

**2018
National Development Plan
Competition Guidelines**

**Trampoline
Tumbling
DMT**

Sport Starts Here.

Structure - TRA|TUM|DMT

This Document is supported by the Gymnastics Ireland Trampoline & Tumbling Routines document which outlines the rules for the following events:

- Trampoline & Tumbling Qualifiers
- Trampoline Tumbling & DMT National Championships
 - National Series Super Championships
 - National Team Championships

Coaches may pick the level they want a gymnast to compete at in the qualifier. Movement upwards can only occur if the gymnast scores the National Final qualification score.

Qualifier(s) are held at which gymnasts may qualify for the National Finals. These competitions are held at the National indoor Arena.

Gymnasts will qualify through achieving a qualification score highlighted in the routines document to National Championships

Gymnasts will qualify to the National Super Series through top 8 ranking per level from the National Championships

Gymnasts who do not complete a routine in the NDP will receive a zero score.

Judges

0 – 5 Gymnasts	-	1 Judge
5 – 15 Gymnasts	-	1 Judge & 1 Official or 2 Judges
15 – 25 Gymnasts	-	2 Judges & 1 Official or 3 Judges
25 + Gymnasts	-	3 Judges & 1 Official or 4 Judges

Failure to produce a judge will result in a fine as per the events policy.

Qualification Mark

At each level, there is a qualification mark which the gymnasts must achieve in order to qualify for the National Championships. In the qualifying competition, the National Championships and National Series Super Championships boys and girls compete in separate categories and they are grouped according to their age.

Age Groups - as per FIG

Gymnastics Ireland may reduce or add age groups dependant on entries and may amend guidelines to ensure events run efficiently

The minimum age for entry to the Events is 7 years old.

The age of the performer for this year's competition season is reckoned as the age of the competitor on the 31st January each year. Gymnasts cannot compete until they are 7 years old.

Age groups are highlighted in the Routines Document

Movement between the levels - TRA

Gymnasts must move up to the next level upon achieving the scores as per the Qualification

Backward movement can only be allowed by written application to the Performance & Technical Manager. Forward movement of gymnasts' close to the above scores will be recommended to club coaches by the Performance & Technical Manager.

TUMBLING (TUM)

The age IS determined in the year of the competition in line with international rules. That is, the oldest age that a tumbler will be at any stage during the year. For example, a gymnast who is 10 on the day of the competition but turns 11 later in the same year is in the 11-12 age category.

The age groups in each level of the National Finals (and qualifiers) are as follows:

Age Group Championship: 8, 9 &10 / 11-12/ 13-14 / 15-16/ 17+

*The NDP will not have a difficulty score if a gymnast does not complete a pass the gymnast will receive a zero score.

Double Mini Tramp (DMT)

Qualification to National Trampoline finals qualifies you to take part in DMT national finals. DMT national finals will take place at the National Championships.

NDP 1-3 Age groups - Under 13 and 13+

National Championships - TRAJTUM|DMT

National Championships are held each year. Male and female compete in separate categories in this event. Only those who have qualified through the qualification structure may compete at the National Championships. To enter gymnasts that have qualified for the Nationals Finals, coaches must submit the entries to the Gymnastics Ireland office on the official entry form. Gymnastics Ireland will calculate and will immediately invoice clubs following receipt of the entry form.

Awards will be given to the highest form scoring Senior Men's and Senior Women's competitors.

An award will be given to the gymnast with the highest form scoring routine on the day.

National Teams TRAJTUM

Clubs must submit the entries to the Gymnastics Ireland office on the official entry form

A club may enter as many teams as they wish. Teams must have a min 3 gymnasts and max of 4 gymnasts on the team.

Teams are per level and open age e.g. it can be made up of 2 x 11-12, 1x 13-14 and 1x 15+ provided they are all at the same level.

Any combination of age or sex can be used provided they are all at the same level.

The team can be made up of both male and female gymnasts

3 scores count towards the team score.

There will be 2 rounds and gymnasts will perform 1 combined routine and 1 voluntary routine.

Synchronised Trampoline (Synchro)

The National Synchronised championships are **Under 13 and over 13. This is available at all NDP levels.**

Gymnasts must use the routine/requirements for the highest qualified or older gymnast. The lower gymnast must move up to meet requirements.

Example (level): An NDP 2 U13 gymnast with a synchro partner who is NDP 4 must use the NDP 4 requirements.

Example (Age): An NDP 2 Gymnast who is U13 with a partner who is O13 must compete in the Over 13 sections.

General Regulations - FIG Rules where applicable.

Inquiries

A coach may only inquire about the difficulty score, in accordance with the principles of the FIG Code of Points.

Inquiries can be made only for the Clubs own gymnasts.

No inquiries can be made about Execution scores, or other penalties.

A verbal inquiry should be made after the publication of the score and at the very latest before the end of the round.

The Coach for the Club of the competing gymnasts makes the Inquiry with the Chair of the Judges Panel.

Dress Code

Novice participants may wear competition attire or matching plain white t-shirt, shorts and socks or gym shoes for qualifying competitions.

All other levels must wear the following competition attire as per FIG guidelines:

Male Gymnasts

- Sleeveless Leotard
- Gym trousers in a single colour.

- Trampoline shoes and/or foot covering of the same colour as the gym trousers or white

Female Gymnasts

- Leotard with or without sleeves
- Long tights may be worn
- A full-length one-piece leotard may be worn
- Any other dress which is not skin tight is not permitted
- Trampoline shoes and/or white foot covering

Jewellery may not be worn at any competition (a ring without a gem stone may be covered with tape).

Spotters

Track suit and gym shoes or equivalent.

Spotters may not be permitted trackside if inappropriately attired. This decision is made by the CJP.

Competition Cards

All NDP & FIG level gymnasts **MUST** submit a competition card/tariff sheet.

It is the coach's responsibility to ensure the Competition cards are completed correctly and submitted to the judging panel before the start of the warm up of their group.

Competition cards should be completed in FIG notation only with appropriate skills starred (*)

All cards must be signed by the appropriately qualified Supervising Coach in order to be valid.

Competitors may not compete without a valid tariff sheet.

Each pass/routine, with difficulty rating, must be written down on the competition card using the recognised FIG terminology. The competition card should be handed in at the time and place specified, otherwise the gymnast may not be allowed to start. The competition organiser is responsible for ensuring that they are given to the Difficulty Judges at least 30 minutes before the competition starts.

Changes to the elements, or the order in which they are written on the competition card, are permitted without penalty. Such changes will be recorded on the competition card by the Difficulty Judges. The difficulty judge may use a red card to signal that a change has been made.

Safety Requirements

A gymnast may have 1 (one) spotter (coach) by the side of the trampoline/track.

The coach is responsible for ensuring that the gymnast can safely perform the elements required at the level entered.

Warming Up

Immediately prior to starting the competition, tumblers will be given a warm-up of at least two passes on the competition track.