



Irish Gymnastics Trampoline Handbook 2011

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Section 1

Introduction

The Trampoline Technical Committee (T.T.C.) are delighted to present the Irish Gymnastics Trampoline Gymnastics Handbook for the 2011 season. This handbook is intended to be a guide to coaches and judges alike. It should be the main source of reference for coaches and judges during the competition year.

This document contains the most relevant information for coaches and judges who wish to be involved in trampoline events. It includes many of the relevant sections from the F.I.G code of points, template entry forms and tariff sheets, tariff guides required for competition and the rules and regulations governing the various competition formats currently in the Trampoline Technical Committee's competition programme.

This season will run from January 2010 to December 2011 with the National Finals being held early in December 2011. The compulsory routines remain the same as last season however some of the difficulty limits and compulsory move scores have been changed.

Section 2 – About Irish Gymnastics

Mission Statement

Irish Gymnastics, through all its disciplines, will promote and develop recreational and competitive gymnastics to the highest level.

Brief History of Irish Gymnastics

The Irish Amateur Gymnastics Association (IAGA) was founded in 1964 and affiliated to the International Gymnastics Federation (FIG) in 1976. We affiliated to the Olympic Council of Ireland (OCI) in 1979. In 1996, Barry MacDonald became the first and only Irish Gymnast to compete at an Olympics when he performed at the Atlanta Games. In 1998, IAGA adopted Trampoline and Sports Aerobics as disciplines. In 1999, IAGA and Irish Sports Acrobatics Federation (ISAF) merged to create a new body: Irish Gymnastics.

Structure

Irish Gymnastics consists of 8 regions, and 9 disciplines.

Regions

Disciplines

Northern	Men's Artistic
West	Ladies Artistic
South West	Rhythmic
Southern	Trampoline
South East	Acrobatic Gymnastic
Midlands	Tumbling
North Dublin	Sports Aerobics
South Dublin	General Gymnastics
	Special Needs

The decision making processes of the organisation are made by the Board of Control (BOC). Each region and each discipline has a seat on this board. The board meets 4 times annually.

Section 3 – Trampolining within Irish Gymnastics (2008 – 2009)

The discipline of trampoline is run by the Trampoline Technical Committee (T.T.C.). This body is chaired by the Vice President (VP) who is elected by members at the AGM of Irish Gymnastics (IG). The VP selects the Trampoline Technical Committee which is ratified by the Board of Control. The Committee is selected based on their experience and expertise, which is considerable.

Vice President

Terrie Watson (West) trrwats@yahoo.ie

Technical Committee Members

Ann Marie Barr (Northern), Fran Minter (South West), Francie Craven (Northern), Patricia New (South East), Grace Cott(South)

International Brevet Judges

Ann Marie Barr, Pauric Dooley, Stuart Harper, Terrie Watson.

Coaching Ireland (formerly NCTC) Tutors

Francie Craven, Jean McMahon, Ann Marie Barr

The Trampoline Technical Committee can be contacted through the Irish Gymnastics Office at :

Irish Gymnastics Ltd.,
Sport HQ,
13 Joyce Way
Park West
D12
Tel : 01-6251125

Or by email at : tra1@irishgymnastics.ie

Section 4 -Trampoline Routines

Novice – 8, 9 & 10, 11 &12

Maximum Voluntary Tariff: 1.0

Seat Drop
To Feet
Straddle Jump
½ Turn Jump
Pike Jump
Seat Drop
½ Turn to Feet
Tuck Jump
Front Drop or Back Drop
To Feet

Novice – 13 & 14, 15 & 16, 17 & 18, 19+

Maximum Voluntary Tariff: 1.2

Front Drop
To Feet
Straddle Jump
½ Turn
Seat Drop
½ Turn to Feet
Tuck Jump
Pike Jump
Back Drop
½ Turn to Feet

Intermediate – 8, 9 & 10, 11 &12

Maximum Voluntary Tariff: 3.0

10 different skills
1 skill with a complete somersault (minimum of 360° somersault)
1 skill landing on either the front or the back of the body
1 skill with a minimum of full twist
(Total of 1 somersault)

