

TUMBLING RULES & REGULATIONS - 2018

LEVEL 1 WOMEN & MEN

LEVEL 2 WOMEN & MEN

LEVEL 3 WOMEN & MEN

LEVEL 4 WOMEN & MEN

Recommended minimum age: 8 Maximum age: None	Recommended minimum age: 8 Maximum age: None	Recommended minimum age: 8 Maximum age: None	Recommended minimum age: 8 Maximum age: None
Recommended age split: 12U, 13+	Recommended age split: 13U, 14+	Recommended age split: 14U, 15+	Recommended age split: 15U, 16+
Mobility requirements: None	Mobility requirements: None	Mobility requirements: None	Mobility requirements: None
PRELIMINARY ROUND	PRELIMINARY ROUND	PRELIMINARY ROUND	PRELIMINARY ROUND
COMPULSORY PASS	COMPULSORY PASS	COMPULSORY PASS	COMPULSORY PASS
(Round off	(Round off	(Round off	(Round off
f Backspring	^ Whip	^ Whip	^ Whip
f Backspring	f Backspring	^ Whip	^ Whip
f Backspring	f Backspring	f Backspring	^ Whip
f Backspring	- o Back Tuck	f Backspring	f Backspring
(followed by a straight jump**)		f Backspring	f Backspring
		f Backspring	f Backspring
		- o Back Tuck	- / Back Straight

** In Level 1 the straight jump is judged as a mandatory out bounce.

A one-foot landing will only receive a 0.3 deduction, which will be the maximum for steps instability.

If the straight jump is not executed at all, a penalty of 3.0 for missing requirement will be applied by the DD Judges.

VOLUNTARY PASS	VOLUNTARY PASS	VOLUNTARY PASS	VOLUNTARY PASS
* 1 voluntary pass of 5 elements	* 1 voluntary pass of 5 elements	* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements
* FIG repetition rules	* FIG repetition rules	* FIG repetition rules	* FIG repetition rules
* No salto required ****	* Minimum 1 salto	* Minimum 3 saltos	* Minimum 4 saltos
* Maximum 1 salto	* Maximum 2 saltos	* Maximum 4 saltos	* Maximum 6 saltos
* No element with twist	* Maximum element of 0.9	* Maximum element of 0.9	* Maximum element of 2.0
Bonus: 0.4 for a whip***	Bonus: 0.4 for a whip***	Bonus: 0.4 per whip over 2***	Bonus: 0.4 per whip over 3***

*** In the voluntary pass, whips can be placed anywhere with the exception of the last element.

**** In Level 1, if the voluntary pass doesn't end with a salto, it must be followed by a straight jump.

A one-foot landing will only receive a 0.3 deduction, which will be the maximum for steps instability.

* Minimum DD	0.5	* Minimum DD	1.0	* Minimum DD	1.5	* Minimum DD	1.9
* Maximum DD	1.0	* Maximum DD	1.4	* Maximum DD	1.8	* Maximum DD	2.8

Level 5 (Novice) MOBILITY REQUIREMENTS: (must be done together)

* Total preliminary score: 52.1

* Required Element: 4 bounding whips(or whip full)

* Minimum DD – 2.2 in the voluntary pass in preliminary

LEVEL 1 WOMEN & MEN	LEVEL 2 WOMEN & MEN	LEVEL 3 WOMEN & MEN	LEVEL 4 WOMEN & MEN

FINAL ROUND	FINAL ROUND	FINAL ROUND	FINAL ROUND
			* Finals must be held at all Provincial Cups & Champs
VOLUNTARY PASS	VOLUNTARY PASS	VOLUNTARY PASS	1 st VOLUNTARY PASS
* 1 voluntary pass of 5 elements	* 1 voluntary pass of 5 elements	* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements
* FIG repetition rules	* FIG repetition rules	* FIG repetition rules	* FIG repetition rules
* No salto required ****	* Minimum 1 salto	* Minimum 3 saltos	* Minimum 4 saltos
* Maximum 1 salto	* Maximum 2 saltos	* Maximum 4 saltos	* Maximum 6 saltos
* No element with twist	* Maximum element of 0.9	* Maximum element of 0.9	* Maximum element of 2.0
Bonus: 0.4 for a whip***	Bonus: 0.4 for a whip***	Bonus: 0.4 per whip over 2***	Bonus: 0.4 per whip over 3***

*** In the final pass, whips can be placed anywhere with the exception of the last element.
 **** In Level 1, if the voluntary pass doesn't end with a salto, it must be followed by a straight jump.
 A one-foot landing will only receive a 0.3 deduction, which will be the maximum for steps instability.

