



Trampoline
Domestic Competition Structure
2014-2017

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National Development Plan (NDP) - Level 1 & 2

- Individual Competition
- Club, County and Regional competition events
- Age groups: 9-10yrs, 11-12yrs, 13+yrs (younger/older age groups may be introduced at the discretion of Club/County/Region)

Competition Format

1st Routine - Compulsory Routine

2nd Routine - Compulsory Routine (no tariff awarded)

See recommended score to progress a level

Note:

A bonus of 0.2 per judge will be awarded if the required 6 pre routine jumps are performed
Arm Set on the 7th bounce and will be marked as the 1st element of the routine

National Development Plan (NDP) - Level 3 – 6

- Individual Competition
- Regional qualifying event/s leading to the NDP Regionals Final
- Age groups: 7-8yrs, 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs & 17+yrs (7-8yrs will not be eligible for the Regionals Final)

Competition Format

Level 3 & 4:

1st Routine – Compulsory routine

2nd Routine – Repeat same level compulsory routine (no tariff awarded)

See recommended score matrix to progress a level

Note:

A bonus of 0.2 per judge will be awarded if the required 6 pre routine jumps are performed
Arm Set on the 7th bounce and will be marked as the 1st element of the routine

Level 5:

1st Routine – Compulsory routine

2nd Routine – Repeat the same level compulsory routine OR Level 6 compulsory routine (tariff will be awarded for 2nd routine)

See recommended score matrix to progress a level

Level 6:

1st Routine – Compulsory routine

2nd Routine – Voluntary routine (tariff will be awarded for 2nd routine)

See minimum standards matrix to qualify to NDP 7/8/Elite

Note: The maximum tariff for NDP 6 is equivalent to the minimum tariff listed for NDP 7 (relevant to each age group).

Qualification to Regionals Final

- From designated qualifying events the 1st placed gymnasts in each level, per age group, per gender will qualify to the Regionals Final
- See scores matrix for qualification standard

Regionals Final - Competition Format

- The competition format for the Regionals Final is the same as listed above for each level – full details will be in the competition handbook.

National Development Plan (NDP) – Level 7 (Individual)

- 4 x qualifying events leading to the NDP National Final (gymnasts may enter a maximum of 3 events)
- Minimum standards of execution (compulsory & voluntary routines) and tariff (voluntary routine) must be achieved at least once and all in the same qualifying event to secure a ranking to qualify to the NDP National Final (see scores matrix)
- From those gymnasts achieving the required minimum standards a maximum of 24 places in each age group, per gender, will qualify to the NDP 7 National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs & 17+yrs

Qualifying Events - Competition Format (Individual)

1st Routine – Compulsory Routine

2nd Routine – Voluntary Routine

Qualification to the NDP Level 7 National Final (Individual)

The best 2 x 2 Round total scores from the qualifying events (execution, time of flight & tariff) will be added together to determine the top ranked gymnasts in each age group, per gender, to qualify to the NDP 7 National Final **providing all minimum standards have been achieved** (see scores matrix).

NDP Level 7 National Final – Competition Format (Individual)

1st Routine – Compulsory Routine

2nd Routine – Voluntary Routine

- 2 Round qualification process to proceed to the Final (top 8 gymnasts per age group, per gender)

Final – Voluntary Routine

- 3 Round accumulative score will determine the overall ranking (1 x compulsory routine 1 x voluntary routine & 1 x final voluntary routine)

National Development Plan (NDP) – Level 7 (Synchronised)

- Gymnasts making up the synchronised pair must be from the same region
- Both gymnasts must compete in the NDP Level 7 Individual before entry in to synchronised is permitted
- 2 x qualifying events leading to the NDP Level 7 National Synchronised Final
- Minimum standards of execution (compulsory & voluntary routines) and tariff (voluntary routine) must be achieved at least once and all in the same qualifying event to secure a ranking to qualify to the NDP Level 7 National Final (see scores matrix)
- From those gymnasts achieving the required minimum standards a maximum of 12 places in each age group, per gender, will qualify to the NDP 7 National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs & 17+yrs

