



GYMNASTICS TRAMPOLINE
CANADIAN COMPETITION RULES

January 2025



INTRODUCTION

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

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

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

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

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

ALL TG DISCIPLINES

A. GENERAL RULES

1. Individual Competition

- 1.1. **Finals** The competitors (or in Synchronized competition, the pairs) with the 10 (ten) best scores from the Preliminaries will go forward to the Final. During events where the format is fresh start finals, the minimum score to qualify for Finals must be met. There is no limit of 2 (two) competitors per club or per province.

Fresh start finals will be applied at Elite Canada (Finalists are determined by the Preliminary Round).

At Canadian Championships and the Third Domestic Trial (when applicable), the total score from preliminaries and finals (preliminaries + finals) will be cumulative for ranking.

Start order for all finals will be reverse order of merit.

2. Team Competition

- 2.1 Please refer to the document Nationals Team Finals (rules and charts).

3. Award Ceremony

- 3.1. All gymnasts who are not present for their award (medal or ribbon) will not receive their award and may not receive the credit or their score obtained during the competition, unless given special permission in advance from a GymCan representative. This decision will be taken by the TG Program Director and TG Program Manager.

- 3.2. Awards will not be handed out for Third/Technical Trials.

4. Exercises

- 4.1. GymCan compulsory exercises are set for Level 1, Level 2, Level 3 and Level 4 categories and will be considered an interruption if not performed exactly as written.

- 4.2. GymCan requirements will apply to some National Categories in all disciplines.

- 4.3. For each missing special requirement, the difficulty judges will apply a penalty of **2.0 pts** (ref.22.3.2). In case of an incomplete exercise, a penalty for missing requirement(s) will apply only if the missing requirements could not have been completed in the missing element(s). TUM/DMT: For Levels L5 to Senior, if minimum DD is not performed, a penalty of **0.1 per 0.1 under minimum DD** will be deducted from all voluntary routine scores up to a **maximum deduction of 1.0**. This deduction will be applied by the DD judges.

- 4.4. TRA: For Levels L5 to Senior, if minimum DD is not performed, a penalty of **0.1 per 0.1 under minimum DD** will be deducted from all voluntary routine scores. This deduction will be applied by the DD judges.

5. Dress for Competitors

- 5.1. Length of shorts or unitard must not be longer than mid-thigh.

- 5.2. No obvious logos should be visible on the uniform

- 5.3. Any violation of Canadian dress code rules will result in a FIG dress code penalty which will be deducted from the total score of any of the routines where the violation occurs.



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

5.9. NOTE: Silicone socks/shoes are NOT permitted

6. Dress for Coaches and Spotters

Refer to FIG

7. Safety Requirements

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

8. Recorders & Secretariat

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



B. THE JUDGES' PANEL

1. Competition Jury

1.1 The Competition Jury list must be posted before the start of the competition. In case where it is not possible to provide 6 execution Judges, a 4 execution Judge system can be used at any event. In the case where 4 execution judge system is used, the highest and lowest scores will be removed.

1.2 Chair of the Panel: Decide and apply penalty for unsportsmanlike conduct of **0.6 pt** and penalty could be disqualification and or removal from the venue

1.3 Examples of unsportsmanlike conduct include: swearing, disrespectful or unsafe behavior towards officials, coaches, other competitors or volunteers, at any time on the field of play.

2. Process for Inquiries/Protests

2.1. Only written protests will be allowed. Process for Inquiry/Protest forms will be provided to coaches at the head event table. Forms must be completed and submitted to designated GymCan staff.

It will be the CJP's responsibility to confer with the Difficulty Judges to determine if a protest legitimate concern requiring review, or if it is unfounded and a video review is not required. Please note that no protests can be requested for Execution or Horizontal displacement score. However, inquiries can be made if an error has been made in calculation. Inquiries and Protests are permitted for Degree of Difficulty only.

3. Duties of the Judges for Difficulty

3.1. Bonuses must be calculated and must appear in a special box identifying the bonus. Bonus should not be combined with difficulty.