* Minimum DD	0.5	* Minimum DD	1.0	* Minimum DD	1.5	* Minimum DD	1.9
* Maximum DD	1.0	* Maximum DD	1.4	* Maximum DD	1.8	* Maximum DD	2.8
							2nd VOLUNTARY PASS
							* 1 voluntary pass of 3 elements
							* FIG repetition rules
							* Minimum 1 salto
							* Maximum 2 saltos
							* Minimum element of 1.1 * Maximum element of 2.0
							Bonus: 1.0 for double back tuck
							* Minimum DD 1.3
							* Maximum DD 2.2

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

The compulsory pass will be considered interrupted if not performed using the sequence written above.

Minimum DD's are expected and should be adhered to. 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 3.0 per requirement applied by the difficulty judges. There will be a 3.0 penalty applied by the DD Judge for performing a restricted element; however, the athlete will still get the DD for the element up to the maximum for the category.

No deduction will be applied for landing on the track in L1 and L2 (Section 17.3 in the Code of Points will not be applied)

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.

**LEVEL 5 (NOVICE) 15U
WOMEN & MEN**

**LEVEL 5 (NOVICE) 16+
WOMEN & MEN**

Minimum age: 11 Maximum age: 15		Minimum age: 16 Maximum age: None	
Must meet Level 5 (Novice) mobility requirements in Level 4 to enter		Must meet Level 5 (Novice) mobility requirements in Level 4 to enter or move from Level 5 (Novice) 15U while turning 16 years old	
PRELIMINARY ROUND		PRELIMINARY ROUND	
1st VOLUNTARY PASS		1st VOLUNTARY PASS	
* 1 voluntary pass of 8 elements		* 1 voluntary pass of 8 elements	
* FIG repetition rules		* FIG repetition rules	
REQUIRED ELEMENT:		REQUIRED ELEMENT:	
* Minimum 1 element of 0.9 or higher		* Minimum 1 element of 0.9 or higher	
* 1 element of 1.1 or higher in one preliminary pass (both requirements can be combined in 1 element)		* 1 element of 1.1 or higher in one preliminary pass (both requirements can be combined in 1 element)	
Bonus: 1.0 for any double salto		Bonus: 1.0 for any double salto	
2nd VOLUNTARY PASS		2nd VOLUNTARY PASS	
* 1 voluntary pass of 8 elements		* 1 voluntary pass of 8 elements	
* FIG repetition rules		* FIG repetition rules	
REQUIRED ELEMENT:		REQUIRED ELEMENT:	
* Minimum 1 element with at least 360° of twist		* Minimum 1 element with at least 360° of twist	
* 1 element of 1.1 or higher in one preliminary pass (both requirements can be combined in 1 element)		* 1 element of 1.1 or higher in one preliminary pass (both requirements can be combined in 1 element)	
Bonus: 1.0 for any double salto		Bonus: 1.0 for any double salto	
* Minimum DD 2.1		* Minimum DD 2.1	
* Maximum DD Women: 3.6 Men: 3.9		* Maximum DD Women: 3.6 Men: 3.9	
Level 6 (Espoir) MOBILITY REQUIREMENTS: (must be done together)		Level 6 (Espoir) MOBILITY REQUIREMENTS: (must be done together)	
Women:	Men:	Women:	Men:
* Total preliminary score – 56.8	* Total preliminary score – 59.0	* Total preliminary score – 56.8	* Total preliminary score – 59.0
* Two pass total DD – 6.0+	* Two pass total DD – 7.2	* Two pass total DD – 6.0+	* Two pass total DD – 7.2
* Element required – 1 double salto in one preliminary pass	* Element required – 1 double salto in one preliminary pass	* Element required – 1 double salto in one preliminary pass	* Element required – 1 double salto in one preliminary pass

**LEVEL 5 (NOVICE) 15U
WOMEN & MEN**

**LEVEL 5 (NOVICE) 16+
WOMEN & MEN**

FINAL ROUND	FINAL ROUND
* Finals must be held at all Provincial Cups & Championships	* Finals must be held at all Provincial Cups & Championships
1st VOLUNTARY PASS	1st VOLUNTARY PASS
* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements
* FIG repetition rules	* FIG repetition rules
REQUIRED ELEMENT:	REQUIRED ELEMENT:
* 1 element of 0.9 or higher	* 1 element of 0.9 or higher
Bonus: 1.0 for any double salto	Bonus: 1.0 for any double salto
* Minimum DD 2.1	* Minimum DD 2.1
* Maximum DD Women: 3.6 Men: 3.9	* Maximum DD Women: 3.6 Men: 3.9
2nd VOLUNTARY PASS	2nd VOLUNTARY PASS
* 1 voluntary pass of 3 elements	* 1 voluntary pass of 3 elements
* FIG repetition rules	* FIG repetition rules
REQUIRED ELEMENT:	REQUIRED ELEMENT:
* 1 element of 1.3 or higher	* 1 element of 1.3 or higher
Bonus: 1.0 for any double salto	Bonus: 1.0 for any double salto
* Minimum DD 1.5	* Minimum DD 1.5
* Maximum DD Women: 2.6 Men: 2.6	* Maximum DD Women: 2.6 Men: 2.6

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 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 3.0 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.

