



## Part II - GUIDE TO JUDGING

Valid from 1.1.2017

### 1. RULE INTERPRETATIONS

**NOTE:** These interpretations have been made by the FIG TRA-TC for guidance and clarity. In all cases of dispute on the interpretation of the rules the Chair of Judges' Panel makes the final decision. The drawings shown in Part 2 are for guidance only and should not be taken literally.

#### A. INTERPRETATIONS COMMON TO TRAMPOLINE, TUMBLING & DOUBLE MINI-TRAMPOLINE CODE OF POINTS

##### 1.2.2 - Start groups

Sixteen (16) gymnasts per group is the maximum, the TRA-TC recommends group from eight (8) to twelve (12) per group.

##### 6 - Dress

All hair should be secured close to the head. Loose hair is at the gymnast's own risk. It can cause safety problems and may result in an interruption as per TRA CoP §16.1.6 and TUM CoP §16.1.4.

The neckline of the front and back of the leotard/unitard must be proper, the opening is optional but must not exceed half of the sternum and no further than the lower line of the shoulder blades. Leotards/unitards may be with or without sleeves; shoulder strap width must be min. 2 cm. The leg cut of the leotard may not extend up beyond the hip bone (*maximum*). The leotard leg length cannot exceed the horizontal line around the leg, delineated by no more than 2 cm below the base of the buttocks. Leotards that have some part in lace will have to be lined (from the trunk to the chest).

In trampoline, during preliminaries members of a team can wear either shorts or gym trousers as long as those are the same colour. But they must have the same dress for team finals, either shorts or gym trousers. Synchronized partners both have to wear either shorts or gym trousers.

##### 7.3 - Competition cards

In case of an incomplete routine, the penalty for a missing requirement will apply only if it is obvious that it could not have been fulfilled in the remaining non-performed elements.

##### 14 - Required positions

###### *General considerations:*

To determine the body shape (tuck, pike or straight) during an element, the Difficulty Judges will, in general terms, assess the shape based on the least difficult shape adopted during the middle phase of the element (straight is considered the most difficult position and tuck the least difficult position). In the case of multiple somersaults, see also §15 in this Guide to Judging (below).

##### 14.5 - Arms

Moving arms away from the body is acceptable to stop a twisting rotation. The maximum of the angle between the trunk and the arms should be:

Barani, Full, multiple somersaults with $\frac{1}{2}$ out movements	45°
More than full twist and all other multiple twisting somersaults	90°



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#### **15 - Repetitions**

When an element is performed in different body positions, two (2) factors are considered when deciding if an element is a repetition - quantity and phase of twist & quantity of somersault.

##### 1. Twists from 0°-180°

Up to three positions are possible provided there is 270° or more of somersault.

###### **Example:**

¾ back somersault	(T=0° S=270°)	3 positions possible
½ twist to feet	(T=180° S=90°)	1 position possible
1¼ front with ½ twist (Barani ball out)	(T=180° S=450°)	3 positions possible

##### 2. Twists of 360° or more

Three positions are possible provided there is more than 450° of somersault.

###### **Example:**

1½ front with 1½ twist (Rudy ball out)	(T=540° S=450°)	1 position possible
1/1 back somersault, 1/1 twist (Full)	(T=360° S=360°)	1 position possible
2/1 back somersault, 2/1 twist (Full in Full out)	(T=720° S=720°)	3 positions possible

##### 3. Multiple somersaults

In multiple somersaults the gymnast may claim only one body position per element: tucked or piked or straight. The Difficulty Judges will assess the element based on the least difficult body position adopted by the performer, e.g.:

*Barani out Triffis:* If the first somersault is piked and the second tucked, then the Difficulty Judges would assess the element as having been performed in the tucked position.

**NOTE:** These same criteria (no. of twists/no. of somersaults) apply when determining body shape in *synchronised* competition. Because only one position is recognised for a ½ twist to feet, a pair may perform ½ twist to feet in “different positions” without it being considered an interruption to the routine. In a *Barani*, however, different positions are possible under the above criteria and therefore both partners must adopt the same position otherwise the elements would be considered as different and the routine interrupted (see §16.1.6 Trampoline CoP).

##### 4. Twists in different phases of somersaults

- In somersaults of 540° or less only one (1) phase is recognised and an element will be considered a repetition if it does not meet the criteria listed above in respect of different shapes.
- In somersaults of 630°-900° two (2) phases are recognised, early and late.
- All multiple twisting double somersaults in layout **or** pike positions with the same amount of twisting rotation, performed without a recognisable pause in twisting rotation **or** without defined positions, will be considered as repetitions if used more than once.

#### **17 - Interruption / Termination of the routine / pass**

Landing on both feet means the sole of the feet.

