

Trampoline Routines

National Development

Plan

2018

Sport Starts Here.

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Gymnastics Ireland has a licensing agreement in place to use the British Gymnastics (BG) National Development Plan. Based on the success British Gymnastics has gained in recent years on the international stage we believe this to be the best route for the development of our gymnasts through a home national competitive system. We feel that the implementation of this programme will give gymnasts in Ireland an excellent structured pathway to follow to achieve success through the levels with continuous development.

Each level progressively develops techniques and themes that will underpin high level performance as is critical to the development of sound foundations for progressive gymnastic performance. The gymnast should develop routines by learning elements following these progressive themes. A focus on development of good technique is key throughout the Performance Pathway. Note that all judging considerations have been replaced with performance development considerations, therefore all judging is as per the FIG Code of Points 2017-2020 Cycle 13.

This Document is supported by the Gymnastics Ireland Trampoline Competition Guidelines which outline the rules for the following events:

- Trampoline Qualifiers
- Trampoline National Championships
- National Series Super Championships
- National Team Championships

TRA CLUB LEVEL

Age Groups	CLUB LEVEL 1	CLUB LEVEL 2	CLUB LEVEL 3
7-8yrs	Compulsory x 2	Compulsory x 2	Compulsory x 2
9-10yrs	Front Landing	½ Twist To Front Landing	Full Twist
11-12yrs	To Feet	To Feet	Straddle Jump
13yrs+	Straddle Jump	Straddle Jump	½ Twist to Seat Landing
	Seat Landing	Seat Landing	½ Twist to Feet
	To Feet	½ Twist To Seat Landing	½ Twist Jump
	½ Twist Jump	½ Twist To Feet	Pike Jump
	Tuck Jump	Tuck Jump	Back Landing
	Pike Jump	Pike Jump	½ Twist to Feet
	Back Landing	Back Landing	Tuck Jump
	To Feet	½ Twist To Feet	Front s/s (T)

**To be developed in clubs only, this level will not be in Gymnastics Ireland Events*

TRA NDP Technical Requirements NDP Level 1-6

NDP LEVEL 1			
Age Groups	1 st Routine - Compulsory A	2 nd Routine - Compulsory B	Range & Conditioning
u 10yrs 11-12yrs 13+yrs	Full Twist	Back s/s (T)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
	½ Twist to Seat Landing	½ Twist to Seat Landing	Back Support - hold for 2 seconds
	½ Twist to Feet	½ Twist to Feet	Straddle Fold - hold for 2 seconds
	½ Twist Jump	½ Twist Jump	Pike Fold - hold for 2 seconds
	Pike Jump	Pike Jump	Left Splits, Right Splits
	Back Landing	Back Landing	Back Arch - hold for 2 seconds
	½ Twist to Feet	½ Twist to Feet	Press up to Front Support - hold for 2 seconds
	Tuck Jump	Tuck Jump	Burpee to Long Stand with Arms Overhead
	Front s/s (T)	Front s/s (P)	Standing Shoulder Flexibility - hold for 2 seconds
Minimum standard to qualify to Nationals		2 round score of 46.0	
		Range & Conditioning 70% pass mark	

NDP LEVEL 2			
Age Groups	1 st Routine - Compulsory A	2 nd Routine - Compulsory B	Range & Conditioning
U 10yrs 11-12yrs 13+yrs	Back s/s (T)	Back s/s (T)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
	½ Twist to Seat Landing	Barani (T)	Back Support - hold for 2 seconds
	½ Twist to Feet	Tuck Jump	Straddle Fold - hold for 2 seconds
	½ Twist Jump	Back s/s (T) to Seat Landing	Pike Fold - hold for 2 seconds
	Pike Jump	½ Twist to Feet	Left Splits, Right Splits
	Back Landing	½ Twist Jump	Back Arch - hold for 2 seconds
	½ Twist to Feet	Pike Jump	Press up to Front Support - hold for 2 seconds
	Tuck Jump	½ Twist to Front Landing	Burpee to Long Stand with Arms Overhead
	Front s/s (P)	To Feet	Standing Shoulder Flexibility - hold for 2 seconds
Minimum standard to qualify to: Nationals		2 round score of 46.0	
		Range & Conditioning 70% pass mark	