Qualifying Events - Competition Format (Synchronised)

1st Routine – Compulsory Routine

2nd Routine – Voluntary Routine (2 Round accumulative score will determine the ranking)

Qualification to the NDP Level 7 National Final (Synchronised)

2 x 2 Round total scores from the qualifying events (execution, synchronised & tariff) will be added together to determine the top ranked gymnasts in each age group, per gender, to qualify to the NDP 7 National Final **providing all minimum standards have been achieved** (see scores matrix).

NDP Level 7 National Final – Competition Format (Synchronised)

1st Routine – Compulsory Routine

2nd Routine – Voluntary Routine

- 2 Round (2R) qualification process to proceed to the Final (top 8 pairs per age group, per gender)

Final – Voluntary Routine

- 3 Round accumulative score will determine the overall ranking (1 x compulsory routine 1 x voluntary routine & 1 x final voluntary routine)

National Development Plan (NDP) – Level 8 (Individual)

- 4 x qualifying events leading to the NDP National Final (gymnasts may enter a maximum of 3 events)
- Minimum standards of execution (compulsory, FIG WAGC/FIG A & voluntary routines) and tariff (FIG A & voluntary routine) must be achieved at least once and all in the same qualifying event to secure a ranking to qualify to the NDP Level 8 National Final (see scores matrix)
- From those gymnasts achieving the required minimum standards a maximum of 24 places in each age group, per gender, will qualify to the NDP 8 National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & 19+yrs

Qualifying Events - Competition Format (Individual)

- 1st Routine – Compulsory Routine (all age groups)
- 2nd Routine – FIG WAGC Routine (9-18yrs) / FIG A Routine (19+yrs)
- 3rd Routine – Voluntary Routine

Qualification to the NDP Level 8 National Final (Individual)

The best 2 x 3 Round total scores from the qualifying events (execution, time of flight & tariff) will be added together to determine the top ranked gymnasts in each age group, per gender to qualify to the NDP 8 National Final **providing all minimum standards have been achieved** (see scores matrix).

NDP Level 8 National Final – Competition Format (Individual)

- 1st Routine – FIG WAGC Routine (9-18yrs) / FIG A (19+yrs)
 - 2nd Routine – Voluntary Routine
 - 2 Round qualification process to proceed to the Zero Final (top 8 gymnasts per age group, per gender)
- Final – Voluntary Routine

Note: If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (1 x FIG WAGC/FIG A, 1 x voluntary & 1 x final voluntary)

National Development Plan (NDP) – Level 8 (Synchronised)

- Both gymnasts must compete in the NDP Level 8 Individual before entry in to synchronised is permitted
- 2 x qualifying events leading to the NDP Level 8 National Synchronised Final
- Minimum standards of execution (FIG WAGC / FIG A & voluntary routine) and tariff (FIG A & voluntary routine) must be achieved at least once and all in the same qualifying event to secure a ranking to qualify to the NDP Level 8 National Final (see scores matrix)
- From those gymnasts achieving the required minimum standards a maximum of 12 places in each age group, per gender will qualify to the NDP 8 National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & 19+yrs

Qualifying Events - Competition Format (Synchronised)

- 1st Routine – FIG WAGC Routine (9-18yrs) / FIG A Routine (19+yrs)
- 2nd Routine – Voluntary Routine

Qualification to the NDP Level 8 National Final (Synchronised)

2 x 2 Round total scores from the qualifying events (execution, synchronised & tariff) will be added together to determine the top ranked gymnasts in each age group, per gender, to qualify to the NDP Level 8 National Final **providing all minimum standards have been achieved** (see scores matrix)

NDP Level 8 National Final – Competition Format (Synchronised)