If a gymnast *touches* the bed / track / zone / area with his feet during landing, but never shows a recognisable landing preparation and falls to face, knees, hands and knees, front or back in the same movement, the element will not be counted. There will be no extra deduction for the fall.

#### **18.1 - Difficulty**

In the event of any dispute between the Difficulty Judges, the CJP will make the decision.



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For single somersault, difficulty judges should evaluate the position of the element from the beginning of the take-off up to the remaining 135° (before landing).

For multiple somersaults, difficulty judges should evaluate the position of the element after take-off from:

Backward somersault: 90° up to the remaining 180° (before landing)

Forward somersault: 135° up to the remaining 180° (before landing)

Looking at the position of the feet at landing, feet rotation of more than 1/4 twist (90°) is considered a 1/2 twist, feet rotation of more than 3/4 twist (270°) is considered a 1/1 twist, etc.

#### 20.15 (TRA/TUM) / 20.14 (DMT) - Duties of the Chair of Judges Panel

In case of obvious errors concerning calculation of any scores, a Judge, gymnast, coach or other official, who recognise this, should approach the Chair of Judges Panel in a professional and friendly way before the end of the actual round, to allow the Chair of Judges Panel to clarify the situation before the next round has started.

#### 21.3.1 - Evaluation of execution

##### TRAMPOLINE AND DMT

###### Rotation or Flying Phase

- Position of the arms 0.0-0.1 pts
- Position of the legs 0.0-0.2 pts
  - (includes bent knees, toes not pointed, legs not together)
- Position of the body 0.0-0.2 pts

###### Opening and Landing Phase

- Opening of the somersault and keeping straight position 0.0-0.3 pts
  - (includes twisting rotation not completed at 90° (3 o'clock))
- No opening 0.3 pts

Any of these deductions can be combined up to 0.5 pts

###### Horizontal Displacement

- (trampoline only) 0.0-0.3 pts

0.3	0.2	0.3
0.2	0.0	0.2
0.3	0.2	0.3

##### TUMBLING

###### Rotation or Flying Phase

- Position of the arms 0.0-0.1 pts
- Position of the legs 0.0-0.2 pts
  - (includes bent knees, toes not pointed, legs not together)
- Position of the body 0.0-0.2 pts



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#### **Opening and Landing Phase**

- Opening of the somersault and keeping straight position      0.0-0.3 pts  
(includes twisting rotation not completed at 90° (3 o'clock))
- No opening      0.3 pts
- Exceptions for multiple twisting and for triple somersaults      0.2 pts

#### **During the pass**

- Loss of speed      0.0-0.2 pts
- Deviation from the axis      0.0-0.1 pts

Any of these deductions can be combined up to 0.5 pts

#### **21.3.2 - Landing deductions**

No landing deductions will be counted for interrupted routines/passes.

## **B. INTERPRETATIONS OF TRAMPOLINE CODE OF POINTS**

#### **General**

Only elements which land on both feet, seat, front or back will be recognised.

#### **16.1.1 - One foot landings**

The element which lands on one foot is not counted as an element and the routine is interrupted at that landing. This rule only applies to double contacts made on the feet. If during a back or front landing the feet subsequently touch the bed, this does not constitute an interruption.

#### **17.3 - Not making the same movement (out-bounce or standing still)**

In the case of one gymnast making a complete and immediate stop while the other only partially stops, this would not constitute a contravention of this rule since it would not be classed as an out-bounce.

#### **21.3.2 - Lack of stability after a completed routine.**

Uncontrolled movements in the out-bounce must also be judged as part of the instability.

If the gymnast forgets to stand still and leaves the bed within approximatively three (3) seconds of landing the E-judges will decide whether this was due to lack of stability (deduction 0.5 or 1.0 pts), or merely that he forgot to stand still (deduction 0.2 pts).

#### **Example of deductions for out-bounce (maximum 0.1 pt) :**

- Uncontrolled movements in the out-bounce      0.1

#### **Example of deductions for landing (maximum 0.2 pts) :**

- Movement of arms while standing on the bed (ex. circle)      0.1
- Step(s) or bounce(s)      0.1 – 0.2
- Not standing upright      0.1
- Standing with feet apart or more than shoulder width      0.1
- Turning to the judges before being totally stabilized      0.1

NB.



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- The penalty is not connected to the length of the step or the bounce, but to the amount.
- When a step is taken (deduction 0.1 pts), coming back with the same foot to a stable upright position is not considered to be a stepping deduction.
- Total deductions for instability in out-bounce and landing must not exceed 0.3

#### 21.3.2.6 - Additional elements

If a gymnast cannot stop/control the rebound of the bed after final landing (10<sup>th</sup> element) and has to perform a somersault or a "whip-back" etc, a deduction of 1.0 will be made.

## C. INTERPRETATIONS TO TUMBLING CODE OF POINTS

#### 18.1 - Difficulty - side somersaults

In calculating the difficulty value of side somersaults, no account should be taken of any twist created in the somersault unless greater than 180°.