**LEVEL 6 (ESPOIR)
WOMEN**

**LEVEL 6 (ESPOIR)
MEN**

Minimum age: 11 Maximum age: None	Minimum age: 11 Maximum age: None
Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter	Must meet Level 6 (Espoir) mobility requirements in Level 5 (Novice) to enter
PRELIMINARY ROUND	PRELIMINARY ROUND
1st VOLUNTARY PASS	1st VOLUNTARY PASS
* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements
* FIG repetition rules	* FIG repetition rules
REQUIRED ELEMENT:	REQUIRED ELEMENT:
* 1 element of 2.0 or higher in one preliminary pass	* 1 element of 2.0 or higher in one preliminary pass
Bonus: 1.0 for full twisting double	Bonus: 1.0 for double salto in transition
**FIG Bonus for DD is applied to the DD	
* Minimum DD 3.2	* Minimum DD 3.5
* Maximum DD 4.3	* Maximum DD 5.1
2nd VOLUNTARY PASS	2nd VOLUNTARY PASS
* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements
* FIG repetition rules	* FIG repetition rules
REQUIRED ELEMENT:	REQUIRED ELEMENT:
* Minimum 1 element with at least 360° of twist	* Minimum 1 element with at least 360° of twist
* 1 element of 2.0 or higher in one preliminary pass (these 2 requirements can be combined in 1 element)	* 1 element of 2.0 or higher in one preliminary pass (these 2 requirements can be combined in 1 element)
Bonus: 1.0 for full twisting double	Bonus: 1.0 for double salto in transition
**FIG Bonus for DD is applied to the DD	
* Minimum DD 3.2	* Minimum DD 3.5
* Maximum DD 4.3	* Maximum DD 5.1
Junior MOBILITY REQUIREMENTS: (must be done together)	Junior MOBILITY REQUIREMENTS: (must be done together)
Women:	Men:
* Total preliminary score – 58.4	* Total preliminary score – 59.6
* Two pass total DD – 7.0+	* Two pass total DD – 8.2+
* Element required – 1 element of 2.4 or higher in one preliminary pass (completed pass only)	* Element required – 1 double salto in transition in one preliminary pass

**LEVEL 6 (ESPOIR)
WOMEN**

**LEVEL 6 (ESPOIR)
MEN**

FINAL ROUND	FINAL ROUND
* Finals must be held at all Provincial Cups & Championships	* Finals must be held at all Provincial Cups & Championships
1st VOLUNTARY PASS	1st VOLUNTARY PASS
* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements
* FIG repetition rules	* FIG repetition rules
REQUIRED ELEMENT:	REQUIRED ELEMENT:
* 1 element of 2.0 or higher in one final pass	* 1 element of 2.0 or higher in one final pass
Bonus: 1.0 for full twisting double	Bonus: 1.0 for double salto in transition
**FIG Bonus for DD is applied to the DD	
* Minimum DD 3.2	* Minimum DD 3.5
* Maximum DD 4.3	* Maximum DD 5.1
2nd VOLUNTARY PASS	2nd VOLUNTARY PASS
* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements
* FIG repetition rules	* FIG repetition rules
REQUIRED ELEMENT:	REQUIRED ELEMENT:
* 1 element of 2.0 or higher in one final pass	
Bonus: 1.0 for full twisting double	Bonus: 1.0 for double salto in transition
**FIG Bonus for DD is applied to the DD	
* Minimum DD 3.2	* Minimum DD 3.5
* Maximum DD 4.3	* Maximum DD 5.1

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 BONUS MUST BE INPUT IN THE BONUS FIELD, DD SHOULD ALWAYS BE KEPT AS PERFORMED (except for the FIG Bonus for DD for women that is applied to the difficulty).

In all categories the penalty for not completing any required element/s is 3.0 per requirement applied by the difficulty judges.

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.

