 - a. With HD device – two (2) or four (4) Execution Judges and one (1) Difficulty Judge.
 - b. Without HD device – two (2) Execution Judges, one (1) Horizontal Displacement Judge, and one (1) Difficulty Judge.
- iv) SYN – the following judges may be omitted at the discretion of the Judging Chairperson if the required number of judges for a panel is not possible:
 - a) With HD device – two (2) or four (4) Execution Judges.
 - b) Without HD device – two (2) Execution Judges.
- c) Double-Mini Trampoline (DMT) and Tumbling (TUM) competition jury:
 - i) Composition of the Judges' Panel:

Judge Role	DMT	TUM
Chair of Judges Panel	1	1
Execution Judges	6	6
Difficulty Judges	2	2
	9	9
 - ii) DMT – two (2) or four (4) Execution Judges and one (1) Difficulty Judge may be omitted at the discretion of the Judging Chairperson if the required number of judges for a panel is not possible.
 - iii) TUM – two (2) or four (4) Execution Judges and one (1) Difficulty Judge may be omitted at the discretion of the Judging Chairperson if the required number of judges for a panel is not possible.
- d) Judges' honorarium and expenses are the responsibility of the host club. Please refer to Section G – Judging Policies, of the current TG Rules and Regulations for further information.
- e) Judging assignments begin at the published time of the Judges' meeting or thirty (30) minutes before the start of the specific warm-up, whichever is earlier, and conclude fifteen (15) minutes after the last competitor has performed when calculating the judge's honorarium.

17. Scoring Calculations

- a) TRI Score = EX (max. 20 pts) + HD (max. 10 pts) + DD + TOF - Penalty + Bonus
- b) SYN Score = EX (max. 10 pts) + HD (max. 10 pts) + SYN (max. 20 pts) + DD - Penalty + Bonus
- c) DMT Score = EX (max. 20 pts) + DD - Penalty + Bonus
- d) TUM Score = EX (max. 20 pts) + DD - Penalty + Bonus

18. Meet Time Calculations

Maximum of 20 athletes in a group when scheduling for Levels 1 to 4, 17 for Levels 5 and above.
 When calculating warm-up time and competition time, numbers are to be rounded up.
 A formal march-in prior to competition shall be done for all categories and levels for Finals at Ontario Championships only.

	Time per athlete (minutes)			
	Levels 1, 2 & 3	Level 4	Levels 5, 6, 7 & Junior	Level Senior
Warm-up (for two (2) trampolines)	1.25 min	1.50 min	1.75 min	2.25 min (Min 20 minutes)
Competition / Qualifying Round ⁽¹⁾	1.75 min	2.00 min	2.75 min	2.75 min
Competition / Finals ⁽²⁾	1.50 min	1.50 min	2.00 min	2.00 min

⁽¹⁾ No one-touch if warm-up is on the same equipment. If different warm-up equipment, add 0.75 min per athlete for one-touch.
⁽²⁾ Competition Time per athlete includes one-touch. A 4-touch will be given for any break over 1 hour.

	Time per pair (minutes)	
	Levels 2, 3 & 4	Levels 5, 6 & Senior
Warm-up (for two (2) trampolines)	1.50 min	2.50 min
Competition / Qualifying Round ⁽¹⁾	1.50 min	2.75 min

⁽¹⁾ No one-touch if warm-up is on the same equipment. If different warm-up equipment, add 0.75 min per pair for one-touch.

	Time per athlete (minutes)			
	Level 1	Levels 2 & 3	Levels 4, 5, & 6	Levels 7, Junior & Senior
Warm-up	1.00 min	1.25 min	1.75 min	1.75 min
Competition / Qualifying Round ⁽⁶⁾	2.00 min ⁽⁴⁾ 1.50 min ⁽⁵⁾	2.75 min ^{(1) (4)} 1.50 min ⁽⁵⁾	3.50 min ^{(1) (4)} 1.75 min ⁽⁵⁾	2.75 min ⁽²⁾
Warm-up / Finals	--	--	1.50 min	1.50 min
Competition / Finals	1.75 min ⁽³⁾	1.75 min ⁽³⁾	1.75 min	1.75 min

⁽¹⁾ Competition Time per athlete includes two-touch before passes 3 & 4
⁽²⁾ Competition Time per athlete includes one-touch before pass 3
⁽³⁾ Competition Time per athlete includes two-touch
⁽⁴⁾ Ontario Cup – Level 1: 3 pass prelims, no finals / Levels 2 to 6: 4 pass prelims, no finals
⁽⁵⁾ Ontario Championships – 2 pass prelims
⁽⁶⁾ No two-touch before pass 1 if warm-up is on the same equipment. If different warm-up equipment, add 0.5 min per athlete for two-touch before pass 1.

	Time per athlete (minutes)				
	Levels 1 & 2	Level 3	Level 4	Levels 5 & 6	Levels 7, Junior & Senior
Warm-up	1.00 min	2.00 min ⁽²⁾ 1.50 min ⁽³⁾		2.00 min	2.50 min
Competition / Qualifying Round ⁽⁴⁾	1.50 min	2.50 min ⁽²⁾ 2.00 min ⁽³⁾		2.00 min	3.50 min ⁽⁵⁾
Warm-up / Finals	--	--	0.75 min	0.75 min	0.75 min
Competition / Finals	1.75 min ⁽¹⁾	1.75 min ⁽¹⁾	1.25 min	2.00 min	2.00 min

⁽¹⁾ Competition Time per athlete includes two-touch
⁽²⁾ Ontario Cup – 3 pass prelims, no finals.
⁽³⁾ Ontario Championships – 2 pass prelims
⁽⁴⁾ No two-touch if warm-up is on the same equipment. If different warm-up equipment, add 0.75 min per athlete for two-touch.
⁽⁵⁾ Competition Time per athlete includes one-touch before pass 3

INDIVIDUAL TRAMPOLINE (TRI)

FOR ROUTINE RULES, REQUIREMENTS AND REGULATIONS, AND MOBILITY REQUIREMENTS, SEE THE CURRENT VERSION OF THE TG CANADIAN PATHWAYS AND COMPETITION RULES DOCUMENTS PUBLISHED BY GYMNASTICS CANADA. If routine requirements in Ontario are different from the TG Canadian Pathways, those requirements will be included in the charts below.

TRI - Finals are not required for Levels 1 to 4 at Ontario Cups. Finals will be held for Levels 1 to 4 for the top **ten (10)** per competitive category at Ontario Championships. Finals will be held for Levels 5 and above for the top ten (10) per competitive category at all Ontario Cups and Ontario Championships.

TRI Level	Min age	Max age	Entry requirements	Provincial Qualifying Score
Level 1	9	None	None	Ages 12U ... 72.0 Ages 13+ ... 74.2
Level 2	9	None		76.5
Level 3	9	None		79.8
Level 4	9	None		N/A

Mobility

The highest category at which 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 mobility requirements of the previous category. Mobility requirements must all be met at the same time (total preliminary score, DD, and required elements).

TRI Level	Min age	Max age	Entry requirements	Age splits at National Events
Level 5	11	None	Mobility from Level 4	14U, 15-16, 17+
Level 6	11*	16	Mobility from Level 5	14U, 15-16
Junior	13	16	Mobility from Level 6	N/A
Level 7	17	None	Mobility from Level 5. From Level 6 or Junior age 17+	
Senior	17	None	Mobility from Level 6, Junior, or Level 7	
*Level 6 min age: 11 (recommended 13)				

SYNCHRONIZED TRAMPOLINE (SYN)

FOR ROUTINE RULES, REQUIREMENTS AND REGULATIONS, AND MOBILITY REQUIREMENTS, SEE THE CURRENT VERSION OF THE TG CANADIAN PATHWAYS AND COMPETITION RULES DOCUMENTS PUBLISHED BY GYMNASTICS CANADA. If routine requirements in Ontario are different from the TG Canadian Pathways, those requirements will be included in the charts below.