Intermediate – 13 & 14, 15 & 16, 17 & 18, 19+

Maximum Voluntary Tariff: 3.0

10 different skills
2 skills with a complete somersault (minimum of 360° somersault.) &
1 skill landing on either the front or the back of the body &
1 skill with a minimum of full twist
(Total of 2 somersaults)

Advanced – 8, 9 & 10, 11 &12

Maximum Voluntary Tariff: 5.5

10 different skills
2 skills with a complete somersault (minimum of 360° somersault) &
1 skill with a complete somersault (minimum of 270° somersault) landing on front, back or seat &
1 skill with a complete somersault (minimum of 360° somersault) and a minimum of 180° twist
(Total of 4 somersaults)

Advanced – 13 & 14, 15 & 16, 17 & 18, 19+

Maximum Voluntary Tariff: 5.5

10 different skills

3 skills with a complete somersault (minimum of 360° somersault) &

1 skill with a complete somersault (minimum of 270° somersault) landing on front, back or seat &

1 skill with a complete somersault (minimum of 360° somersault) and a minimum of 180° twist

(Total of 5 somersaults)

National – 8, 9 & 10, 11 & 12

Maximum Voluntary Tariff: 6.5

10 different skills

4 skills with a complete somersault (minimum of 360° somersault) &

1 skill with a complete somersault (minimum of 270° somersault) landing on front, back or seat &

1 skill with a complete somersault (minimum of 360° somersault) and a minimum of 180° twist

(Total of 6 somersaults)

National – 13 & 14, 15 & 16, 17 & 18, 19+

Maximum Voluntary Tariff: 6.5

10 different skills

5 skills with a minimum of 360° somersault &

1 skill, with a minimum of 270° somersault, landing on either the front or the back of the body &

1 skill, with a somersault between 360° & 720° rotation and either 360° or 540° twist.

(Total of 7 somersaults)

Elite - 9 & 10, 11 & 12

No Maximum Voluntary Tariff

10 different skills

7 skills with a minimum of 360° somersault &

1 skill, with a minimum of 270° somersault, landing on either the front or the back of the body &

1 skill, with a somersault between 360° & 720° rotation and with a 360° or 540° twist.

(Total of 9 somersaults)

Elite -13 & 14, 15 & 16, 17 & 18, 19+

No Maximum Voluntary Tariff

Fig B Routine

Elite – Mens & Ladies

No Maximum Voluntary Tariff

Fig A Routine

Section 5 – Competition Structure

5.1 Regional Qualification Structure

Regional Qualifiers are held during the competition year, at which gymnasts may qualify for the National Finals. These competitions can be held in any region. There may be several Qualifiers within one region. Gymnasts, who are registered with IG as competitors, may compete in any Qualifier regardless of the region. Clubs wishing to host a Qualifying Competition should contact Terrie at trrwats@yahoo.ie to find a suitable date. The dates of all the competitions will be fixed by the end of 2010 and no additional competitions may be added to the program. To enter these competitions the new online entry which can be accessed via the clubs login area. This system will not allow late entries or substitutions to be made so clubs need to take care when entering competitions. The competition fee for Regional Qualification Events is €8 and shall be paid to the Irish Gymnastics Office. Entries received after the deadline will not be accepted. No entries will be processed without the appropriate entry fee. Clubs must provide officials at each competition and must list these in the space provided on the entry form (Appendix 1 & 2). Entries will only be accepted from clubs who provide the following (included on the Application Form):

Coaches	-	minimum of 1 Coach (Level 1 from June 2011)
Judges	-	0 – 10 Gymnasts - 1 Judge
	-	10 – 20 Gymnasts - 1 Judge & 1 Official or 2 Judges
	-	20 – 30 Gymnasts - 2 Judges & 1 Official or 3 Judges
	-	30 + Gymnasts - 3 Judges & 1 Official or 4 Judges

At each level there is a qualification mark (see Appendix 3) which the gymnasts must achieve in order to qualify for the All Ireland Final and the Grand Prix Final. In qualifying competitions and the All Ireland Final boys and girls compete in separate categories and they are grouped according to their ages (see Section 5.4).

Gymnasts who qualify at one Regional Qualification event may move up a level at the next Regional Qualification event, however, if they fail to qualify at the higher level they may not drop down to the level that they have previously qualified at and must then try to qualify at the higher level.