#### 21.3.2 - Landing zone - definition

The outer edge of the line marks the boundary of the Tumbling track and the landing zone. If any part of the body touches outside the boundary, it will result in a deduction as per §21.3 or a penalty as per §20.10.

#### 21.3.2 - Lack of stability after a completed routine.

If the gymnast forgets to stand still and leaves the landing area within approximatively three (3) seconds of landing the E-judges will decide whether this was due to lack of stability (deduction 1.0 pts), or merely that he forgot to stand still (deduction 0.3 pts).

#### Example of deductions:

- |   |           |
|---|-----------|
| • Movement of arms while standing (ex. circle)          | 0.1       |
| • Step(s) or bounce(s)                                  | 0.1 – 0.3 |
| • Not standing upright                                  | 0.1       |
| • Standing with feet apart or more than shoulder width  | 0.1       |
| • Turning to the judges before being totally stabilized | 0.1       |

NB.

- The penalty is not connected to the length of the step or the bounce, but to the amount.
- When a step is taken (deduction 0.1 pts or more), coming back with the same foot to a stable upright position is not considered to be a stepping deduction.

#### 21.3.2.5 - Additional elements

If a gymnast cannot stop/control the rebound of the track after final landing (8<sup>th</sup> element) and has to perform a somersault or a "whip-back" etc, a deduction of 1.0 will be made.

## D. INTERPRETATIONS OF DMT CODE OF POINTS

#### General definition of the mount & dismount zones:

- Middle zone (3)

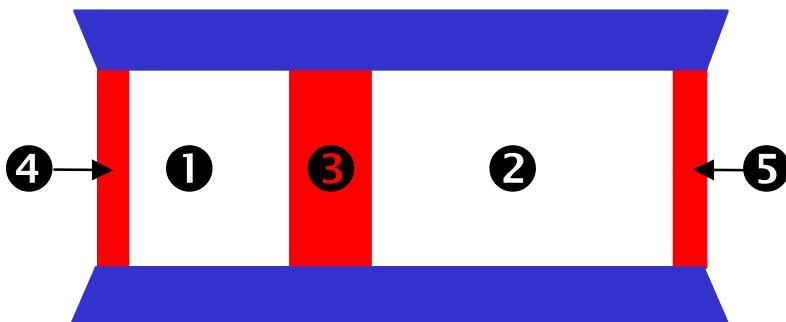


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- End markers (4+5)
- The mounting zone is defined as the area of the bed in front of and including the middle zone (4+1+3)
- The spotter/dismount zone is defined as the area of the bed to the rear of and including the middle zone (3+2+5)



#### 5.1 & 5.2 - Mount, Spotter, Dismount

- A straight mounting jump or mounting element must take off from the mounting area and land in the spotter/dismount area.
- The spotter element must take off and land in the spotter/dismount area.
- If any of these (mounting element or spotter element) are not executed in the correct area as detailed here, the pass will be invalid (score 0).
- A dismount element not executed from a mounting element or spotter element is not valid.

**Example:** Mounting elements or spotter elements correctly executed from and to the prescribed areas on the DMT are always counted as elements, regardless of what happens in the dismount element (e.g. stop, landing on the DMT, not landing on both feet to landing area, straight jump).

#### 16.1.6 - Touching the Double Mini-Trampoline

Due to the narrowness of the DMT bed, it is possible for the gymnast may touch something other than the bed with some part of the body, even though his feet land on the bed as required - §16.3 will apply. However, if it is obvious that the foot lands outside the bed (frame/pad etc.) this will constitute an interruption as per §16.1.6

#### 21.3.2 - Landing zone - definition

The outer edge of zone/area marks the boundary of the DMT landing zone/area. If any part of the body touches outside the boundary, it will result in a deduction as per §21.3 or a penalty as per §20.10.

#### 21.3.2 - Lack of stability after a completed routine.

If the gymnast forgets to stand still and leaves the landing area within approximatively three (3) seconds of landing the E-judges will decide whether this was due to lack of stability (deduction 1.0 pts), or merely that he forgot to stand still (deduction 0.3 pts).

#### Example of deductions:

- |   |           |
|---|-----------|
| • Movement of arms while standing (ex. circle)          | 0.1       |
| • Step(s) or bounce(s)                                  | 0.1 – 0.3 |
| • Not standing upright                                  | 0.1       |
| • Standing with feet apart or more than shoulder width  | 0.1       |
| • Turning to the judges before being totally stabilized | 0.1       |

NB.

- The penalty is not connected to the length of the step or the bounce, but to the amount.

