

2024

# Trampoline Gymnastics Whānau Guide

A guide to the national  
competitive programme.



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## Introduction

This handbook is to provide a guide to the National Trampoline Gymnastics competitive programme in New Zealand.

Trampoline gymnasts compete in one of four categories; individual trampoline, synchronised trampoline, double mini trampoline and tumbling.

## Gymnastics New Zealand

As an International Gymnastics Federation member, Gymnastics NZ is the national governing body for gymnastics in New Zealand. We look after the sport across all codes from grassroots, through to high-performance athletes.

Our codes include both men's and women's artistic gymnastics, rhythmic, aerobics, trampoline, and GNZ parkour, and work with technical committees to outline the New Zealand rules and regulations for each one of these codes.

Gymnastics NZ staff support clubs in the operational and technical delivery of the sport, through relationship managers, education, international tours, and head office.

Clubs are required to be a member of Gymnastics NZ to compete in the national competitive programmes.

## Strategic Plan 2024-2030

This is the road map outlining what our priorities will be and why.

### **Our Vision – To be New Zealand’s First Choice Sport.**

This is a vision that we can measure and be inspired by. Gymnastics is a core foundational sport, whether we are your first sport, or your forever sport. And we believe that gymnastics sets you up for life.

### **Our Purpose – To Enable Positive Gymnastics Experiences for Everybody.**

This purpose both guides and motivates us. Our athletes, volunteers, clubs, officials, and people are the reason we are here. We believe that everybody involved in our sport deserves a positive, enjoyable, fun, experience at every level of sport.

### **Our Values**

These are the key behaviours we believe the organisation needs in order to achieve success for our sport, and should underpin everything that we do. They were designed by our team, based on community feedback and interactions.



### Our Strategic Priorities

These are the key outcomes we are looking to achieve by 2030. These outcomes were set by the Board after careful consideration, and feedback from the community through our club hui.

- Growth in participation.
- Thriving club communities.
- Established performance pathways.

We believe these are the three areas of focus that will deliver on our vision to be New Zealand’s first choice sport.

[You can find the full strategic plan on our website.](#)

## Gymnastics NZ Strategic Plan - Overview

### Our Vision

To be New Zealand’s first choice sport.

### Our Purpose

To enable POSITIVE gymnastics experiences for EVERYBODY.

Growth in Participation

Thriving Club Community

Effective Performance Pathways

### Our Foundation Principles

Diversity, Athlete Voice, Participant Wellbeing, Environmental Sustainability, Our commitment to uphold the mana of Te Tiriti o Waitangi and the principles of Partnership, Protection and Participation

### Our Values

Manaakitanga (care for others, bring alongside)  
 Manahau (joyful, positive energy)  
 Rangatiratanga (action, leadership)  
 Manawanui (steadfast, committed)



## Safe Sport

Gymnastics NZ is committed to creating a positive culture within the sport of gymnastics that prioritises the safety and wellbeing of all involved, with particular emphasis on children and young people. This includes both the prevention of harm within gymnastics as well as recognising and responding to concerns, disclosures, and allegations both within and outside of the sport.

It is important that any concerns regarding child safety and wellbeing are raised as soon as possible. This could involve contacting your club safeguarding lead, or by completing a safe sport form on the Gymnastics NZ website. Identifying and addressing concerns early and at the appropriate level is an important part of creating a safe and positive culture within the sport of gymnastics.

Please refer to the [Gymnastics NZ website](#) for more information on how concerns and complaints are handled and for the Gymnastics NZ Complaints Policy, and Safeguarding and Child Protection Policy.

## **Gymnastics NZ Code of Behavior**

The [Gymnastics NZ Code of Behaviour](#) applies to anyone involved in the sport of gymnastics in New Zealand, whether they are an athlete or in a paid or unpaid/voluntary capacity with Gymnastics NZ or an affiliated club or organisation.

### **Respect the rights, dignity and worth of every individual athlete as a human being.**

Treat everyone equally regardless of sex, disability, ethnic origin or religion. Respect the talent, development stage and goals of each athlete to reach their desired potential.