SYN - Finals are not required at Ontario Cups or at Ontario Championships.

SYN Level	Min age	Max age	Entry requirements	Provincial Qualifying Score
Level 2	9	None	None	34.8
Level 3	9	None		36.3
Level 4	9	None		N/A

Mobility

The highest category at which 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 mobility requirements of the previous category. Mobility requirements must all be met at the same time (total preliminary score, DD, and required elements).

SYN Level	Min age	Max age	Entry requirements
Level 5	11	None	Both athletes must meet the Level 5 TRI Mobility requirements
Level 6	11*	None	One athlete in the pair must be TRI L6, Junior, or L7 (open to L5 TRI athletes if paired with a TRI L6, Junior, or L7)
Senior	17 (one athlete in the pair)	None	One athlete in the pair must be TRI Senior (open to Junior and L7 TRI athletes if paired with a TRI Senior)

*Level 6 min age: 11 (recommended 13)

Mixed SYN (National Level) & Luck of the Draw SYN (Nat Level)
Both athletes must be TRI National Level (L5 to SR).
Mixed SYN: Synchro pair must be mixed gender.
Luck of the Draw SYN: Synchro pair will be drawn on competition day and may be a gendered pair or mixed gender.
1 voluntary routine of 10 elements. FIG repetition rules.
Minimum DD 6.5 Maximum DD 10.2*
*Max DD will be applied to all routines with DD of 10.2 or higher. There are no additional penalties for performing DD above 10.2.
Additional "Specific Rules" as per TG Canadian Pathways for National Level SYN.

DOUBLE-MINI TRAMPOLINE (DMT)

FOR ROUTINE RULES, REQUIREMENTS AND REGULATIONS, AND MOBILITY REQUIREMENTS, SEE THE CURRENT VERSION OF THE TG CANADIAN PATHWAYS AND COMPETITION RULES DOCUMENTS PUBLISHED BY GYMNASTICS CANADA. If routine requirements in Ontario are different from the TG Canadian Pathways, those requirements will be included in the charts below.

DMT - Finals are not required at Ontario Cups. Finals will be held for **All Levels** for the top ten (10) per competitive category at Ontario Championships.

DMT Level	Min age	Max age	Entry requirements	Provincial Qualifying Score	<i>Routine Requirements at Ontario Cups*</i>
Level 1	9	None	None	38.7 (Passes 1 and 2)	1st and 2nd Ontario Cups: 2 voluntary passes <ul style="list-style-type: none"> As per "PRELIMINARY ROUND" of the TG Canadian Pathways 3rd Ontario Cup: 4 voluntary passes <ul style="list-style-type: none"> Passes 1 and 2 requirements as per "PRELIMINARY ROUND" of the TG Canadian Pathways Passes 3 and 4 requirements as per "FINAL ROUND" of the TG Canadian Pathways
Level 2	9	None		79.5	4 voluntary passes <ul style="list-style-type: none"> Passes 1 and 2 requirements as per "PRELIMINARY ROUND" of the TG Canadian Pathways
Level 3	9	None		78.8	<ul style="list-style-type: none"> Passes 3 and 4 requirements as per "FINAL ROUND" of the TG Canadian Pathways
Level 4	9	None		N/A	<ul style="list-style-type: none"> Passes 3 and 4 requirements as per "FINAL ROUND" of the TG Canadian Pathways
*Routine Requirements at Ontario Championships and Easterns as prescribed in the TG Canadian Pathways.					

Mobility

The highest category at which 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 mobility requirements of the previous category. Mobility requirements must all be met at the same time (total preliminary score, DD, and required elements).

DMT Level	Min age	Max age	Entry requirements	Age splits at National Events	<i>Routine Requirements at Ontario Cups*</i>
Level 5	11	None	Mobility from Level 4	14U, 15-16, 17+	4 voluntary passes <ul style="list-style-type: none"> Passes 1 and 2 requirements as per "PRELIMINARY ROUND" and Passes 3 and 4 requirements as per "FINAL ROUND" of the TG Canadian Pathways
Level 6	11**	16	Mobility from Level 5	14U, 15-16	
Junior	13	16	Mobility from Level 6	N/A	3 voluntary passes <ul style="list-style-type: none"> Passes 1 and 2 requirements as per "PRELIMINARY ROUND, Q1" and Pass 3 requirements as per "PRELIMINARY ROUND, Q2" of the TG Canadian Pathways
Level 7	17	None	Mobility from Level 5. From Level 6 or Junior age 17+		
Senior	17	None	Mobility from Level 6, Junior, or Level 7		
*Routine Requirements at Ontario Championships, Elite Canada and Canadian Championships as prescribed in the TG Canadian Pathways.					
**Level 6 min age: 11 (recommended 13)					

TUMBLING (TUM)

FOR ROUTINE RULES, REQUIREMENTS AND REGULATIONS, AND MOBILITY REQUIREMENTS, SEE THE CURRENT VERSION OF THE TG CANADIAN PATHWAYS AND COMPETITION RULES DOCUMENTS PUBLISHED BY GYMNASTICS CANADA. If routine requirements in Ontario are different from the TG Canadian Pathways, those requirements will be included in the charts below.

TUM - Finals are not required for Levels 1 to 4, L7, Junior, and Senior at Ontario Cups. Finals will be held for Levels 1 to 2 for the top **ten (10)** per competitive category and for all competitors in Levels 3 to 4, L7, Junior, and Senior at Ontario Championships. Finals will be held for all competitors in Levels 5 to 6 at all Ontario Cups and Ontario Championships.

TUM Level	Min age	Max age	Entry requirements	Provincial Qualifying Score	<i>Routine Requirements at Ontario Cups*</i>
Level 1	9	None	None	35.7	As per TG Canadian Pathways. No final round.
Level 2	9	None		35.4	
Level 3	9	None		33.3 (Passes 1 and 2)	Three pass preliminary round as per TG Canadian Pathways; Compulsory Pass - Voluntary Pass 1 - Voluntary Pass 2. No final round.
Level 4	9	None		N/A	
*Routine Requirements at Ontario Championships and Easterns as prescribed in the TG Canadian Pathways.					

Mobility

The highest category at which 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 mobility requirements of the previous category. Mobility requirements must all be met at the same time (total preliminary score, DD, and required elements).

TUM Level	Min age	Max age	Entry requirements	Age splits at National Events	<i>Routine Requirements at Ontario Cups*</i>
Level 5	11	None	Mobility from Level 4	14U, 15-16, 17+	As per TG Canadian Pathways.
Level 6	11	16	Mobility from Level 5	14U, 15-16	
Junior	13	16	Mobility from Level 6	N/A	Junior, Level 7, and Senior: 3 voluntary passes, FIG repetition rules <ul style="list-style-type: none"> • Passes 1 and 2 requirements as per "PRELIMINARY ROUND, Q1" and Pass 3 requirements as per "PRELIMINARY ROUND, Q2" of the TG Canadian Pathways
Level 7	17	None	Mobility from Level 5. From Level 6 or Junior age 17+		
Senior	17	None	Mobility from Level 6, Junior, or Level 7		
*Routine Requirements at Ontario Championships, Elite Canada and Canadian Championships as prescribed in the TG Canadian Pathways.					