5.1.1 Movement between the levels:

Gymnasts achieving the following score at Regional, Grand Prix or National competitions in 2011 must move up to the next level at the start of 2012:

Novice:	48.0
Intermediate:	49.0
Advanced:	50.0
National:	51.0

Backward movement can only be allowed by written application to the TTC.

5.2 All Ireland Finals

All Ireland Finals are held each year. Boys and girls compete in separate categories in this event. Only those who have qualified through the regional qualification structure may compete at the All Ireland Finals. To enter gymnasts that have qualified for the Nationals Finals, coaches must submit the entries through the IG online entry system and pay the appropriate fee to Irish Gymnastics. No entries will be processed without the appropriate entry fee, coaches and judges as detailed in Section 5. The competition fee for All Ireland Finals is €15.

The Jim O'Leary Perpetual trophies will be awarded to the highest form scoring Senior Men's and Senior Ladies competitors.

The Francie Craven Perpetual trophy will be awarded to the gymnast with the highest Form scoring routine on the day.

At the All Ireland finals, clubs will be allowed to enter gymnasts into a team event. A team may consist of three (3) or four (4) gymnasts, having qualified through the Regional Qualification Events. Teams consist of gymnasts competing in the same level, regardless of age group or gender. The best three (3) total scores for each round from this team will make up the team score. Teams must be made up of gymnasts registered in the same club

for which they qualified for All Ireland Finals. The competition fee for the Team Event at the All Ireland Finals is €12 per team.

5.3 Synchronised Trampoline (Synchro)

There will be no official Irish Gymnastics Synchronised Competitions during 2011.

5.4 Double Mini Tramp (DMT)

There will be no official Irish Gymnastics Double Mini Tramp Competitions during 2011.

5.5 Grand Prix Finals

Separate to All Ireland Finals, the Grand Prix Final takes the 3 highest scores recorded in the Regional Qualification events for each level from each region regardless of gender or age group. These gymnasts compete individually as well as part of a regional team in this final.

Points are awarded for the total gold, silver and bronze medals won by each region. Gold medals will receive 3 points, silver will receive 2 points and bronze will receive 1 point. Each regional team's points will be calculated at the end of the competition, this will decide the Grand Prix Team Champions.

There will be a mixed open competition for the 3 highest scoring ladies and 3 highest scoring men for each region. This event does not count towards the team scores.

The champions will be presented with the Francie Craven Grand Prix trophy.

Substitutions are permitted

5.7 Age Groups

Please note the Age Groups for the 2009/2010 competition season:

8 years:	born 2003
9-10:	born 2002 or 2001
11-12:	born 2000 or 1999
13-14:	born 1998 or 1997
15-16:	born 1996 or 1995
17-18:	born 1994 or 1993
19+:	born 1992 or earlier

The age of the performer for this year's competition season is reckoned as the age of the competitor on the 31st of December, 2011.

5.8 Dress Code

Novice participants may wear competition attire or matching plain white t-shirt, shorts and socks or gym shoes for qualifying competitions. A deduction of 0.5 will be made from the total score.

All other levels must wear the following competition attire:

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).

Competitors in Novice (at the Grand Prix Final and National Finals) and all other levels at all competitions will be disqualified for incorrect dress.

Section 6 – National Squad

6.1 Selection

Selection to the National Squad is as per National Squad Selection Policy Document. The gymnasts, and their coaches, must demonstrate a desire to be involved in the National Squad and show that they can work in a group situation taking direction from the National Squad Coaches Panel. The Trampoline Technical Committee may also invite gymnasts following a good performance at either Grand Prix Finals or National Finals. Any coach wishing to have a gymnast assessed for National Squad should contact the Trampoline Technical Committee on tra1@irishgymnastics.ie

6.2 Eligibility

As per Irish Gymnastics rules, all members holding a competition, student or full membership, are eligible to trial for the National Squad when the criteria as per the National Squad Selection Policy Document are met. Gymnasts are required to hold an Irish Passport prior to taking part in Squad Selection Trials.

6.3 Selection to international events

To represent Ireland, the gymnast must be a member of the National Squad, have competed (or qualified to compete) at the National Finals and the gymnast must also hold an Irish passport. Selection of gymnast for international events is based on the criteria as set out in International Competition Team Selection Policy Document which will be circulated to all clubs and will be available from the Download section of the Website before the end of 2010.