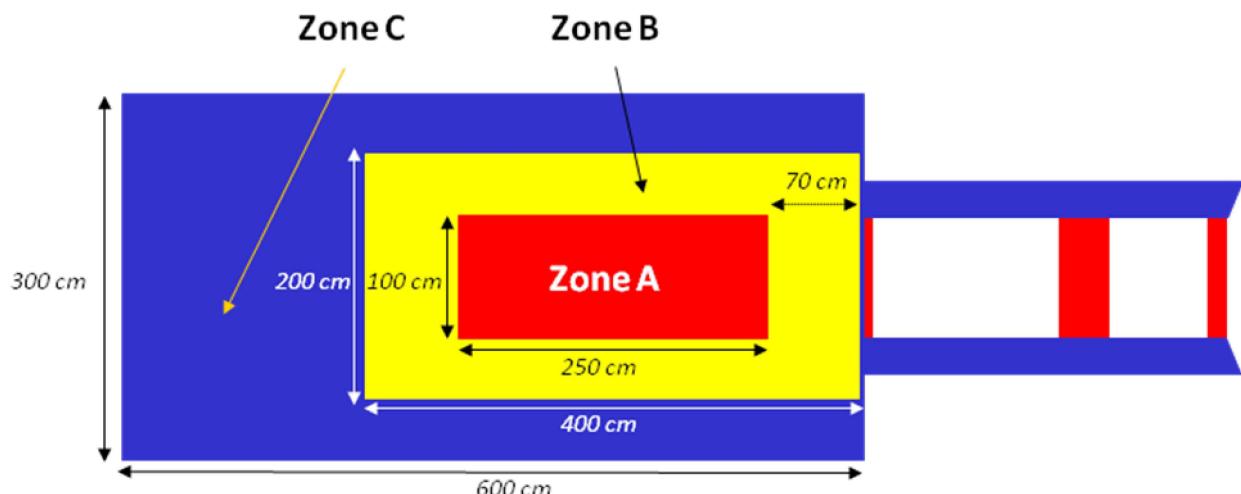


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- When a step is taken (deduction 0.1 pts or more), coming back with the same foot to a stable upright position is not considered to be a stepping deduction.

**21.4.1-21.4.3 - Landings**



Lausanne, May 2016

Fédération Internationale de Gymnastique

Horst Kunze  
Trampoline TC President

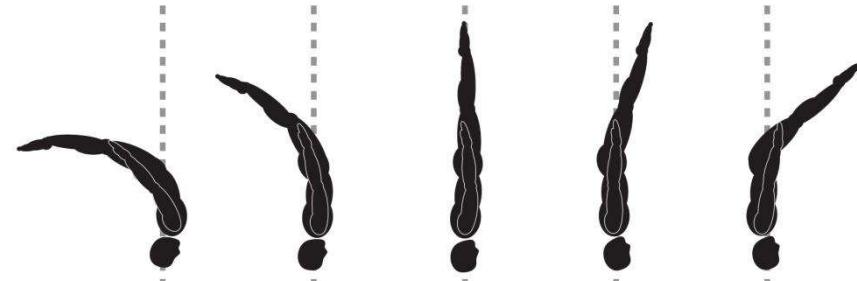


## 2. DRAWINGS (these drawings are for guidance only and should not be taken literally)

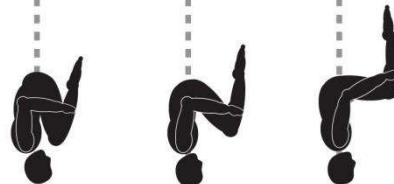
### POSITION DEDUCTIONS

← 0.2 ← 0.1 ← 0 → 0.1 → 0.2 →

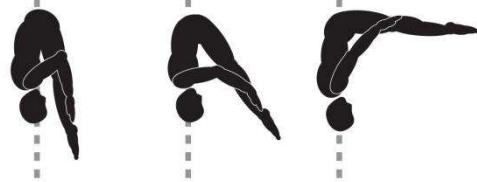
**STRAIGHT**



**TUCK**



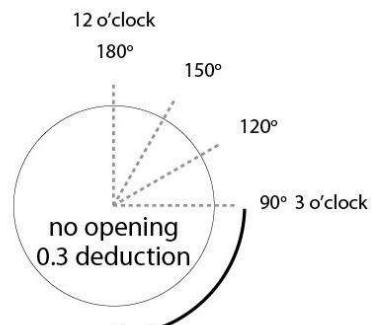
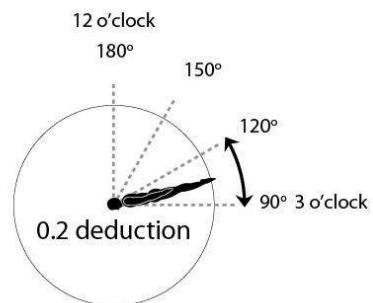
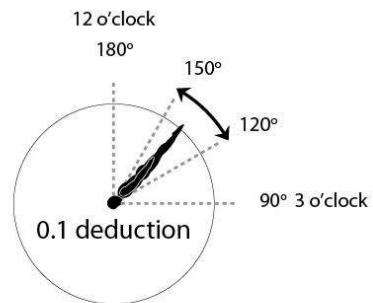
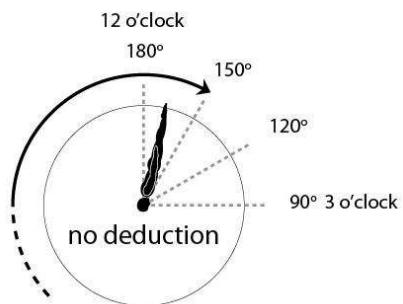
**PIKE**