Section VI – Interclub Competitive Rules / General Rules

- 1) **Competitive Environment:** A safe and controlled competitive environment must be provided for the participants and others involved in the competition.
- 2) **Equipment Standards:** Safe and adequate equipment must be provided. Please refer to the equipment and venue standards in the most current TG Technical Rules and Regulations. Any modifications to existing standards and specifications must be listed on the sanction form when applying to host (i.e. type of track, type of landing area, ramp specifications, etc.).
- 3) **Minimum Age:** All athletes must be eight (8) years of age as of December 31 of the competition year. Athletes in the Showcase level may be seven (7) years of age as of December 31 of the competition year.
- 4) **Eligibility Rules:** Athletes must be registered as Interclub athletes with Gymnastics Ontario. **Showcase and Masters athletes may be registered as Recreational athletes.**
- 5) **Competition Requirements:** It is required that the attached Interclub Trampoline, Double-Mini Trampoline, and Tumbling requirements be used.
 - a. **TUM:** If competition is offered on a non-standard tumbling track (i.e. fast trak, air floor, shortened strip, etc.), the host must submit event-specific pass requirements for the non-standard equipment. Event-specific pass requirements must be approved by G.O. and will be included with the Event Directive (Call to Meet).
- 6) **Judging and Scoring:**
 - b. Each judge must be an active Gymnastics Ontario certified judge. Judges must follow the Judge's Dress Code at Interclub competitions.
 - c. Host clubs are required to use the current judging honorarium form at all Invitational competitions.
 - d. **TRI:** A minimum of four (4) judges are required; two (2) Execution judges, one (1) Horizontal Displacement judge, and one (1) 'Chair of the Judge's Panel'. The CJP should also act as the Degree of Difficulty judge.
 - i. TRI Score = EX (max. 20 pts) + HD (max. 10 pts) + DD - Penalty + Bonus
 - e. **SYN:** A minimum of five (5) judges are required; two (2) Execution judges, one (1) Synchro judge, one (1) Degree of Difficulty judge, and one (1) 'Chair of the Judge's Panel'. The CJP should also act as the second Degree of Difficulty judge.
 - i. SYN Score = EX (max. 20 pts) + SYN (x2; max. 20 pts) + DD - Penalty + Bonus
 - f. **DMT / TUM:** A minimum of three (3) judges are required; two (2) Execution judges, and one (1) 'Chair of the Judge's Panel'. The CJP should also act as the Degree of Difficulty judge.
 - i. DMT / TUM Score = EX (max. 20 pts) + DD - Penalty + Bonus
- 7) **Coaching Certification Requirements:**
 - g. **Trampoline & DMT:** All coaches must be fully certified NCCP Level Two (2) Trampoline, or Trained NCCP Competition 1 Trampoline.
 - h. **TUM:** All coaches must be fully certified NCCP Level Two (2) Trampoline or Artistic Gymnastics, or Trained NCCP Competition 1 Trampoline or Artistic Gymnastics.
- 8) **Interclub Cups:** ~~Removed for the 2023-2024 season. One (1) Interclub Cup will take place in each region (See map for regions). If there is more than one bid to host in one of the defined regions, then the Interclub Cup will be awarded to the club that offers the most disciplines and had their bid submitted to G.O. before any deadlines. All other Interclub competitions will be labelled as Invitationals.~~
- 9) **Sanctioning Process:** Sanction requests for Interclub ~~Cups~~ and Invitationals must be submitted to G.O., Attention: Program Manager, as per the Bid to Host Application/Invitational Sanction Application. The Program Manager and the TG T.C. Chairperson will review sanction requests and the host club can expect a written response to their request within three (3) weeks. Incomplete sanction requests will not be reviewed and will be returned to the host club.

Sanction Request Must Include:

- A completed sanction request form
- A copy of the draft Event Directive (Call to Meet)
- A complete set of the competitive requirements being used
- A description of the equipment being used.
- Comply with all other requirements listed on the Event Sanction form.

10) **Competition Rules:**

- a) Category splits are by year of birth and should not be any larger than 16 competitors.
- b) **Categories with 11 or more competitors will be split into two groups according to age.**
- c) Categories without an age split may combine men and women (if under 10 competitors **total**).
- d) Category levels shall not be combined, e.g. Interclub Beginner and Intermediate together. Host clubs should try to avoid having adults and teenagers competing in the same categories as younger children.
- e) A competition may not run more than thirty (30) minutes ahead of scheduled times without a meeting with the CJP, the Meet Director and a coach representative for an athlete(s) from each club in the respective category indicating that they are all in agreement that each of the athletes are prepared to start ahead of the scheduled time; if there is one 'no' vote then the scheduled times shall be followed.

11) **Scores:** Coaches have up to fifteen (15) minutes after the publication of the results to verify and communicate any error(s) to the CJP. **After this time there will be no changes to scores; all scores, placements, and awards will be final.**

12) **Awards:** Medals must be awarded 1 – 3, and ribbons 4 – 10. Special awards are not required, but encouraged.

13) **Dress code:**

- a. **TRI, SYN, DMT:** Female athletes may wear a gymsuit with or without shorts, and trampoline shoes or white socks. Male athletes may wear a singlet with shorts or longs, and trampoline shoes or socks. This rule also applies to categories L1 to Senior.
 - i. **Showcase and Masters: Alternatively, athletes may wear a fitted t-shirt, shorts, and trampoline shoes or white socks.**
- b. **TUM:** Female athletes may wear a gymsuit, with or without shorts. Male athletes may wear a singlet with shorts. This rule also applies to categories L1 to Senior.
 - i. **Showcase and Masters: Alternatively, athletes may wear a fitted t-shirt and shorts.**
- c. **Awards:** During march-in and the awards presentation, competitors may wear competition attire or Club attire (Club tracksuit jacket/sweater/top and Club athletic bottoms). With competition attire, it is recommended that athletic bottoms be worn for awards.

14) Masters' athletes are given a bonus that is added to their score. Bonus amount is dependent on the athlete's age as of December 31 (of the competitive year), see chart:

Age (as of December 31)	Bonus
16 to 29	0.5
30 to 39	1.0
40 to 49	1.5
50 and up	2.0

15) Interclub level athletes are permitted to participate at Interclub competitions in Provincial categories (if offered at that event); they need not be registered as a Provincial athlete. Athletes may register and compete in any level they choose even if mobility standards have not been met.

16) Degree of Difficulty cards are not required for any Interclub categories.

17) Additional Interclub Rules:

- a. Second Attempt (TRI / SYN / DMT / TUM) Beginner Level Only. 1.0 penalty taken by the difficulty judges. For incomplete routines/passes, an athlete will be given the option to restart that routine/pass with a 1.0 penalty from the difficulty judges (maximum of one (1) additional attempt allowed per routine/pass). If the athlete chooses to restart, the routine/pass must start from the beginning and the second attempt score will be taken, regardless of result. The athlete may choose to perform their second attempt immediately or at the end of the flight.
- b. Mount (DMT) A beat board or incline mat (provided by the host club) may be used for all Interclub levels without penalty.
- c. One Foot Landing (DMT) A one-foot landing will be considered as an interrupted routine. Judges should take into consideration the mount at this level and only penalize true one-foot landings.
- d. Straight Jump at End of Pass (TUM) In all passes that require a straight jump, the straight jump is judged as a mandatory out bounce. A one-foot landing from a straight jump will receive a 0.3 penalty from each execution, the maximum for instability.
- e. Pass Requirements (TUM) There is no minimum number of elements required for a score. Passes are not required to land in the landing zone.
- f. Penalty for Restricted Elements (TRI / SYN / DMT / TUM) If a restricted element is performed, the element will not receive DD credit; however, the skill will be counted as a completed element in the routine/pass.

18) Interclub Meet Calculation Time:

Stretch (for all) = 15 minutes before specific warm up

No one-touch if warm-up is on the same equipment. If different warm-up equipment, add the following time: 0.75 min per athlete/pair for TRI and SYN; 0.5 min per athlete for DMT and TUM.