6.4 General Squad Rules

- All gymnasts must arrive to training sessions in good time to participate in warm-up. Persons arriving after the warm-up may be refused permission to join the session.
- A qualified coach must accompany gymnasts from each club at each session. This is essential for the coaches to be present to pick up any information that may be given to gymnasts.
- Any injury or illness must be reported by the gymnast to a member of the National Squad coaches' panel. Likewise any injury during the session must be reported. After injury when returning to National Squad gymnast must provide evidence of fitness to return to training.
- Positions on the National Squad are conditional on attendance at all training sessions. Any gymnast failing to attend a National Squad session without a satisfactory reason may be removed from the Squad with immediate effect. A gymnast must provide written notice to the Trampoline Technical Committee in a case where they know they will be absent from an official Squad event.
- All gymnasts must attend sessions correctly attired. No loose or baggy clothes are permitted. Leotards must be worn at all times during squad training.
- Gymnasts are expected to show due respect to all coaches and other Squad members at all times. Gymnasts must also apply themselves to all tasks with utmost effort and concentration at all times.
- All National Squad members are expected to show continual dedication to improving their trampolining skills and abilities. For this reason, gymnasts should assume that at each session they will be expected to show improvement from the previous session.

Appendix A

Qualification scores for Irish Gymnastics Trampoline National Championships

Category	8 years 9 & 10 years	11 & 12 years	13 & 14 years 15 & 16 years 17 & 18 years 19 + years
Novice	43.5	44.0	44.5
Intermediate	43.5	43.5	44.0
Advanced	45.0	45.0	45.5
National	46.0	46.0	46.5
Elite	47.0	47.0	48.0
Mens & Ladies	49.0	49.0	49.0

Appendix B

Irish Gymnastics
Trampoline Tariff Sheet

Name:

Level:

Club:

Age Group:

Compulsory Set			
	Routine	S	Adjustments
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Voluntary				
	Routine	S	Adjustments	Tariff
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
			Total	

PLEASE NOTE

It is the responsibility of the competitor to ensure that all moves are correct and That all shapes (S) are correctly defined.

P = Piked

T = Tucked

S = Straight

Failure to do so may result in the routine being terminated early.

PLEASE CHECK YOUR ROUTINE CAREFULLY BEFORE SUBMITTING IT TO THE REGISTRATION CLERK.

Appendix C

Guide to Judging

1 ROUTINES (FIG Code 5)

- 1.1 Each routine consists of 10 (ten) elements.
- 1.2 The second routine is a voluntary routine in which the difficulty score is added to the execution score to give the total for a routine.
- 1.3 Second attempts at routines are not allowed.
 - 1.3.1 If a gymnast is obviously disturbed in a routine (faulty equipment or substantial external influence or the like), the Chief Judge may allow another attempt. A gymnast's clothing cannot be classed as "equipment".
 - 1.3.2 Spectator noise, applause and the like would not normally constitute a disturbance.

2 DRESS FOR GYMNASTS AND SPOTTERS (FIG Code 6)

- 2.1 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.
- 2.2 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

* Plain white shorts and plain white T-shirts are permitted at Novice Level only.

2.3 The wearing of jewelry or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped.

2.4 Any violation of 2.1, 2.2 and 2.3 may result in disqualification from the round in which the offence occurs. This decision is made by the Chief Judge.

2.5 Members of a team must wear uniform dress. Failing to do so will result in disqualification of the team from the team event. This decision is made by the Chief Judge.

2.6 Spotters

- Track suit and gym shoes or equivalent.

3 COMPETITION CARDS (FIG Code 7)

3.1 All gymnasts (except for those competing in Novice) shall submit a competition card. The elements of the first routine must be written down on the competition card. Each of the required elements must be marked with an asterisk (*). The elements proposed for the second routine shall also be written on the competition card.

3.1.1 In the first routine, the gymnast should execute the elements as written on the competition card. Any missing required elements(s) or requirement(s) will result in a deduction of 1.0 point for each missing required element/requirement, by each Execution Judge. Such changes will be recorded on the competition card by the Difficulty Judges.

3.2 Gymnasts competing in the novice level must perform those routines as written in the routines section of this handbook (Section 4) else it will be deemed as an interruption to the first routine (see 9.1.7). A competition

card shall be completed with the second round routine for the gymnast.