JUNIOR WOMEN

JUNIOR MEN

SENIOR WOMEN

SENIOR MEN

Minimum age: 13 Maximum age: None		Minimum age: 17 Maximum age: None	
Must meet Junior mobility requirements in Level 6 (Espoir) to enter		Must meet Senior mobility requirements in Junior to enter	
PRELIMINARY ROUND		PRELIMINARY ROUND	
1st VOLUNTARY PASS		1st VOLUNTARY PASS	
* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements
* FIG repetition rules	* FIG repetition rules	* FIG repetition rules	* FIG repetition rules
		* FIG salto pass requirements	* FIG salto pass requirements
REQUIRED ELEMENTS:	REQUIRED ELEMENTS:	REQUIRED ELEMENTS:	REQUIRED ELEMENTS:
Women:	Men:	Women:	Men:
* 1 element of 2.4 or higher in one preliminary pass	* 1 double salto in transition		* 1 double salto in transition
Bonus: 1.0 for double salto in transition up to a maximum bonus of 2.0 per pass **FIG Bonus for DD is applied to the DD	Bonus: 1.0 for an additional double salto in transition up to a maximum bonus of 2.0 per pass	Bonus: 1.0 for a double salto in transition up to a maximum bonus of 2.0 per pass **FIG Bonus for DD is applied to the DD	Bonus: 1.0 for any triple salto, 1.0 for any additional double salto in transition up to a maximum bonus of 2.0 per pass
* Minimum DD 3.5	* Minimum DD 5.1	* Minimum DD 3.5	* Minimum DD 5.5
* Maximum DD None	* Maximum DD None	* Maximum DD None	* Maximum DD None
2nd VOLUNTARY PASS		2nd VOLUNTARY PASS	
* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements	* 1 voluntary pass of 8 elements
* FIG repetition rules	* FIG repetition rules	* FIG repetition rules	* FIG repetition rules
		* FIG twisting pass requirements	* FIG twisting pass requirements
REQUIRED ELEMENTS:	REQUIRED ELEMENTS:	REQUIRED ELEMENTS:	REQUIRED ELEMENTS:
Women:	Men:	Women:	Men:
* 1 element of 2.4 or higher in one preliminary pass	* 1 double salto with at least 360° of twist	* 1 element of 2.4 or higher	* 1 double salto in transition
* 1 skill in transition with a full twist			
Bonus: 1.0 for full twisting whip to a full twisting double or more up to a maximum bonus of 2.0 per pass **FIG Bonus for DD is applied to the DD	Bonus: 1.0 for double salto in transition up to a maximum bonus of 2.0 per pass	Bonus: 1.0 for double salto in transition up to a maximum bonus of 2.0 per pass **FIG Bonus for DD is applied to the DD	Bonus: 1.0 for any triple salto, 1.0 for any additional double salto in transition up to a maximum bonus of 2.0 per pass
* Minimum DD 3.6	* Minimum DD 4.4	* Minimum DD 4.3	* Minimum DD 5.5
* Maximum DD None	* Maximum DD None	* Maximum DD None	* Maximum DD None
Senior MOBILITY REQUIREMENTS: (must be done together)			
Women:	Men:		
* Total preliminary score – 59.3	* Total preliminary score – 62.0		
* Two pass total DD – 7.9+	* Two pass total DD – 11.0+		
* Element required – whip full to full twisting double or more in 2 nd voluntary pass	* Element required – Double salto to double salto in 1 st Voluntary pass		

JUNIOR WOMEN

JUNIOR MEN

SENIOR WOMEN

SENIOR MEN

FINAL ROUND		FINAL ROUND	
* Finals must be held at all Provincial Cups & Championships		* Finals must be held at all Provincial Cups & Championships	
* 2 voluntary passes of 8 elements		* 2 voluntary passes of 8 elements	
* FIG repetition rules		* FIG repetition rules	
REQUIRED ELEMENTS: Women :	REQUIRED ELEMENTS: Men : 1 double salto in transition in one final pass	REQUIRED ELEMENTS: Women :	REQUIRED ELEMENTS: Men :
Bonus: 1.0 for double salto in transition, 1.0 for full twisting whip to a full twisting double or more up to a maximum bonus of 2.0 per pass **FIG Bonus for DD is applied to the DD	Bonus: 1.0 for all additional double salto in transition up to a maximum bonus of 2.0 per pass	Bonus: 1.0 for all double salto in transition up to a maximum bonus of 2.0 per pass **FIG Bonus for DD is applied to the DD	Bonus: 1.0 for any triple salto, 1.0 for any additional double salto in transition up to a maximum bonus of 2.0 per pass
* Minimum DD 3.6	* Minimum DD 4.4	* Minimum DD 3.5	* Minimum DD 5.5
* Maximum DD None	* Maximum DD None	* Maximum 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 **(except for the FIG Bonus for DD for women that is applied to the difficulty).**

In all categories the penalty for not completing any required element/s is 3.0 per requirement applied by the difficulty judges.

This is only a summary of the regulations.

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