Individual Trampoline

1.125 minute per athlete for specific warm up (15 minute minimum)

2.25 minute per athlete for competition (no one-touch)

Synchronized Trampoline

1.5 minute per athlete for specific warm up (15 minute minimum)

1.5 minute per athlete for competition (no one-touch)

Double-Mini Trampoline

1.0 minute per athlete for specific warm up (10 minute minimum)

1.5 minute per athlete for competition (no one-touch)

Tumbling

1.5 minute per athlete for specific warm up (10 minute minimum)

1.5 minute per athlete for competition (no one-touch)

- 19) All other rules are as stated in the most current TG Technical Rules and Regulations and as per FIG and GCG rules and regulations.

Section VI – Interclub Competitive Rules / Individual Trampoline (TRI)

Interclub / Individual Trampoline

SHOWCASE	BEGINNER	INTERMEDIATE	ADVANCED
Min Age: 7 Max Age: 9	Min Age: 8 Max Age: 15	Min Age: 8 Max Age: 15	Min Age: 8 Max Age: 15
*No ranking/scores *Goal sheets are not required *Showcase are suggested to perform 2 routines.	COMPULSORY ROUTINE -- < Pike Jump -- L Seat Drop - 1 L ½ Twist To Seat - 1 ↑ ½ Twist To Feet -- o Tuck Jump 1 - F Front Drop 1 - ↑ To Feet -- v Straddle Jump 1 - B Back Drop 1 - ↑ To Feet	COMPULSORY ROUTINE -- 2 Full Twist Jump -- o Tuck Jump -- L Seat Drop - 1 L ½ Twist To Seat - 1 ↑ ½ Twist To Feet -- < Pike Jump 1 - F Front Drop 1 - ↑ To Feet -- v Straddle Jump 4 - o Front Tuck <u>OR</u> 4 1 o Barani Tuck	COMPULSORY ROUTINE 4 - o Back Tuck -- o Tuck Jump -- L Seat Drop - 1 L ½ Twist To Seat - 1 ↑ ½ Twist To Feet -- < Pike Jump 1 1 F ½ Airplane 1 - ↑ To Feet -- v Straddle Jump 4 1 Barani (free)
	VOLUNTARY ROUTINE * 1 voluntary routine of 10 elements * FIG repetition rules * Minimum DD 0.6 * Maximum DD 1.1	VOLUNTARY ROUTINE * 1 voluntary routine of 10 elements * FIG repetition rules * Minimum DD 1.1 * Maximum DD 2.2	VOLUNTARY ROUTINE * 1 voluntary routine of 10 elements * FIG repetition rules * Minimum DD 2.2 * Maximum DD 3.6

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

Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed.

SCORING: ALL BONUSSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. In all categories the penalty for not completing any required element/s is 2.0 per requirement applied by the difficulty judges.

This is only a summary of the regulations.

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

Section VI – Interclub Competitive Rules / Individual Trampoline (TRI)

Interclub / Masters Individual Trampoline

BEGINNER	INTERMEDIATE	ADVANCED	ELITE
Min Age: 16 Max Age: NONE	Min Age: 16 Max Age: NONE	Min Age: 16 Max Age: NONE	Min Age: 16 Max Age: NONE
*An age bonus as per general rule #14 will be added to the first routine only.			
COMPULSORY ROUTINE	COMPULSORY ROUTINE	COMPULSORY ROUTINE	1st VOLUNTARY ROUTINE
-- 1 ½ <i>Twist Jump</i> -- v <i>Straddle Jump</i> -- L <i>Seat Drop</i> - 1 ↑ ½ <i>Twist To Feet</i> -- < <i>Pike Jump</i> - 1 L ½ <i>Twist To Seat</i> -- ↑ <i>To Feet</i> -- o <i>Tuck Jump</i> 1 - F <i>Front Drop OR</i> 1 - B <i>Back Drop</i> 1 - ↑ <i>To Feet</i>	-- 2 <i>Full Twist Jump</i> -- o <i>Tuck Jump</i> -- L <i>Seat Drop</i> - 1 L ½ <i>Twist To Seat</i> - 1 ↑ ½ <i>Twist To Feet</i> -- < <i>Pike Jump</i> 1 - F <i>Front Drop</i> 1 - ↑ <i>To Feet</i> -- v <i>Straddle Jump</i> 4 - o <i>Front Tuck OR</i> 4 1 o <i>Barani Tuck</i>	4 - o <i>Back Tuck</i> -- o <i>Tuck Jump</i> -- L <i>Seat Drop</i> - 1 L ½ <i>Twist To Seat</i> - 1 ↑ ½ <i>Twist To Feet</i> -- < <i>Pike Jump</i> 1 1 F ½ <i>Airplane</i> 1 - ↑ <i>To Feet</i> -- v <i>Straddle Jump</i> 4 1 <i>Barani (free)</i>	*1 voluntary routine of 10 elements REQUIRED ELEMENTS: *1 salto with at least a full twist *1 element landing on the front or back *1 element taking off from the front or back
VOLUNTARY ROUTINE	VOLUNTARY ROUTINE	VOLUNTARY ROUTINE	2nd VOLUNTARY ROUTINE
* 1 voluntary routine of 10 elements * FIG repetition rules	* 1 voluntary routine of 10 elements * FIG repetition rules	* 1 voluntary routine of 10 elements * FIG repetition rules	* 1 voluntary routine of 10 elements * FIG repetition rules
* Minimum DD 0.6 * Maximum DD 1.1	* Minimum DD 1.1 * Maximum DD 2.6	* Minimum DD 2.6 * Maximum DD 5.2	* Minimum DD 5.2 * Maximum DD NONE

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

Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed.

SCORING: ALL BONUSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. In all categories the penalty for not completing any required element/s is 2.0 per requirement applied by the difficulty judges.

This is only a summary of the regulations.

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

Section VI – Interclub Competitive Rules / Synchronized Trampoline (SYN)

Interclub / Synchronized Trampoline

BEGINNER	INTERMEDIATE	ADVANCED
Min Age: 8 Max Age: 15	Min Age: 8 Max Age: 15	Min Age: 8 Max Age: 15
COMPULSORY ROUTINE	COMPULSORY ROUTINE	COMPULSORY ROUTINE
--< Pike Jump --L Seat Drop -1 L ½ Twist To Seat -1 ↑ ½ Twist To Feet --o Tuck Jump 1-F Front Drop 1-↑ To Feet --v Straddle Jump 1-B Back Drop 1-↑ To Feet	-- 2 Full Twist Jump -- o Tuck Jump -- L Seat Drop - 1 L ½ Twist To Seat - 1 ↑ ½ Twist To Feet --< Pike Jump 1-F Front Drop 1-↑ To Feet --v Straddle Jump 4-o Front Tuck <u>OR</u> 4 1 o Barani Tuck	4-o Back Tuck --o Tuck Jump --L Seat Drop -1 L ½ Twist To Seat -1 ↑ ½ Twist To Feet --< Pike Jump 1 1 F ½ Airplane 1-↑ To Feet --v Straddle Jump 4 1 Barani (free)

Interclub / Masters Synchronized Trampoline

BEGINNER	INTERMEDIATE	ADVANCED	ELITE
Min Age: 16 Max Age: NONE	Min Age: 16 Max Age: NONE	Min Age: 16 Max Age: NONE	Min Age: 16 Max Age: NONE
*An age bonus as per general rule #14, for each partner, will be added to the total score.			
COMPULSORY ROUTINE	COMPULSORY ROUTINE	COMPULSORY ROUTINE	VOLUNTARY ROUTINE
-- 1 ½ Twist Jump --v Straddle Jump --L Seat Drop -1 ↑ ½ Twist To Feet --< Pike Jump -1 L ½ Twist To Seat --↑ To Feet --o Tuck Jump 1-F Front Drop <u>OR</u> 1-B Back Drop 1-↑ To Feet	-- 2 Full Twist Jump -- o Tuck Jump -- L Seat Drop - 1 L ½ Twist To Seat - 1 ↑ ½ Twist To Feet --< Pike Jump 1-F Front Drop 1-↑ To Feet --v Straddle Jump 4-o Front Tuck <u>OR</u> 4 1 o Barani Tuck	4-o Back Tuck --o Tuck Jump --L Seat Drop -1 L ½ Twist To Seat -1 ↑ ½ Twist To Feet --< Pike Jump 1 1 F ½ Airplane 1-↑ To Feet --v Straddle Jump 4 1 Barani (free)	*1 voluntary routine of 10 elements REQUIRED ELEMENTS: *1 salto with at least a full twist *1 element landing on the front or back *1 element taking off from the front or back * Minimum DD 5.2 * Maximum DD NONE

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

Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed.