### **Protect athletes from all forms of abuse.**

Refrain from any form of verbal, physical, or emotional abuse towards athletes. Refrain from any form of sexual or racial harassment, whether verbal or physical. Do not harass, abuse, or discriminate against athletes based on their sex, marital status, sexual orientation, religious or ethical beliefs, race, colour, ethnic origins, employment status, disability, or distinguishing characteristics. Any physical contact with athletes should be appropriate to the situation and necessary for the athlete's skill development. Be alert to any forms of abuse directed towards athletes from other sources while in your care. You must raise any concerns you have regarding the treatment of any athlete by another coach, volunteer, parent etc. in accordance with this code or any other relevant policies and procedures e.g. Safeguarding and Child Protection Policy.

### **Provide a safe environment for training and competition.**

Adopt appropriate risk management strategies to ensure the training and/or competition environment is safe. Ensure equipment and facilities meet safety standards. Ensure equipment, rules, training, and the environment are appropriate for the age, physical and emotional maturity, experience, and ability of athletes. Show concern and caution toward sick and injured athletes. Allow further participation in training and competition only when appropriate. Encourage athletes to seek medical advice when required. Provide a modified training programme where appropriate. Maintain the same interest and support toward sick and injured athletes as you would the healthy athletes.

### **Make a commitment to providing a quality service for all athletes.**

Seek continual improvement through ongoing education, and other personal and professional development opportunities. Provide athletes with planned and structured input appropriate to

their needs and goals. Seek advice and assistance from professionals when additional expertise is required. Maintain appropriate records.

**Maintain a high standard of integrity.**

Operate within the rules of the sport and in the spirit of fair play, while encouraging athletes to do the same. Advocate a sporting environment free of drugs and other performance enhancing substances with the guidelines of the Drug Free Sport New Zealand and World Anti-Doping Code. Do not disclose any confidential information relating to athletes without their prior written consent.

**Be a positive role model for the sport and athletes and act in a way that projects a positive image.**

All athletes are deserving of equal attention and opportunities. Ensure the athlete's time spent with you is a positive experience. Be fair, considerate, and honest with athletes. Encourage and promote a healthy lifestyle – refrain from smoking and drinking alcohol around athletes.

**Professional responsibilities.**

Display high standards in your language, manner, punctuality, preparation, and presentation. Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of sport – this includes opponents, coaches, officials, administrators, media, parents, and spectators. Encourage athletes to demonstrate the same qualities. Be professional and accept responsibility for your actions. You should not only refrain from initiating a sexual relationship with an athlete but should also discourage any attempt by an athlete to initiate a sexual relationship with you, explaining the ethical basis of your refusal. Accurately represent personal qualifications, experience, competence, and affiliation.

## Trampoline Gymnastics Competitive Structure in New Zealand

There are two divisions in the New Zealand competitive structure

1. National
2. International

### National Division

National division will be available at specific endorsed competitions, and the NZ Gymnastics Championships. There are six age groups in this division

- National 8 & Under (Not available at NZ Gymnastics Championships)
- National 9-10 Years
- National 11-12 Years
- National 13-14 Years
- National 15-16 Years
- National 17 Years and Over.

The age of the athlete is taken on 31 December in the year of competition. For example, to compete in the 11-12 years National Division; the athlete must be 11 or 12 on 31 December of that year.

### International Division

International division will be available at specific endorsed competitions and the NZ Gymnastics Championships. There are three divisions within the International Division

- Sub Junior International 13-14 Years
- Junior International 15 years and over
- Senior International 17 Years and over.

Athletes must be at least 13 years old on 31 December in the year of competition to be eligible to compete in the International Division.

### Competing in Different Divisions

Should an athlete wish to compete multiple events i.e. Double Mini, Trampoline and Tumbling they do not need to compete these in the same Division. The Division in which the athlete competes is up to the club and the trained coaches.

For Example: An athlete could compete in National 13-14 Years for Individual Trampoline and Sub Junior International for Double Mini Trampoline.