- 3.3 The competition card must be handed in at the time and place specified by the organising committee, otherwise the gymnast may not be allowed to start.
- 3.4 In the second routine changes to the elements and the order in which they are written on the competition card are permitted without penalty.

4 SAFETY REQUIREMENTS (FIG Code 9)

- 4.1 A competitor must have 4 (four) spotters around the trampoline. At no time should there be more than 4 (four) spotters around the trampoline. 1(one) spotter with a mat may replace 2 (two) spotters on one side.

5 WARMING UP (FIG Code 12)

- 5.1 A general warm up is provided for each section prior to the competition. This consists of up to 4 turns each. During each gymnasts turn on the trampoline the gymnasts is permitted one attempt at their routine.
- 5.2 Immediately prior to each round of the competition each gymnast will be allowed one warm-up on the competition apparatus. The gymnast can attempt one routine during this warm-up. In the event that a gymnast abuses this, the Chief Judge may instruct the Chief Recorder to deduct a penalty of 0.3 points from the total score of the following routine.

6 START OF A ROUTINE (FIG Code 13)

- 6.1 Each gymnast will start on a signal given by the Chief Judge.
- 6.2 After the signal has been given, the gymnast must initiate the first element within one minute, otherwise there will be deductions as follows by each of the Execution Judges on the instruction of the Chief Judge.

- 61 seconds: 0.1 pts deduction
- 91 seconds: 0.2 pts deduction
- 121 seconds: 0.3 pts deduction

6.3 If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the Chief Judge. (Spectator noise is not considered a substantial cause).

6.4 If the chief judge deems there is a faulty start, the gymnast may re-start on a signal from the Chief Judge.

7 REQUIRED POSITIONS DURING AN ELEMENT (FIG Code 15)

7.1 In all positions, the feet and legs should be kept together (except straddle jumps), and the feet and toes pointed.

7.2 Depending on the requirements of the element, the body should be tucked, piked or straight.

7.3 In the tucked and piked positions the thighs should be close to the upper body, except in the twisting phase of multiple somersaults (see 7.7).

7.4 In the tucked position the hands should touch the legs below the knees except in the twisting phase of multiple somersaults (see 7.7).

7.5 The arms should be straight and/or held close to the body whenever possible.

7.6 The following defines the minimum requirements for a particular body shape:

7.6.1 Straight position: The angle between the upper body and thighs must be greater than 135°.

7.6.2 Pike position: The angle between the upper body and thighs must be equal to or less than 135° and the angle between the

thighs and the lower legs must be greater than 135°.

7.6.3 Tuck position: The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be equal to or less than 135°.

7.7 In multiple somersaults with twists, the tuck and pike position may be modified during the twisting phase known as puck and pike twisting positions.

8 REPETITION OF ELEMENTS (FIG Code 16)

8.1 Elements having the same amount of rotation but performed in the tucked, piked and straight positions are considered to be different elements and not repetitions.

8.1.1 The tucked and pucked positions are considered to be the same position.

8.2 Multiple somersaults (of 630° or more) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases.

9 INTERRUPTIONS OF A ROUTINE (FIG Code 16)

9.1 A routine will be considered interrupted (ended) if a gymnast:

9.1.1 Obviously does not land simultaneously on both feet on the trampoline bed.

9.1.2 Does not use the elasticity of the bed after landing for the immediate continuation of the next element.

9.1.3 Performs an intermediate straight bounce.

- 9.1.4 Lands on any part of the body except feet, seat, back or front.
- 9.1.5 Performs an incomplete element (e.g. does not reach upright upon landing a somersault).
- 9.1.6 Is touched by a spotter or spotter mat.
- 9.1.7 Touches any part of the trampoline other than the bed.
- 9.1.8 Leaves the trampoline due to insecurity.

- If one of the gymnasts is more than half an element ahead of their partner they will be deemed to have performed different elements.

- 9.1.9 Does not perform a prescribed compulsory routine using the required elements and/or in the sequence written on the competition card.

- 9.2 No credit will be given for the element in which the interruption occurs.
- 9.3 A gymnast will be judged only on the number of elements completed on the trampoline bed.
- 9.4 The Chief Judge will decide the maximum mark.