SCORING: ALL BONUSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. In all categories the penalty for not completing any required element/s is 2.0 per requirement applied by the difficulty judges.

This is only a summary of the regulations.

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

Section VI – Interclub Competitive Rules / Double-Mini Trampoline (DMT)

Interclub / Double-Mini Trampoline

SHOWCASE	BEGINNER	INTERMEDIATE	ADVANCED
Min Age: 7 Max Age: 9	Min Age: 8 Max Age: 15	Min Age: 8 Max Age: 15	Min Age: 8 Max Age: 15
*No ranking/scores *Goal sheets are not required *Showcase are suggested to perform 2 passes.	* 2 voluntary passes * FIG repetition rules *Maximum one salto over 2 passes *Bonus: 0.5 for a salto (max 0.5 over 2 passes) * Minimum DD NONE * Maximum DD 0.5	* 2 voluntary passes * FIG repetition rules <u>REQUIRED ELEMENTS:</u> *Each pass must have 1 salto * Minimum DD 0.5 * Maximum DD 0.9	* 2 voluntary passes * FIG repetition rules <u>REQUIRED ELEMENTS:</u> *1 element of 0.7 DD or higher in each pass *Bonus: 0.5 for a pass with 2 saltos or a skill of 1.2 or higher * Minimum DD 0.7 * Maximum DD 1.8

Interclub / Masters Double-Mini Trampoline

BEGINNER	INTERMEDIATE	ADVANCED	ELITE
Min Age: 16 Max Age: NONE	Min Age: 16 Max Age: NONE	Min Age: 16 Max Age: NONE	Min Age: 16 Max Age: NONE
	*An age bonus as per general rule #14 will be added to the first pass.		
* 2 voluntary passes * FIG repetition rules	* 2 voluntary passes * FIG repetition rules <u>REQUIRED ELEMENTS:</u> *Each pass must have 1 salto	* 2 voluntary passes * FIG repetition rules <u>REQUIRED ELEMENTS:</u> *1 element of 0.7 DD or higher in each pass	* 2 voluntary passes * FIG repetition rules <u>REQUIRED ELEMENTS:</u> *1 double salto in 1 pass
* Minimum DD NONE * Maximum DD 0.6	* Minimum DD NONE * Maximum DD 1.3	* Minimum DD NONE * Maximum DD 2.1	* Minimum DD NONE * Maximum DD NONE

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

Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed.

SCORING: ALL BONUSSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. In all categories the penalty for not completing any required element/s is 2.0 per requirement applied by the difficulty judges.

This is only a summary of the regulations.

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

Section VI – Interclub Competitive Rules / Tumbling (TUM)

Interclub / Tumbling

SHOWCASE	BEGINNER	INTERMEDIATE	ADVANCED
Min Age: 7 Max Age: 9 *No ranking/scores *Goal sheets are not required *Showcase are suggested to perform 2 passes.	Min Age: 8 Max Age: 15 *2 passes *No element with a twist FIRST PASS (Round off ! Straight Jump SECOND PASS (Round off f Backspring ! Straight Jump OR from standing f Backspring ! Straight Jump Pass 1 & 2: Spotting is permitted with penalty; A penalty of 1.0 will be applied by the CJP to each pass where spotting occurs. *A one-foot landing is a 0.3 deduction, the maximum for instability *No deduction for finishing on the track	Min Age: 8 Max Age: 15 *2 passes *No element with a twist FIRST PASS (Round off f Backspring ! Straight Jump SECOND PASS (Round off f Backspring f Backspring ! Straight Jump OR (Round off f Backspring – o Back Tuck *A one-foot landing is a 0.3 deduction, the maximum for instability *No deduction for finishing on the track	Min Age: 8 Max Age: 15 *2 passes *No element with a twist FIRST PASS (Round off f Backspring f Backspring f Backspring ! Straight Jump SECOND PASS (Round off ^ Whip f Backspring f Backspring f Backspring ! Straight Jump OR (Round off f Backspring f Backspring f Backspring – o <u>OR</u> – / (Back Tuck <u>OR</u> Back Straight) Bonus: 0.4 per whip *A one-foot landing is a 0.3 deduction, the maximum for instability *No deduction for finishing on the track

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

Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed.

SCORING: ALL BONUSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. In all categories the penalty for not completing any required element/s is 2.0 per requirement applied by the difficulty judges.

This is only a summary of the regulations.

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

Section VI – Interclub Competitive Rules / Tumbling (TUM)

Interclub / Masters Tumbling

BEGINNER (showcase)	INTERMEDIATE	ADVANCED	ELITE
Min Age: 16 Max Age: NONE	Min Age: 16 Max Age: NONE	Min Age: 16 Max Age: NONE	Min Age: 16 Max Age: NONE
GOAL#1: Optional Recommended performance: Cartwheels, Round offs, Back Handsprings with or without spot	*2 passes	*2 passes	*2 passes
	*An age bonus as per general rule #14 will be added to the first pass.		
GOAL#2: Optional Recommended performance: Cartwheels, Round offs, Back Handsprings with or without spot	FIRST PASS (Round off f Backspring ! Straight Jump	FIRST PASS (Round off f Backspring - o Back Tuck	FIRST PASS *1 voluntary pass of 8 elements *FIG repetition rules *Minimum 4 saltos
	SECOND PASS (Round off f Backspring ! Straight Jump	SECOND PASS *1 voluntary pass of 5 elements *FIG repetition rules	SECOND PASS *1 voluntary pass of 8 elements *FIG repetition rules *Minimum 4 saltos
*No ranking/scores *Goal sheets are to be submitted to the host			REQUIRED ELEMENTS: *1 element of 0.7 or higher in one pass
		* Minimum DD 0.5 * Maximum DD 1.1	* Minimum DD 1.6 * Maximum DD NONE
		Bonus 0.4 per whip	Bonus: 0.4 per whip over 3 including whip full (whips can be placed anywhere except the last element) Bonus: 1.0 for double saltos
	*A one-foot landing is a 0.3 deduction, the maximum for instability *No deduction for finishing on the track	*A one-foot landing is a 0.3 deduction, the maximum for instability *No deduction for finishing on the track	*A one-foot landing is a 0.3 deduction, the maximum for instability *No deduction for finishing on the track

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

Minimum DD's are expected and should be adhered to. Exceptions allowed for temporary reasons. No penalty will apply if minimum DD is not performed.

SCORING: ALL BONUSSES MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED. In all categories the penalty for not completing any required element/s is 2.0 per requirement applied by the difficulty judges.

This is only a summary of the regulations.

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

Section VII – Tour Selection - TRA, TUM & DMT

Selection Date: **1st Ontario Cup 2024, weekend #1: January 26-28, 2024**

Athlete Eligibility: Level 3 - TRA, TUM & DMT

Provincial Tour Team: The **1st Ontario Cup 2024, weekend #1**, will be used to select athletes for an Ontario Tour Team. No 'Intent to Participate' form will be circulated for this event.

The team will consist of the top four (4) athletes per discipline and gender. Minimum age is 13 as of December 31 of the competition year. Petitions will not be accepted. Selected Tour athletes may not move up a category until after the event (ie. Tour) otherwise they will forfeit their spot on the team.

Competition: Athletes shall be selected for the Ontario Tour Team based on the results from the qualifying round at the applicable selection meet, as per each category's routine requirements.