NDP LEVEL 3			
Age Groups	1 st Routine - Compulsory A	2 nd Routine - Compulsory B	Range & Conditioning
u 10yrs 11-12yrs 13+yrs	Back s/s (T)	Back s/s (S)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
	Barani (T)	Back s/s (T)	Back Support - hold for 2 seconds
	Tuck Jump	Barani (T)	Straddle Fold - hold for 2 seconds
	Back s/s (T) to Seat Landing	½ Twist Jump	Pike Fold - hold for 2 seconds
	½ Twist to Feet	Tuck Jump	Left Splits, Right Splits
	½ Twist Jump	Back s/s (T) to Seat Landing	Back Arch - hold for 2 seconds
	Pike Jump	½ Twist to Feet	Press up to Front Support - hold for 2 seconds
	½ Twist to Front Landing	Pike Jump	Burpee to Long Stand with Arms Overhead
	To Feet	Front s/s (P)	Standing Shoulder Flexibility - hold for 2 seconds
Minimum standard to qualify to: Nationals		2 round score of 46.0	
		Range & Conditioning	
		70% pass mark	

NDP LEVEL 4			
Age Groups	1 st Routine - Compulsory A	2 nd Routine - Compulsory B	Range & Conditioning
u 10yrs 11-12yrs 13+yrs	Back s/s (S)	Back s/s (S)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
	Back s/s (T)	Back s/s (P)	Back Support - hold for 2 seconds
	Barani (T)	Barani (P)	Straddle Fold - hold for 2 seconds
	½ Twist Jump	½ Twist Jump	Pike Fold - hold for 2 seconds
	Tuck Jump	Tuck Jump	Left Splits, Right Splits
	Back s/s (T) to Seat Landing	Barani (T)	Back Arch - hold for 2 seconds
	½ Twist to Feet	Back s/s (T)	Press up to Front Support - hold for 2 seconds
	Pike Jump	Pike Jump	Burpee to Long Stand with Arms Overhead
	Front s/s (P)	Front s/s (P)	Standing Shoulder Flexibility - hold for 2 seconds
Minimum standard to qualify to: Nationals		2 round score of 46.0	
		Range & Conditioning	
		70% pass mark	

NDP LEVEL 5			
Age Groups	1 st Routine - Compulsory A	2 nd Routine - Compulsory B	Range & Conditioning
u 10yrs 11-12yrs 13+yrs	Back s/s (S)	¾ Back s/s (SL)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
	Straddle Jump	To feet <u>or</u> Cody (T) = bonus 0.3*	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
	Back s/s (P)	Straddle Jump	Back Support - hold for 2 seconds
	Barani (P)	Back s/s (P)	Straddle Fold - hold for 2 seconds
	½ Twist Jump	Barani (P)	Pike Fold - hold for 2 seconds
	Tuck Jump	Tuck Jump	Left Splits, Right Splits
	Barani (T)	Barani (T)	Back Arch - hold for 2 seconds
	Back s/s (T)	Back s/s (T)	Press up to Front Support - hold for 2 seconds
	Pike Jump	¾ Front s/s (S)	Burpee to Long Stand with Arms Overhead
	Front s/s (P)	½ Twist to Feet <u>or</u> Ballout Barani (T) = bonus 0.3*	Standing Shoulder Flexibility - hold for 2 seconds
	Voluntary Routine (NDP Final Only)		
*NOT 9-10yrs as they will perform Compulsory A & Compulsory B at NDP Final			
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed (all ages groups). Performing more than 1 body landing will be deemed an interruption. • No minimum difficulty • Difficulty will be capped at 1.1 per element 			
Minimum standard to qualify to Nationals		2 round score of 46.0*	
		Range & Conditioning	
		70% pass mark	