- 1st Routine – FIG WAGC Routine (9-18yrs) / FIG A Routine (19+yrs)
 - 2nd Routine – Voluntary Routine
 - 2 Round qualification process to proceed to the Zero Final* (top 8 pairs per age group, per gender)
- Final – Voluntary Routine

*If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (1 x FIG WAGC/FIG A, 1 x voluntary & 1 x final voluntary)

Elite Pathway (EP) - FIG Senior & Age Groups (Individual)

- 4 x qualifying events leading to the British Championships (gymnasts may enter a maximum of 3 events)
- Minimum standards of execution (compulsory, FIG WAGC / FIG A, & voluntary routines) and tariff (FIG A & voluntary routine) must be achieved at least once and all in the same qualifying events to secure a ranking to qualify to the British Championships (see scores matrix)
- From those gymnasts achieving the required minimum standards a maximum of 16 places in each age group, per gender, will qualify to the British Championships after the HNC has allocated automatic places for GBR gymnasts
- Age groups: 10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & Senior

Age Group Qualifying Events - Competition Format (Individual)

1st Routine – Compulsory Routine

2nd Routine – FIG WAGC Routine

3rd Routine – Voluntary Routine (3 Round accumulative score will determine the ranking)

Qualification to the British Championships (Individual)

The best 2 x 3 Round total scores from the qualifying events (execution, time of flight & tariff) will be added together to determine the top ranked gymnasts in each age group, per gender, to qualify to the British Championships **providing all minimum standards have been achieved** (see scores matrix).

Senior Qualifying Events - Competition Format (Individual)

1st Routine – FIG A Routine

2nd Routine – Voluntary Routine

Final Routine – Top 8 gymnasts (3 Round accumulative score will determine the event ranking)

Qualification to the British Championships (Individual)

The best 2 x 2 Round total scores (1st & 2nd Routine) from the qualifying events (execution, time of flight & tariff) will be added together to determine the top ranked gymnasts per gender to qualify to the British Championships **providing all minimum standards have been achieved** (see scores matrix).

British Championships – Competition Format (Individual)

1st Routine – WAGC Routine (Age Groups) / FIG A Routine (Senior)

2nd Routine – Voluntary Routine

- 2 Round qualification process to proceed to the Zero Final* (top 8 gymnasts per age group, per gender)

Final – Voluntary Routine

*If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (1 x FIG WAGC/FIG A, 1 x voluntary & 1 x final voluntary).

Elite Pathway (EP) - FIG Senior & Age Groups (Synchronised)

- Both gymnasts must compete in the Elite Pathway Individual event before entry in to synchronised is permitted
- 2 x qualifying events leading to the British Championships Synchronised Final
- Minimum standards of execution (FIG WAGC / FIG A & voluntary routines) and tariff (FIG A & voluntary routine) must be achieved at least once and all in the same qualifying event to secure a ranking to qualify to the British Championships (see scores matrix)
- From those gymnasts achieving the required minimum standards a maximum of 12 places in each age group, per gender, will qualify to the British Championships
- Age groups: 10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & Senior

Qualifying Events - Competition Format (Synchronised)

1st Routine – FIG WAGC (Age Groups) / FIG A Routine (Senior)

2nd Routine – Voluntary Routine

Qualification to the British Championships (Synchronised)

2 x 2 Round total scores from the qualifying events (execution, synchronised & tariff) will be added together to determine the top ranked gymnasts in each age group, per gender to qualify to the British Championships **providing all minimum standards have been achieved** (see scores matrix).

British Championships – Competition Format (Synchronised)

1st Routine – FIG WAGC Routine (Age Groups) / FIG A Routine (Senior)

2nd Routine – Voluntary Routine

- 2 Round qualification process to proceed to the Zero Final* (top 8 pairs per age group, per gender)

Final – Voluntary Routine

*If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (1 x FIG WAGC/FIG A, 1 x voluntary & 1 x final voluntary).