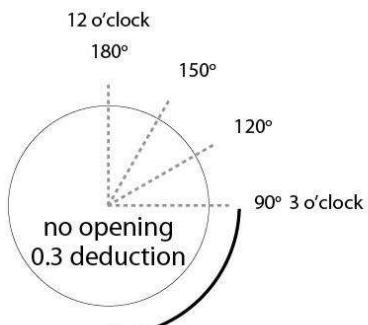
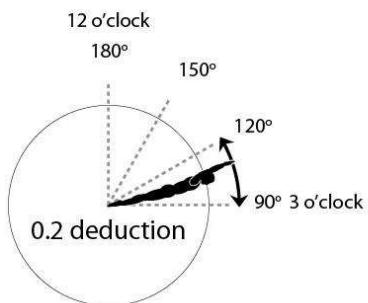
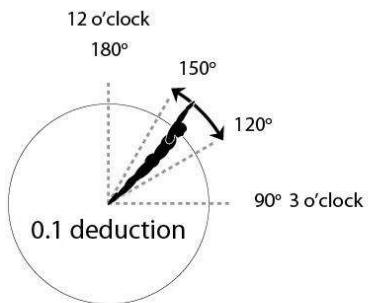
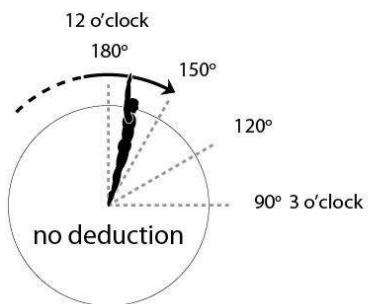


# **OPENING IN SOMERSAULT**

#### **FOR FEET OR FRONT LANDING**



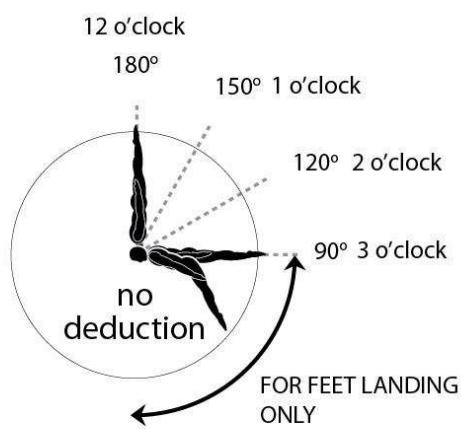
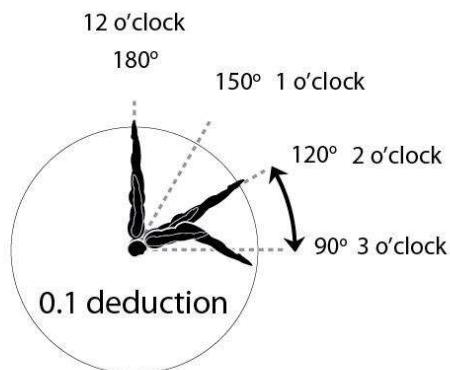
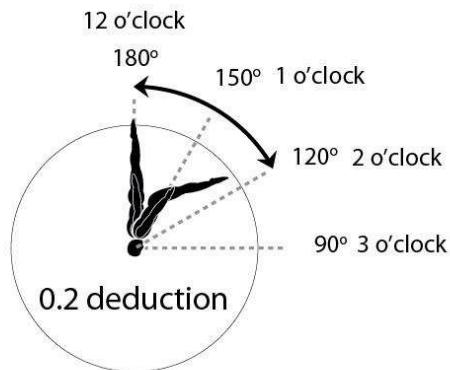
## **FOR BACK LANDING**