Coach Selection: The Team Coach(es) / Manager(s) will be selected from the points accumulated at the applicable selection meet, as per the most current Technical Rules and Regulations. The Team Coach will be named only after he/she has been informed of the team coach / manager responsibilities and agrees to fulfil the role in its entirety. One male and one female Team Coach / Manager must be present on Tour therefore the third coach spot might not be determined based on points alone. The team coaches may be required to drive a minivan therefore must be at least 25 years old before they leave for the competition.

Tour Information: **2024 Winter Classic Invitational (March 7-10, 2024). Oklahoma City, OK, USA.**

A complete package will be circulated to the team members selected shortly after the selection event, which will include details on travel, cost share amounts, etc. All team members will be required to purchase the G.O. leotard/singlet & longs/shorts and tracksuit if team members do not already have one.

Section VIII – Ontario Championships

1. General

- a) Ontario Championships are provided for all athletes.
- b) For the **2023-2024** season, G.O. may adjust qualification standards for Ontario Championships based on the COVID-19 situation.
- c) Levels 1 to 4 TRI, TUM and DMT athletes must compete in a minimum of two (2) Ontario Cups to be eligible to compete at Ontario Championships.
- d) Levels 1 to 3 TRI, TUM and DMT athletes must attain one (1) Provincial Qualifying Score, for their respective category, based on a qualifying round score, at the Ontario Cups to be eligible to compete at Ontario Championships.
- e) Levels 2 and 3 SYN pairs must compete in a minimum of one (1) Ontario Cup to be eligible to compete at Ontario Championships.
- f) Levels 2 and 3 SYN pairs must attain one (1) Provincial Qualifying Score, for their respective category, based on a qualifying round score, at the Ontario Cups to be eligible to compete at Ontario Championships. Level 4 SYN pairs may qualify in TRI only due to many athletes mobilizing.
- g) It is the responsibility of each club to register their athletes for Ontario Championships. It is the responsibility of the TG T.C. to determine whether athletes have qualified for Ontario Championships. Clubs are encouraged to verify that the list of qualified athletes is correct and to notify the Program Manager of any discrepancies.
- h) Awards:
 - i. It is recommended that awards at Ontario Championships be presented by Judges and/or attending dignitaries.
 - ii. TRI, TUM, DMT and SYN, medals will be given to the top three (3) all-around in each category and ribbons for fourth (4th) to eighth (8th) place. GCG tie breaking rules shall apply; see Canadian Competition Rules.
 - iii. A club team award will be presented to the top three (3) club teams per discipline (i.e. TRI, DMT & TUM) at the TG Assembly. Scores will be calculated based on the final round results for levels 1-4 only. Points will be awarded based on athlete rank. For example: 1st place will be awarded 8 points, 2nd place will be awarded 7 points and so on.
- i) Out-of-province or International athletes will receive duplicate medals and ribbons at Ontario Championships. They will not bump Ontario athletes.
- j) G.O. shall provide medals and ribbons for Ontario Championships, but the host club shall incur all costs.
- k) Petitions affecting Ontario Championships qualification must be submitted in writing to the TG T.C., through the Program Manager, within seven (7) days following the final selection event (ie. Third Ontario Cup). Please refer to Section C of the Gymnastics Ontario Technical Rules and Regulations.
- l) It is the responsibility of the TG Program Manager together with the Judging Chairpersons for TRA/DMT and TUM and the TG T.C. to create the competition schedule.

Section IX – Eastern Canadian Championships

TRA, TUM & DMT

- 1) The Ontario delegation will be comprised of the following individuals:
TRA, TUM & DMT Level 1 - 12 & Under: may enter up to 4 female & 4 male gymnasts per discipline
TRA, TUM & DMT Level 1 - 13 & Over: may enter up to 4 female & 4 male gymnasts per discipline
TRA, TUM & DMT Level 2: may enter up to 8 female & 8 male gymnasts per discipline
TRA, TUM & DMT Level 3: may enter up to 8 female & 8 male gymnasts per discipline
TRA, TUM & DMT Level 4: may enter up to 8 female & 8 male gymnasts per discipline
If an athlete declines the spot on the team then the next ranked athlete from the ranking list will be offered the spot, the alternate will only be named from the 1st – 4th alternate ranked athlete positions, no additional ranked athletes shall be considered if either of these athlete(s) were to decline the spot.
- 2) TRA, DMT & TUM Levels 2 – 4 teams will be split into two age categories (in Ontario only); L2 13 & Under and 14 & Over, L3 14 & Under and 15 & Over and L4 15 & Under and 16 & Over. A minimum of two spots in each age split will be used.
- 3) The **2nd and 3rd Ontario Cup** results will be used to determine the Ontario Team for Eastern Canadian Championships. The best one of two preliminary scores will be used. Athletes do not have to attend both selection meets.
- 4) The selection competitions will follow the Gymnastics Ontario Provincial rules as per the current “Technical Rules and Regulations”.
- 5) GCG tie breaking rules shall apply; see Canadian Competition Rules.
- 6) **Additional tie-break rule for DMT and TUM for Eastern Canadian Championships selection: 3. The gymnast with the higher E-score of the 2nd pass prevails.**
- 7) All athletes must meet the Provincial qualifying score.
- 8) All athletes must be nine (9) years of age as of December 31, the year of Eastern Canadian Championships.
- 9) Petitions will not be accepted.
- 10) **For the 2024 Eastern Canadian Championships (ECC), two (2) Synchronized Trampoline (SYN) pairs will be registered for each Level (Levels 1 – 4). The SYN pairs will be selected from those that are registered for Individual Trampoline (TRI) at the 2024 ECC. The selection for Ontario SYN pairs will be as follows:**
 - i. **SYN pairs may be gendered pairs or mixed gender.**
 - ii. **For Level 1, Ontario will register one (1) pair from the 12U age group and one (1) pair from the 13+ age group.**
 - iii. **For each level, all registered TRI athlete (male and female) scores from the selection results will be compared for SYN selection.**
 - iv. **For Level 1, the top two (2) athletes registered for TRI 12U and the top two (2) athletes registered for TRI 13+ will be selected to participate in Level 1 SYN.**
 - v. **For Levels 2 – 4, the top four (4) athletes registered per level for TRI will be selected to participate in SYN for their level.**
 - vi. **For Levels 2 – 4, pairings from the four (4) athletes selected per level will be determined with the following considerations:**
 - **Athletes from the same club should be paired together when possible.**
 - **TRI 2nd routine TOF and then DD will be considered.**
 - **Further considerations are at the discretion of the TG Program Manager.**
- 11) Once the team is selected, an athlete may not move up a category until after the event (ie. Easterns) otherwise they will forfeit their spot on the team.
- 12) All Ontario delegates (gymnasts, coaches and judges) must be registered with G.O.
- 13) Coaches must have the following NCCP certification:
 - i. Coaches of TRA and/or DMT athletes in Levels 1, 2, or 3, must be fully Certified NCCP Level 2 Trampoline, or Trained NCCP Competition 1 Trampoline.
 - ii. Coaches of TRA and/or DMT athletes in Level 4 must be Technical NCCP Level 3 Trampoline, or Trained NCCP Competition 2 Trampoline.
 - iii. Coaches of TUM athletes in Levels 1, 2, or 3, must be fully Certified NCCP Level 2 Trampoline or Artistic Gymnastics, or Trained NCCP Competition 1 Trampoline or Artistic Gymnastics.
 - iv. Coaches of TUM athletes in Level 4 must be Technical NCCP Level 3 Trampoline or

Artistic Gymnastics, or Trained NCCP Competition 2 Trampoline or Artistic Gymnastics.