* The bonus will be added to the score and counts towards the ranking for qualification

NDP LEVEL

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Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B	Range & Conditioning
u 10yrs 11-12yrs 13-14yrs 11-12yrs 13-14yrs O 15	Back s/s (S)	¾ Back (S)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
	Barani (S)	Cody (T)	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
	Straddle Jump	Straddle Jump	Back Support - hold for 2 seconds
	Back s/s (P)	Barani (P)	Straddle Fold - hold for 2 seconds
	Barani (P)	Back s/s (S)	Pike Fold - hold for 2 seconds
	Tuck Jump	Full Twisting Back s/s (S)	Left Splits, Right Splits
	Barani (T)	Barani (T)	Back Arch - hold for 2 seconds
	Back s/s (T)	Back s/s (T)	Press up to Front Support - hold for 2 seconds
	¾ Front s/s (S)	¾ Front s/s (S)	Burpee to Long Stand with Arms Overhead
	Ballout Barani (T)	Ballout Barani (T)	Standing Shoulder Flexibility - hold for 2 seconds
	Voluntary Routine (NDP Final Only)		
	<ul style="list-style-type: none"> • Maximum of 1 body landing allowed (all ages groups). Performing more than 1 body landing will be deemed an interruption. • No minimum difficulty • Difficulty will be capped at 1.3 per element for 11-12yrs • Difficulty will be capped at 1.5 per element for 13yrs+ • The performing of triple somersaults is prohibited and will result in disqualification 		
	Minimum standard to qualify to: Nationals	2 round score of 46.0	
		Range & Conditioning	
		70% pass mark	

TRA NDP National Final NDP Performance Level

NDP Performance Level

All gymnasts at NDP Performance Level will be required to perform:

9-10yrs

1 x Compulsory 'A' Routine (1st routine)

1 x Compulsory 'B' Routine (2nd routine)

11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs 1

x FIG WAGC Routine (1st routine)

1 x Voluntary Routine (2nd routine)

19yrs+

1 x FIG A Routine (1st routine)

1 x Voluntary Routine (2nd routine)

Trampoline Individual (All NDP Performance Levels):

- 2 round cumulative score will determine the ranking
- Time of Flight **will** be included
- FIG rules will be applied. (except there will not be a top 8 final but a 2 round cumulative score)

The Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time.

TRA NDP Performance Level Requirements

TRA NDP PERFORMANCE LEVEL 9-10yrs			
Age Groups	1 st Routine - Compulsory A	2 nd Routine - Compulsory B WAGC Development Routine	
9-10yrs	Back s/s (S)	¾ Back s/s (SL)	
	Barani (S)	To feet <u>or</u> Cody (T) = bonus of 0.3*	
	Straddle Jump	Straddle Jump	
	Back s/s (P)	Back s/s (P)	
	Barani (P)	Barani (P)	
	Tuck Jump	Tuck Jump	
	Barani (T)	Barani (T)	
	Back s/s (T)	Back s/s (T)	
	Pike Jump	¾ Front s/s (S)	
	Front s/s (P)	Ballout Barani (T)	
	Voluntary Routine (Spring Events & NDP Final)		
	<ul style="list-style-type: none"> • This is a prescribed voluntary routine at 9-10yrs 		

* The bonus will be added to the score and counts towards the ranking for qualification to the NDP Final

TRA NDP PERFORMANCE LEVEL 11-12yrs		
Age Groups	1 st Routine - Compulsory	2 nd Routine - WAGC Requirements
11-12yrs	¾ Front s/s (S)	<p>The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.</p> <ol style="list-style-type: none"> 1. One element landing on the front of the body 2. One element landing on the back of the body
	Ballout Barani (T)	
	Straddle Jump	
	Barani (T)	
	Back s/s (T)	
	Barani (P)	
	Back s/s (P)	
	Barani (S)	
	Back s/s (S)	
	Full Twisting Back s/s (S)	
Voluntary Routine (Spring Events & NDP Final)		
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 6.0 • Female - Minimum difficulty 6.0 • Difficulty will be capped at 1.5 per element • The performing of triple somersaults is prohibited and will result in disqualification 		