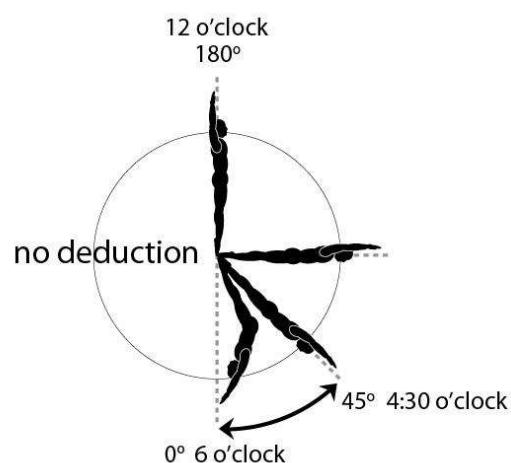
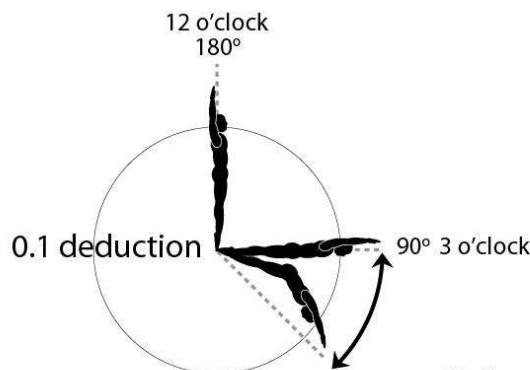
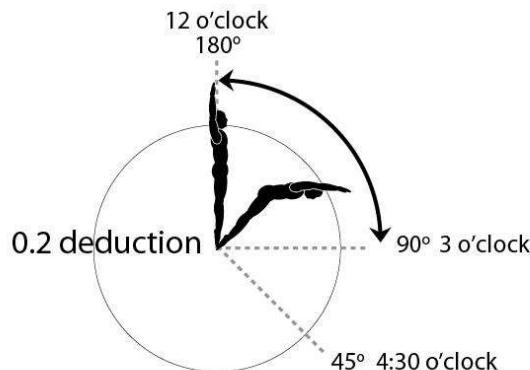


## AFTER OPENING IN SOMERSAULT - PIKE DOWN

### FOR FEET OR FRONT LANDING



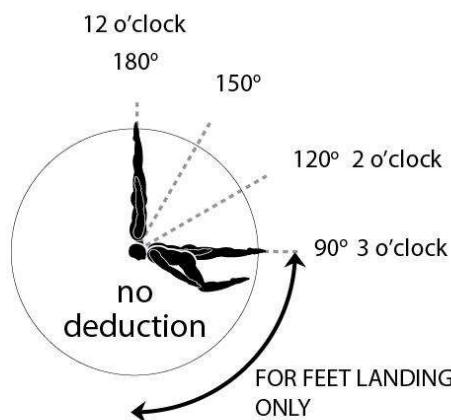
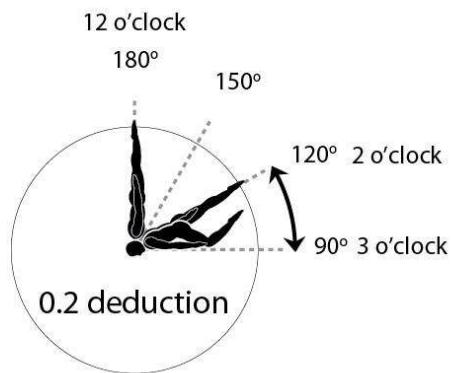
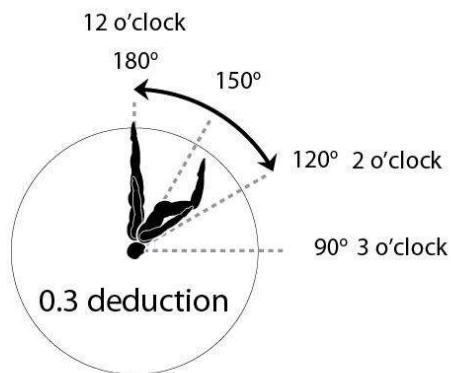
### FOR BACK LANDING