- 14) In all disciplines of TRA / TUM / DMT athletes are not eligible for funding.
- 15) Each club shall be responsible for managing their own club's athlete(s), (in and out of gym supervision), as per the Gymnastics Ontario guidelines for Team Managers. The Head of Delegation shall coordinate with club coaches / managers the Ontario Team rules. Any club who does not send a coach or manager to coach on the floor and or supervise their athlete(s) must make arrangements with another club to do so, otherwise this athlete(s) will not be permitted to register or attend.
- 16) All athletes, coaches and judges will be registered for Eastern Canadian Championships by Gymnastics Ontario, including accommodation if selecting this option.
- 17) Each club is responsible for arranging their own travel to Eastern Canadian Championships, including transportation to and from the host city, airport, hotel and competition venue.
- 18) All team members will be required to purchase the G.O. leotard/singlet & longs/shorts and tracksuit if team members do not already have one.

Section X – Canadian Championships

1. Ontario Delegation Athlete Selection

All members of the Ontario Delegation to Canadian Championships shall be selected according to the following criteria for TRI / SYN / TUM / DMT;

- a) All athletes (TRI / TUM / DMT) must compete at a minimum of one Ontario Cups and/or Ontario Championships.
- b) SYN athletes may qualify in TRI only or must compete together as a pair at a minimum of one Ontario Cups and/or Ontario Championships.
- c) ~~Senior National Team Members who are ranked, and have achieved the National Team standard on the GCG most current ranking list, may petition to substitute one (1) score from a GCG team International meet which has conflicted with an Ontario competition (no further substituting of scores will be permitted, regardless of the athlete's performance), occurring within the current season from November 15 through to May 31. Item removed as requirement is only one Ontario meet.~~
- d) Any athlete who has not competed at a minimum of one Ontario Cups and/or Ontario Championships must submit a written petition to the TG T.C., through the Program Manager, within seven (7) days after their last Ontario competition (ie Ontario Championships). Please refer to Section C of the Gymnastics Ontario Technical Rules and Regulations.
- e) All qualified delegates and or petitions (non-medical or medical) for Canadian Championships received are subject to approval by the Ontario TG T.C. as per items 1. a) to d).
- f) G.O. will announce participants for Team Finals at Canadian Championships. (Please note that this does not refer to individual finals.)

2. Funding Criteria: TRI / SYN / TUM & DMT

In addition to "Ontario Athlete Delegation Selection" # 1 a) to f), funded members of the Ontario Delegation to Canadian Championships shall be selected according to the following criteria;

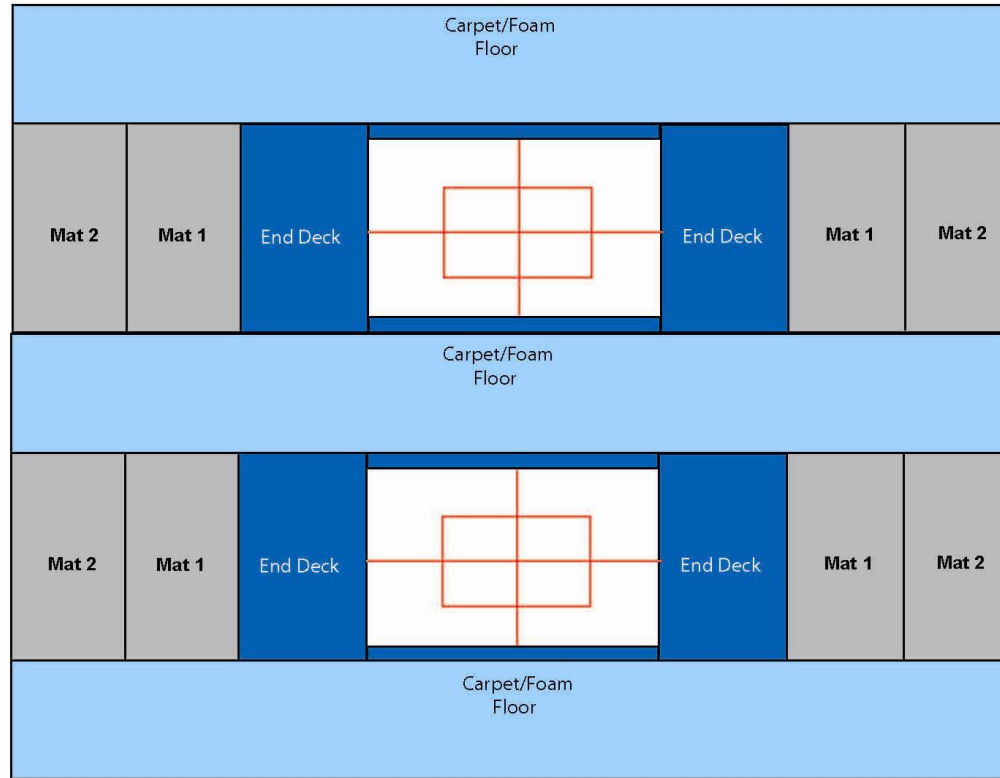
- a) Financial support for Ontario delegates is subject to change depending on funding levels.
- b) Being selected to the Ontario delegation does not guarantee funding.
- c) All athletes must compete at a minimum of two (2) Ontario qualifying competitions (any combination of Ontario Cups and Ontario Championships) to qualify for funding.
- d) Senior National Team Members who are ranked, and have achieved the National Team standard on the GCG most current ranking list, may petition to substitute one (1) score from a GCG team International meet which has conflicted with an Ontario competition (no further substituting of scores will be permitted, regardless of the athlete's performance).
- e) There are no petitions for funding. with the exception of senior athletes; Rule # 2 d).
- f) An athlete who qualifies for two (2) funded spots will only be eligible to receive one (1) funded position.
A TRA / DMT or TUM / DMT athlete who is qualified for two funded spots will be awarded either the TRA or TUM funded spot. A TRA / TUM athlete who is qualified for two funded spots will be awarded the funding spot that he / she is highest ranked on either the TRA or TUM ranking list to determine the funding spot earned, in the event of a tie on the ranking list the Technical Committee will name the funded spot awarded to the athlete.
- g) The following categories are eligible for funding; Level 5, Level 6, Junior, Level 7, Senior.
- h) Athletes who mobilize will receive funding from their previous level.

3. Team finals

- a) Each team should consist of one (1) level 5 (any age group), one (1) level 6 (any age group) or level 7, one (1) junior, and one (1) senior. Should a category not have provincial representation, the team coach will use the GCG substitute rules to complete the team.
- b) Athletes may only represent Ontario in one final unless they are the only registered athlete. Due to low numbers, seniors are exempt from this rule.
- c) TRI athletes will be chosen based on the highest scoring optional routine from the qualifying round. Time of Flight will be included in the calculation for score if it is also included in the score calculation of Team Finals at Canadian Championships.
- d) DMT/TUM athletes will be chosen based on the highest scoring pass from the qualifying round.
- e) A personal coach will validate the athlete's participation. Should the coach decline for the athlete, then the athlete with the 2nd highest optional will be chosen and so on...
- f) Only after the personal coaches have been informed and agreed to the selection will the athletes be notified by the team coach.

Trampoline

Judge's Table

 Judge's table is located 5-7m from the side of the trampoline and 1-2m high. FIG Section 19.3


Recommendation: The interior height of the hall, in which trampoline competitions are to take place, must be at least 8 metres.

Gym mats should cover the floor at the sides of the trampoline (at least 1.8 metres from each side).

Landing mats should cover the floor behind the safety platforms at least 3.0 metres with a thickness of at least 12 cm.