10 TERMINATION OF THE ROUTINE (FIG Code 17)

- 10.1 The routine must end under control in an upright position, with both feet on the trampoline bed, otherwise there will be a deduction (see 14.3.2).
- 10.2 After the final landing on the bed, the gymnast must stand upright for approximately 3 (three) seconds, otherwise there will be a deduction for lack of stability (see 14.3.2).
- 10.3 A routine is deemed to have ended only after the time as per 10.2, have elapsed.

- 10.4 In individual competition, the gymnast is allowed to do 1 (one) more jump in a stretched position (out-bounce) after the last element, using the elasticity of the bed.
- 10.5 If a gymnast executes more than 10 (ten) elements, a deduction of 1.0 point will be made (see 14.4.3). Intermediate straight jumps will be counted as elements.

11 SCORING (FIG Code 18)

11.1 Degree of difficulty (D Mark)

11.1.1 The difficulty of each element is calculated on the basis of the amount of twist and somersault rotation with a bonus for completed (360°) somersaults:

- per ¼ somersault (90°) 0.1 pts
- bonus per completed somersault (360°) 0.1 pts
- per ½ twist (180°) 0.1 pts

11.1.2 Side somersaults and elements without twist or somersault rotation have no difficulty value.

11.1.3 In elements combining somersault and twist, the difficulty values of the somersault and twist are added together.

11.1.4 Single somersaults of 360 - 630° without twists, executed in the straight or pike position, will be awarded an extra 0.1 points.

11.1.5 Multiple somersaults of 720° or more, with or without twists, executed in the straight or pike position, will be awarded an extra 0.1 points per completed somersault.

11.2 Method of scoring

- 11.2.1 The evaluation of execution and difficulty is done in 10ths of a point.
- 11.2.2 Judges must write their deductions independently of one another.
- 11.2.3 When signaled by the Chief Judge, the marks of the Execution Judges must be shown simultaneously.
- 11.2.4 If any of the Execution Judges fails to show their marks when signaled by the Chief Judge, the average of the other marks will be taken for the missing mark(s). This decision is made by the Chief Judge.

11.3 Evaluation of the score for execution (E Mark)

- 11.3.1 The deductions for poor execution as per 14.3 and the additional deductions on the instruction of CJP as per 14.4 are subtracted from the maximum mark, i.e. 10.0 points or the mark decided by the Chief Judge (see 9.4).
- 11.3.2 In individual competition, the highest and lowest marks of the five Execution Judges are deleted and the three remaining marks are added together to give the gymnast's execution score for the routine (E+E+E).

11.4 Evaluation of the score for difficulty. (D Mark)

- 11.4.1 The Difficulty Judges calculate the difficulty of a routine as per 11.1 and enter it on the competition card.

11.5 Evaluation of the gymnasts' total score for a routine:

- 11.5.1 For the first round of the competition the recorders will calculate the total score by adding together the E marks (execution).

11.5.2 For the second round of the competition the recorders will calculate the total score by adding together the E marks (execution) and the D mark (difficulty).

11.5.3 All scores will be rounded to 2 (two) decimal places. Such rounding will only be made in respect of the gymnast's total score for a routine.

12 THE JUDGES' PANEL (FIG Code 19)

12.1 Composition:

12.1.1	Chief Judge	1
12.1.2	Judges for Execution	5
12.1.3	Judges for Difficulty (nos. 6 & 7)	2
12.1.4	Total	8

12.2 Judges nos. 1-7 must sit on the judges platform 5 to 7 meters from Trampoline N° 1 and raised by a minimum of 1 (one) metre and maximum 2 (two) metres, where possible.

12.3 Judges nos. 8-10 will be placed alongside, the judge's platform, so that the trampoline is at eye level.

12.4 If the quota of judges cannot be met, on approval from the trampoline technical committee, an average score of the judges present will be used for the missing judges.

12.5 If a Judge fails to carry out his duties in a satisfactory manner he must be replaced. This decision will be made by the Chief Judge.

12.6 If an Execution Judge is replaced, the Chief Judge may decide that his previous marks will be replaced by the average of the remaining marks (see 11.2.4).