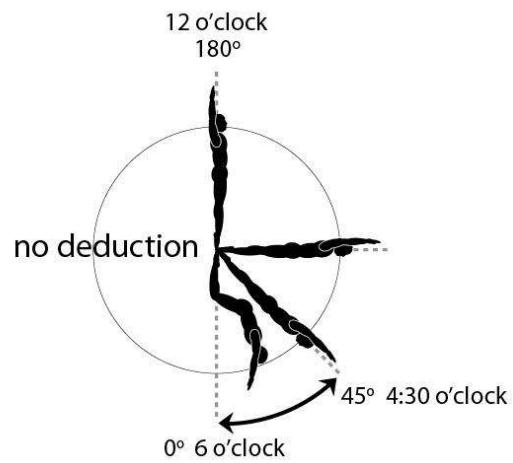
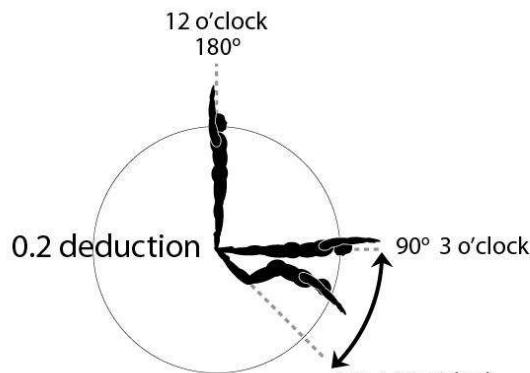
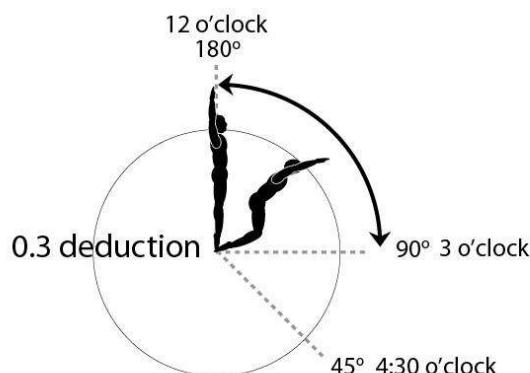