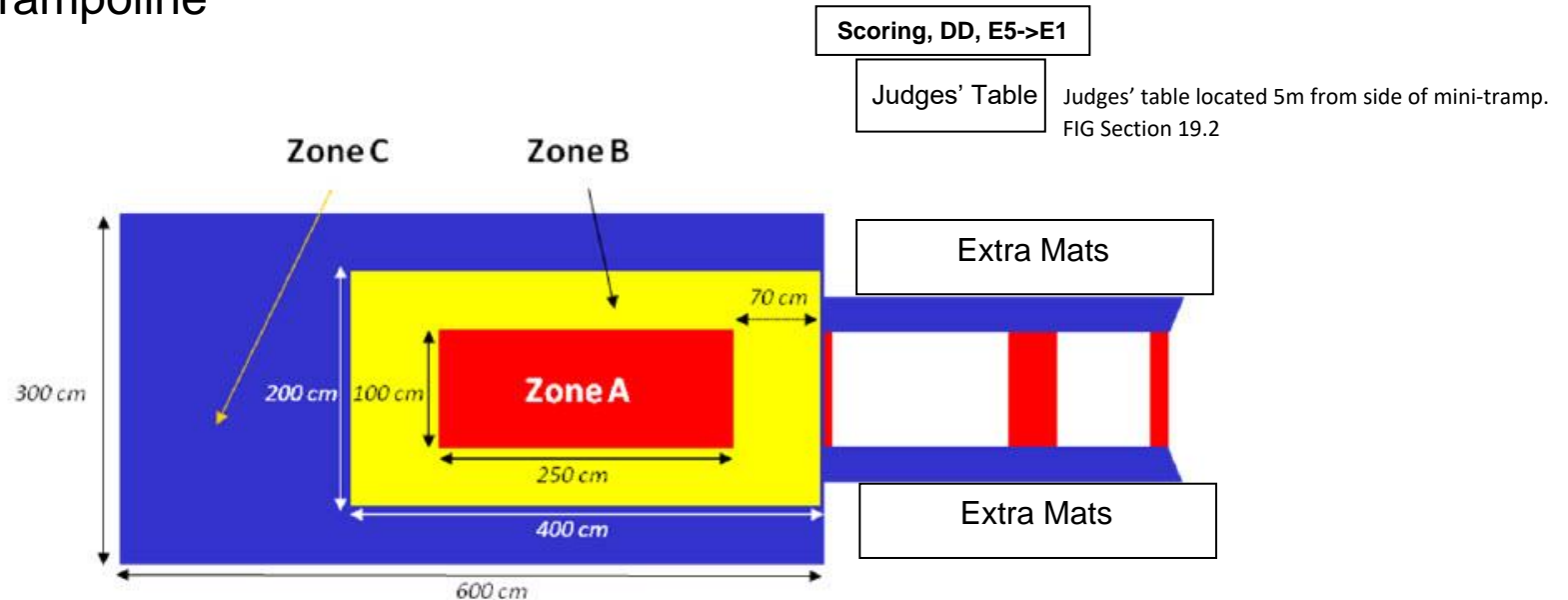
During synchronized competitions the trampolines must be parallel and not staggered. The distance between them, measured from the outer edges of the frame, must be 2 metres.

Sides = long sides of the trampoline / Ends = short sides of the trampoline

2 spotting mats per trampoline is required.

***Please refer to the FIG Apparatus Norms for full equipment regulations.**

Double-Mini Trampoline



Recommendations: A tape measure must be placed along the run-up starting at the frame of the mini-trampoline (0m).

A floor mat must be used on the run-up and must be:

Minimum Length	20 metres
Thickness	25 mm +/- 5mm

The interior height of the hall must be at least 6 metres

One safety mat with the minimum dimensions of 300 x 200 x 30 cm must be placed directly behind the landing area. This mat should be tethered / attached to the landing area. A mat should also be placed upright against the wall beyond the landing zone.

Gym mats should cover the floor along the sides of the landing area.

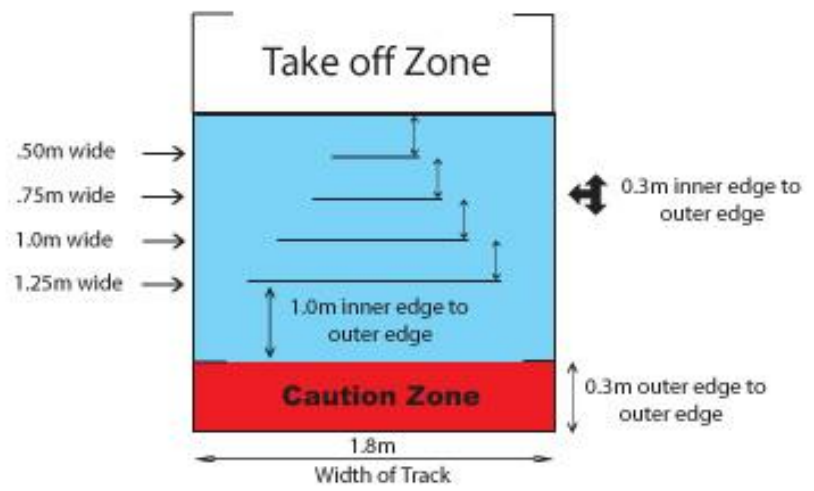
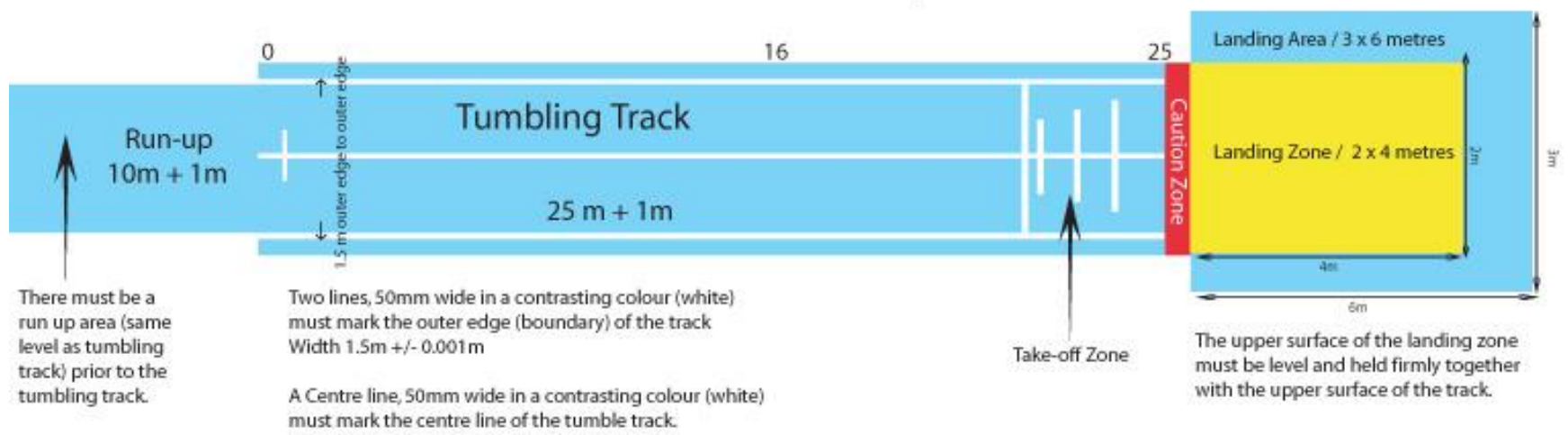
*Please refer to the FIG Apparatus Norms for full equipment regulations.

Tumbling

E1->E5, DD, CJP, Scoring

← Judges Table

Judges' table located 5m from side of track starting at meter 16.



- Special Notes:
1. A tape measure must be placed along side the tumbling strip starting at the landing area, with a mark at the beginning of the track and ending at the beginning of the run up.
 2. The purpose of the take off and Caution zones are to aid the athlete with his/her take off position for a safe landing into the landing area.
 3. Extra carpet strips should be placed on either side of the tumbling strip
 4. Landing zone should have double Velcro to keep the flap secured. Landing zone should be placed against a wall to avoid slipping.

*Please refer to the FIG Apparatus Norms for full equipment regulations.