13 DUTIES OF THE CHIEF JUDGE (FIG Code 20)

- 13.1 Control of the facilities.
- 13.2 Organise the Judges' conference and the trial.
- 13.3 Place and supervise all Judges, spotters and recorders.
- 13.4 Direct the competition.
- 13.5 Convene the Competition Jury.
- 13.6 Decide if a second attempt should be allowed (see 1.2).
- 13.7 Decide about a gymnast's dress (see 2).
- 13.8 Decide whether any assistance given by a spotter was necessary.
- 13.9 Declare the maximum mark in the case of an interrupted routine (see 9).
- 13.10 Inform the Execution Judges of additional deductions (see 14.3.2.2-14.3.2.6, 14.4 & 14.3.3).
- 13.11 Decide if a Judge fails to show his mark immediately (see 11.2.4).
- 13.12 Decide about penalties as per 2 and 5.2 and inform the Chief Recorder.
- 13.13 Supervise and control all scores, calculations and the final results.
- 13.14 Decide before the end of a round, when approached by an official representative of a Club or a Judge, about obvious errors in the calculation of difficulty or numerical errors concerning execution scores.

14 DUTIES OF THE JUDGES FOR EXECUTION (FIG Code 20)

- 14.1 Evaluate the execution in the range 0.0 to 0.5 points as per 14.3 and write down their deductions on the deduction sheets.

14.2 Subtract their deductions from the maximum mark indicated by the Chief Judge (see 9.4).

14.3 Deductions for execution.

14.3.1 Lack of form, consistency of height and control in each element
0.1-0.5 pts.

14.3.2 Lack of stability on or after the last element (a single deduction for the greater fault only):

- Not standing still in an upright position for approximately 3 (three) seconds 0.1-0.2 pts or make the following deductions on the instruction of the Chief Judge:

14.3.2..1 touching the bed with one or both hands 0.5 pts

14.3.2..2 touching the bed with the knees or hands & knees, falling to seat, front or back 0.5 pts

14.3.2..3 touching the springs, pads, frame or safety platform 0.5 pts

14.3.2..4 landing/falling on the springs, pads, frame or safety platform and spotter mat 1.0 pts

14.3.2..5 landing /falling outside the area of the trampoline 1.0 pts

14.4 Make the following additional deductions on the instruction of the Chief Judge:

14.4.1 Talking to or giving any form of signal to a gymnast by their own spotters or coach during the routine, for each occurrence 0.3 pts

14.4.2 Additional elements, 1.0 pts

14.4.3 Exceeding the time limit, as per 6.2, 0.1-0.3 pts

- 14.4.4 Missing required elements/requirement in the first routine as per 3.3, for each element 1.0 pts
- 14.4.5 Repetition of an element during the first routine (for Intermediate, Advanced, National, Elite, Ladies and Mens) as per 4.1, for each repetition 1.0 pts (with the exception as noted in 8.1.1)

15 DUTIES OF THE JUDGES FOR DIFFICULTY (NOS. 6 & 7) (FIG Code 22)

- 15.1 Collect the competition cards from the Chief Recorder at least 2 (two) hours prior to the start of the competition.
- 15.2 Check the elements and difficulty values entered on the competition cards.
- 15.3 Check the required elements/requirements of the first routine as per 3.1, 3.3 and notify the Chief Judge of the number of changed/missed elements/requirements (see also 4.4.5-14.4.6).
- 15.4 Write down any changes in a routine and record any repetitions as per 3.3 and 8.
- 15.5 Determine the difficulty score of each of the elements in the second and final routines as per 11.1, 8.1 and 9.4 and enter it on the competition card.
- 15.6 Determine whether or not any of the elements in the second and final routines were intermediate (straight) jumps and advise the Chief Judge accordingly (see 14.4.2).
- 15.7 Display the difficulty score.