3.2. For Levels L5 to Senior, if minimum DD is not performed, refer to 4.5 in the General Rules for all Disciplines.

TRAMPOLINE

A. GENERAL RULES

1. Synchronized Competition
Pairing from different provinces **is permitted** for all National Levels.
2. FIG Symbols for some singular skills:
 - Seat Drop: - - L
 - Stomach Drop: 1 - F
 - Back Drop: 1 - B
 - To Stand: 1 -
 - ½ turn to seat: 1 - L
 - ½ turn to stand: -1 -
 - ½ turn to stomach: 1 1 F
 - ½ turn to back: 1 1 B
3. Judging Synchro can be accomplished without access to synchro machine/video or time calculation (may be used for lower levels)

Deductions:

- - When athletes arrive at the same time on the trampoline: 0.0
- - When athletes are offset by ankle height: 0.1
- - When athletes are offset by midleg height: 0.2
- - When athletes are offset by knee height: 0.3
- - When athletes are offset by mid-thigh height: 0.4
- - When athletes are offset by hip height offset or more: 0.5

Provinces can choose the method in which to accomplish synchro score.



B. COMPETITION PROCEDURE

1. Repetition of Elements

For Level 1, Level 2, Level 3 and Level 4, repetition of a 0.1 DD element within a routine will result in a penalty of 0.4 pts.

2. Scoring

2.1. The limit of difficulty per element will NOT be applied in Canada.

2.2. Method of Scoring

2.2.1. If applicable, "B" mark (bonus) is included in the formula for individual trampoline.

$$\text{Score} = E (\text{max. } 20 \text{ pts}) + H (\text{max. } 10 \text{ pts}) + D + T - \text{Penalty} + B$$

2.2.2. If applicable, "B" mark (bonus) is included in the formula for synchronized trampoline.

$$\text{Score} = E (\text{max. } 10 \text{ pts}) + H (\text{max. } 10 \text{ pts}) + S (\text{max. } 20 \text{ pts}) + D - \text{Penalty} + B$$

3. Qualification to finals

3.1. Up to ten (10) athletes can qualify for the final. The following scores must be met at fresh start events.

	L5	L6	L7	Junior	Senior
Trampoline Women	51.0	52.6	31.5	53.6	33.0
Trampoline Men	51.0	54.6	34.5	56.6	36.0
Synchronized Women	24.0	25.0			29.0
Synchronized Men	25.0	27.0			31.0
Synchronized Mixed	24.0				

**Based on Q1

TUMBLING

A. GENERAL RULES

1. Passes

- 1.1. Voluntary passes consist of 8, 5 or 3 elements as per the Canadian Pathways Document. FIG special requirements will apply to the Senior category.

B. COMPETITION PROCEDURE

1. Interruption of a Pass

- 1.1. Categories Level 1, Level 2, Level 3 and Level 4 will not be interrupted if a slight foot bounce occurs during a front somersaulting walkout element but will be considered a major fault.
- 1.2. Category Level 1 ONLY will not be terminated if the athlete performs an element without somersault rotation.

2. Termination of the Pass

- 2.1. The penalty for failing to perform the final element from the tumbling track to the landing zone will not be applied to Level 1 and Level 2.
- 2.2. The rule that all completed passes must end with a somersault will not be applied to Level 1.
- 2.3 Level 1 and Level 2 – a salto at the end of a pass will not be considered a whip back if below shoulder height. It will be interpreted as the athlete is attempting to complete an end skill (eg back layout) but maximum deductions in execution should apply.

3. Scoring

- 3.1. The limit of difficulty per element will NOT be applied in Canada.

- 3.1.1. Category Level 1: for all non-inverted elements, the value of each half twist will be 0.1

3.2. Method of Scoring

- 3.2.1. All passes will be scored out of 10.

- For passes with 5 elements, 5 points will be added.
- For passes with 3 elements, 7 points will be added.
 - If no attempt is made to perform a 3rd element, the score for the pass will be 0.
 - If the 3rd skill is incomplete, the routine will be out of 9.0

- 3.2.2. If applicable, "B" mark (bonus) is included in the formula:

$$\text{Score} = E (\text{max. 20pts}) + D - \text{Penalty} + B$$

4. Qualification to finals

Up to ten (10) athletes can qualify for the final based on results after Q1. The cut to finals scores below are based on Q1 totals.