## AFTER OPENING IN SOMERSAULT - TUCK DOWN

### FOR FEET OR FRONT LANDING

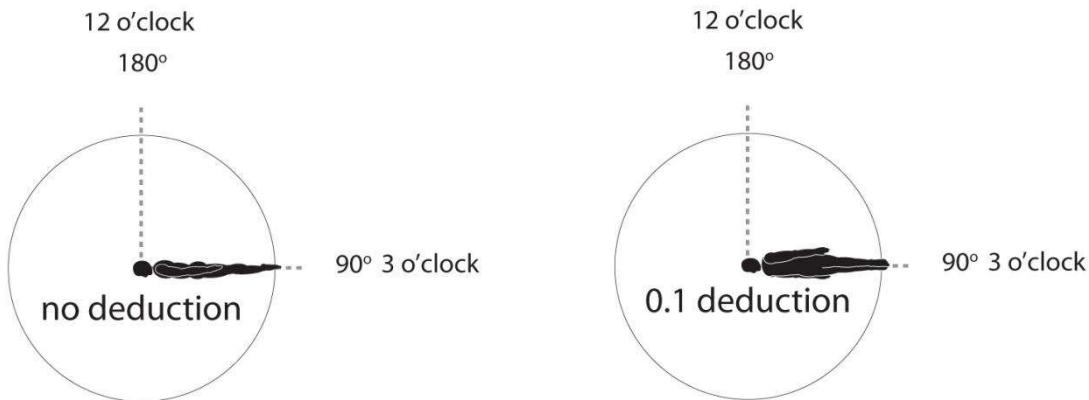


### FOR BACK LANDING



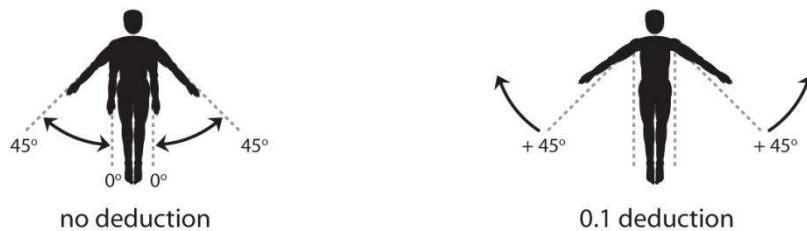


## END OF TWIST

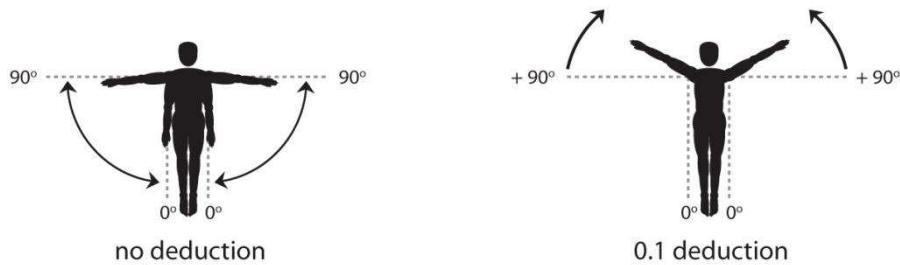


## ARMS TO STOP TWISTING ROTATION

### BARANI, FULL, MULTIPLE SOMERSAULTS WITH ½ OUT



### SINGLE SOMERSAULT WITH MORE THAN FULL TWIST AND ALL OTHER MULTIPLE TWISTING SOMERSAULTS





## MULTIPLE SOMERSAULTS TAKE-OFF

### Backward

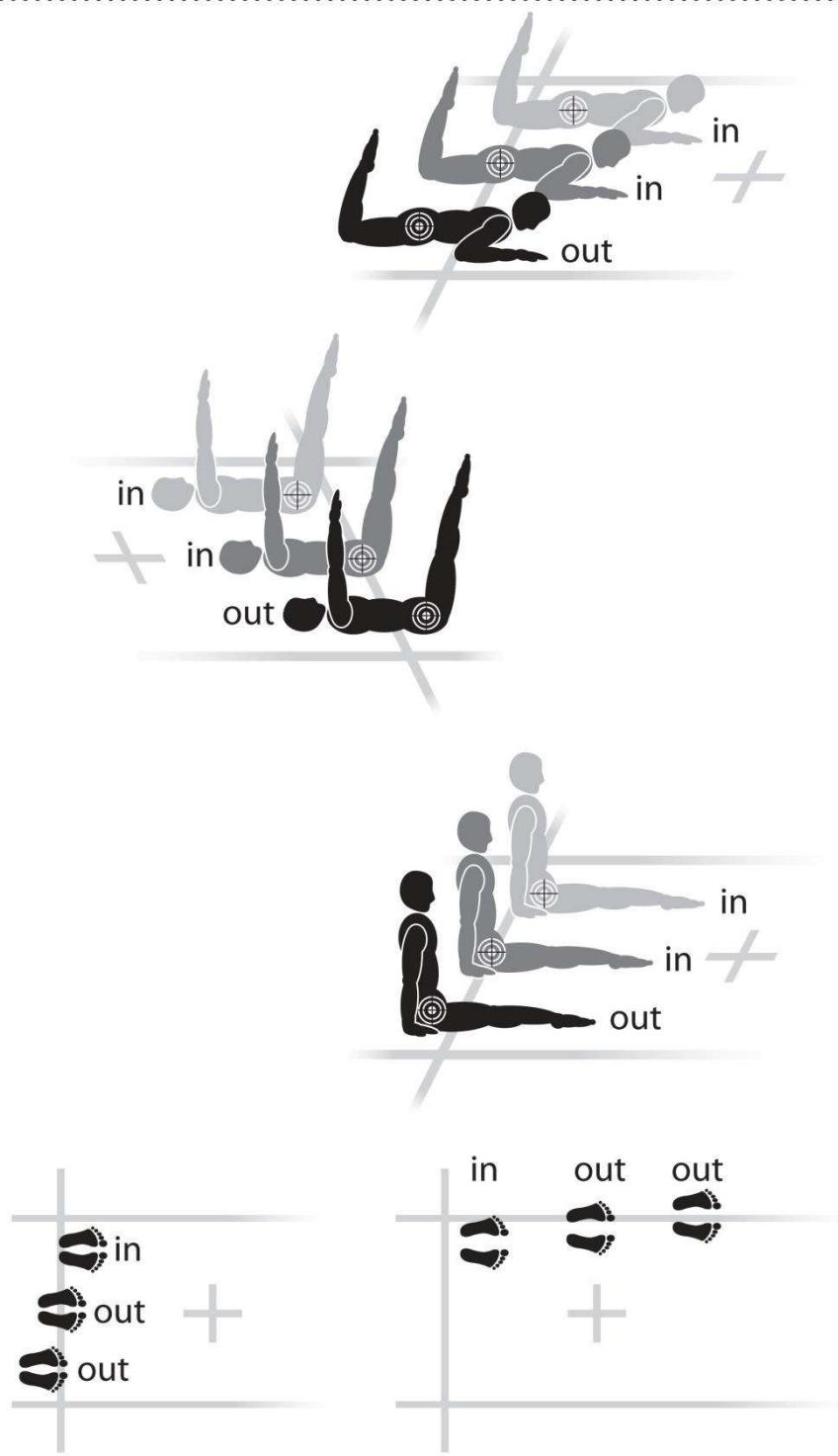


### Forward





## HORIZONTAL DISPLACEMENT

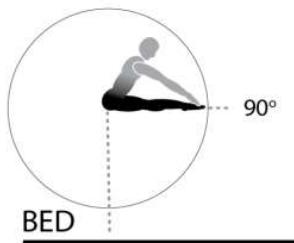




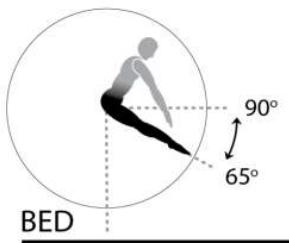
## PIKE AND PIKE STRADDLE JUMPS

Angle of legs with horizontal

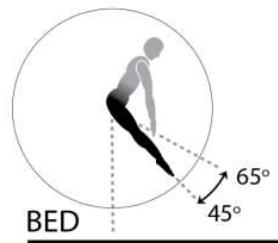
no deduction



0.1 deduction



0.2 deduction



## DEVIATION FROM CENTER - TUMBLING

no deduction



0.1 deduction