TRA NDP PERFORMANCE LEVEL 13-14yrs		
Age Groups 13-14yrs	1st Routine - Compulsory	2nd Routine - WAGC Requirements The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. Full (back somersault with 1/1 twist) 2. One element landing on the front of the body 3. One element landing on the back of the body.
	½ Twist to ¾ Front s/s (S)	
	Ballout Barani (T)	
	Back s/s (T)	
	Barani (T)	
	Back s/s (P)	
	Rudi (S)	
	Straddle Jump	
	Back s/s (S)	
	Barani (S)	
	Full Twisting Back s/s (S)	
	Voluntary Routine (Spring Events & NDP Final)	
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 7.5 • Female - Minimum difficulty 6.8 • Difficulty is capped at 1.7 per element • The performing of quadruple somersaults is prohibited and will result in disqualification 		

TRA NDP PERFORMANCE LEVEL 15-16yrs		
Age Groups 15-16yrs	1st Routine - Compulsory	2nd Routine - WAGC Requirements The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. Full (back somersault with 1/1 twist) 2. Rudi or Rudi Ballout (front somersault or 1 ¼ from back, with 1½ twist) 3. One element either landing on the back or front of the body
	½ Twist to ¾ Front s/s (S)	
	Ballout Barani (T)	
	Back s/s (T)	
	Barani (T)	
	Full Twisting Back s/s (S)	
	Back s/s (P)	
	Rudi (S)	
	Back s/s (S)	
	Barani (S)	
	Double Back (P)	
Voluntary Routine (Spring Events & NDP Final)		
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 8.5 • Female - Minimum difficulty 7.5 • Difficulty is capped at 1.8 per element • The performing of quadruple somersaults is prohibited and will result in disqualification 		

TRA NDP PERFORMANCE LEVEL 17-18yrs		
Age Groups 17-18yrs	1st Routine - Compulsory	2nd Routine - WAGC Requirements The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element to front or back 2. One element from front or back - in combination with requirement No.1 3. One double front or back somersault with or without twist 4. One element with a minimum of 540° of twist and minimum of 360° somersault rotation
	Half Out (P)	
	Back s/s (P)	
	Barani (P)	
	Full Twisting Back s/s (S)	
	Barani (S)	
	Back s/s (S)	
	Barani (T)	
	Back s/s (T)	
	Half Out (T)	
	Double Back s/s (P)	
Voluntary Routine (Spring Events & NDP Final)		
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 9.5 • Female - Minimum difficulty 8.0 • Difficulty is capped at 1.8 per element 		

- The performing of quadruple somersaults is prohibited and will result in disqualification

**TRA NDP PERFORMANCE
LEVEL
19yrs+**

Age Groups 19yrs+	1st Routine - Compulsory	2nd Routine - FIG A Requirements
	Half Out (P)	<p>The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Four elements marked with an asterisk (*) on the competition card will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the second routine. None of these four elements may be repeated in the voluntary.</p> <ul style="list-style-type: none"> • If any of the four asterisked moves (*) from the 2nd routine are repeated in the voluntary routine, they will not be awarded difficulty in that routine
	Back s/s (P)	
	Barani (P)	
	Full Twisting Back s/s (S)	
	Barani (S)	
	Back s/s (S)	
	Barani (T)	
	Back s/s (T)	
	Half Out (T)	
	Double Back s/s (P)	
Voluntary Routine (Spring Events & NDP Final)		
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 3.3/10.5 • Female - Minimum difficulty 3.1/8.5 • Difficulty is capped at 1.8 per element • The performing of quadruple somersaults is prohibited and will result in disqualification 		