Score Based on Q1	L5	L6	L7	Junior	Senior
Women	33.4	35.2	35.2	36.0	36.6
Men	33.4	35.6	35.6	37.6	39.5

C. THE JUDGES' PANEL

1. General

- Apply the penalty for performing restricted element

2.0 pts

2. Duties of the Judges for Execution

- 2.1. One foot landing in straight bounce in Level 1

0.3 pts for instability

DOUBLE MINI TRAMPOLINE

A. COMPETITION PROCEDURE

1. Repetition of the Same Elements

1.1. For categories Level 1, Level 2, Level 3 and Level 4, repetition of a 0.1 DD element in the same part of a pass (in Qualification or in Finals) will result in a penalty of **0.4 pts**.

2. Scoring

2.1. The limit of difficulty per element will NOT be applied in Canada.

2.2. Method of scoring

2.2.1. If applicable, "B" mark (bonus) is included in the formula.

$$\text{Score} = E (\text{max. } 20\text{pts}) + D - \text{Penalty} + B$$

3. Qualification to finals

Up to ten (10) athletes can qualify for the final based on results after Q1.

The cut to finals scores below are based on Q1 totals.

Scores Based on Q1	L5	L6	L7	Junior	Senior
Women	37.4	39.8	39.7	41.6	42.6
Men	37.4	40.4	40.4	42.4	45.8

B. THE JUDGES' PANEL

1. Duties of the Judges for Difficulty

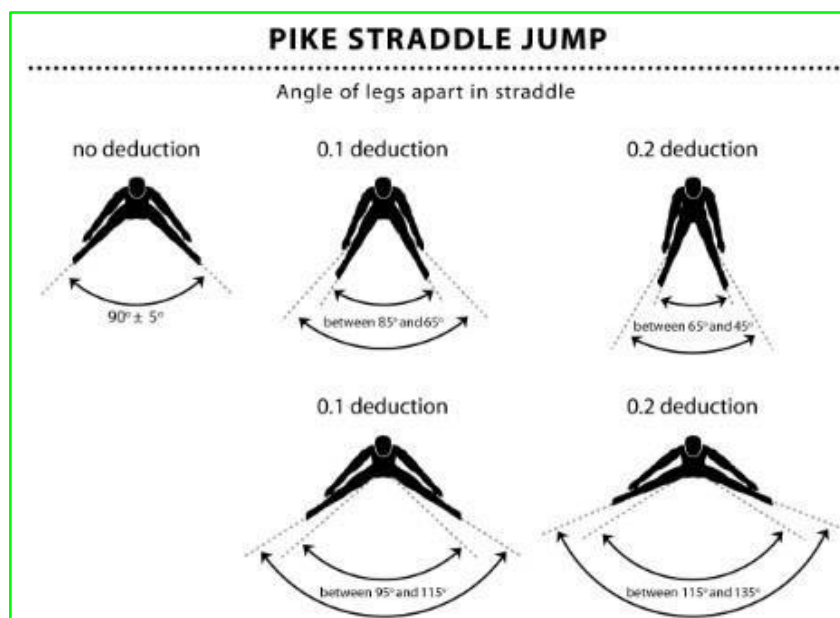
Judges for difficulty will clearly mark when an athlete has completed any mobility requirements. This marking will be reflected on the final score sheet.

GUIDE OF JUDGING

1. Deductions for execution

- In pike straddle jump, angle of legs in straddle should be 90° (+/- 5°) (this deduction is on top of any possible deduction for body position)

0.0 - 0.2 pts



TIE BREAKING RULES

Trampoline:

Refer to FIG Technical Regulations for all competition formats.

Art 4.4.1 (pg.10) - Individual Trampoline

Art 4.4.2 (pg.10) - Synchronized Trampoline

Tumbling and Double Mini-Trampoline:

In case of a tie, in points at any place in the Preliminary Round, the ranking will be determined the following criteria:

- The gymnast with the higher sum of the D-scores of both exercises prevails
- The gymnast with the higher sum of all the E-scores of both exercises prevails
- The gymnast with the lower sum of all the CJP penalties of both exercises prevails
- The gymnast with the higher D-score of one exercise prevails
- If there is still a tie, the tie will not be broken

In the case of a tie, in points at any place in the Finals Round, the ranking will be determined according to the following criteria:

- The gymnast with the higher ranking in the Preliminary Round prevails
- The gymnast with the high score from their first Finals pass prevails