Appendix D

Sample Tariff Guide

Name	Shape	FIG Code	Tariff
Shape Jump	T, P, PS	N/A	0.0
Seat Drop	N/A	N/A	0.0
½ twist	N/A	N/A	0.1
Full twist	N/A	N/A	0.2
Front drop to feet	N/A	N/A	0.2
Back drop ½ to feet	N/A	N/A	0.3
Front Sommi	T	4 o	0.5
Front Sommi	P	4 v	0.6
Front Sommi	S	4 /	0.6
Back Sommi	T	4 o	0.5
Back Sommi	P	4 v	0.6
Back Sommi	S	4 /	0.6
Barani	T	4 1 o	0.6
Barani	P	4 1 v	0.6
Barani	S	4 1 /	0.6
¾ back	T	3 o	0.3
¾ back	P	3 v	0.3
¾ back	S	3 /	0.3
Cody	T	5 o	0.6
Cody	P	5 v	0.7
Cody	S	5 /	0.7
Crash dive	S	3 /	0.3
Barani ball out	T	5 – 1 o	0.7
Barani ball out	P	5 – 1 v	0.7
Barani ball out	S	5 – 1 /	0.7
Rudi ball out	S	5 – 3 /	0.9
Randi ball out	S	5 – 3 /	1.1
Full	S	4 2 /	0.7
Double full	S	4 4 /	0.9
Rudi	S	4 3 /	0.8
Randi	S	4 5 /	1.0
1 & 3	T	7 - - o	0.8

1 & 3	P	7 - - v	0.9
1 & 3	S	7 - - /	0.9
Double back	T	8 - - o	1.0
Double back	P	8 - - v	1.2
Double back	S	8 - - /	1.2
½ out	T	8 - 1 o	1.1
½ out	P	8 - 1 v	1.3
½ out	S	8 - 1 /	1.3
½ in back out	T	8 1 - o	1.1
½ in back out	P	8 1 - v	1.3
½ in back out	S	8 1 - /	1.3
½ in ½ out	T	8 1 1 o	1.2
½ in ½ out	P	8 1 1 v	1.4
Rudi out	T	8 - 3 o	1.3
Rudi out	P	8 - 3 v	1.5
Full in ½ out	T	8 2 1 o	1.3
Full in ½ out	P	8 2 1 v	1.5
Full in ½ out	S	8 2 1 /	1.5
Full in back out	T	8 2 - o	1.2
Full in back out	P	8 2 - v	1.4
Full in back out	S	8 2 - /	1.4
Back in full out	T	8 - 2 o	1.2
Back in full out	P	8 - 2 v	1.4
Full full	T	8 2 2 o	1.4
Full full	S	8 2 2 /	1.6
½ in Rudi out	T	8 1 3 o	1.4
½ in Rudi out	P	8 1 3 /	1.6
Full in Rudi out	T	8 2 3 o	1.5
Full in Rudi out	P	8 2 3 v	1.7
Full in Rudi out	S	8 2 3 /	1.7
Miller	T	8 2 4 o	1.6
Miller	T	8 4 2 o	1.6
Miller	S	8 3 3 /	1.8
Triffus	T	12 - - 1	1.7
Triffus	P	12 - - 1	2.0

Appendix E

Irish Gymnastics Judging Structure

The Structure

The Judging Structure for Trampoline Gymnastics is organised as outlined in the table below.

The Structure allows Judges to move up through the levels in a progressive manner. Judges enter the structure at level 1 and build on their ability in Judging Technical Form and Difficulty for Trampoline and Double-Mini Trampoline Routines and Passes.

Judging Level	Age/ Experience Criteria	COURSE CONTENT	Theory Paper Pass Mark	Practical Judging Form Pass Mark	Practical Judging Tariff Pass Mark	Practical Judging Synchro Pass Mark
Level 1	Minimum age is 14yrs No experience required	Form Judging – Individual Tramp & Synchro Difficulty Judging for above Judge to max 5.2 Tariff	60%	60%	60% Optional	60%
Level 2	Minimum age is 16yrs 6mths previous experience	Form Judging – Tramp, Synchro, DMT - Difficulty Judging for above Judge to a max 7.4 Tariff	60%	60%	60%	60%
Level 3	Minimum age is 18yrs 6mths previous experience	Form Judging – Tramp, Synchro, DMT - Duties & Responsibilities of Chair of Panel Judge to a max 10.5 Tariff	70%	60%	60%	60%

Superior or Difficulty Module	Minimum age is 18yrs By Selection	Difficulty Judging in preparation for Superior Judge 10.6+ difficulty Routines Difficulty Exam under FIG Brevet Award	N/A	N/A	100%	N/A
Level 4	Minimum age is 18yrs By Selection	FIG Brevet Judge Award	Exam s and pass marks deter mined by FIG			