### Movement Between Divisions

An athlete must qualify in the Division they wish to compete in at NZ Gymnastics Championships. Those who compete International Division and fail to qualify in the first half of the competition season, may return back to the National Division in order to qualify in that Division for New Zealand Gymnastics Championships. This transition back to age must occur by 30 June 2024.

Coaches need to seriously consider their athlete's ability to move up to the International Division before they attempt to do so. If an athlete fails to qualify in any Division, they will not be eligible to compete at NZ Gymnastics Championships. No dispensation will be given for those who fail to qualify for International Division. The safety net rule has been removed as of 2024.

## Competition Attire

### Gymnastics NZ Regulations – All Codes

- Gymnasts may choose to wear gymnastics shorts or leggings over their leotard.
- Hair can be worn in any style, provided it is securely fastened.
- Bandages, strapping and braces – where available these should be skin-coloured or beige, white or black.
- No deductions will be given for underwear showing during a routine.

### Trampoline/Tumbling/DMT Competition Attire Regulations

#### International Representative Athletes

Please note that FIG competition attire regulations may differ and will apply to all gymnasts when competing at selection events for, and when representing New Zealand at FIG competitions. These regulations can be found in the [TRA Code of Points](#). Athletes competing overseas at non-FIG competitions should check the rules of the event before travelling.

#### Athletes at Domestic Competitions

The following regulations apply to all competitive gymnasts at domestic competitions in New Zealand.

- Sleeveless, short or long-sleeved leotard or unitard.
- Gymnastics shorts, leggings or gymnastics longs.
- White trampoline shoes and/or foot covering or of the same colour as the gym shorts/longs.
- For safety, no jewellery or watches should be worn during an event.
- Rings without gemstones may be worn if they are taped.
- Bra-strap clips must be covered by leotard/singlet to prevent damage to the trampoline-bed.
- Synchronised uniform - while it is encouraged, there is no requirement at New Zealand events for synchronised athletes to wear the same uniform while competing.



## New Zealand Gymnastics Championships

- For the New Zealand Gymnastics Championship, gymnasts may march on in a leotard or tracksuit. If wearing a tracksuit, track pants or leggings are permitted (provincial colours or black).
- For prize-givings, athletes must wear their track suit including track pants or leggings (provincial colours or black).
- For finals, gymnasts who have represented New Zealand in the previous 12 months may wear their New Zealand team leotard.

## Deductions

- Violation of these rules may result in a penalty of 0.2 points applied by the control judge, which will be deducted from the total score of any of routine in which the violation occurs.

Before a deduction is applied, judges will speak with the athlete and give them the opportunity to resolve the violation.

## Trampoline Equipment

Clubs should ensure the quality of all equipment is at the standard suitable for all levels, up to and including senior divisions.

Safety matting around the competition equipment must be a minimum of 200mm density and sufficiently cover the areas around the competition equipment. While minimum requirements are 2-metres around the edge of the trampoline, safety and duty of care to athletes must also be taken into account.

## Levels of Events



- Mock Competition**  
Run in club, with coach or one judge to prepare athletes for competitions
- Club or Local Competition**  
Competitions held at your club or clubs in your area, normally endorsed which means they are able to be used for moving up levels and/or qualify for NZ Gymnastics Championship
- Away Competitions**  
Athletes travel outside of their region to an endorsed event to reach the score required to moving up levels and/or qualify for New Zealand Gymnastics Championships. Attending New Zealand Gymnastics Championships(Depending on location)
- International Competitor**  
Athletes can travel as a club on participation tours or qualify for an International event through Gymnastics NZ (additional criteria required for this level)

## Endorsed Events

The disciplines of Individual Trampoline (TRA), Synchronised Trampoline (SYN), Double Mini Trampoline (DMT) and Tumbling (TUM) may be contested at endorsed events. All endorsed events

are listed on the approved TRA Event Calendar found on [Events Calendar and Results | GymnasticsNZ](#) and entry to these events must be through the club administrator. Special trial events may be held during the year as required.

The competition format for each discipline is outlined below:

## **Individual Trampoline**

Trampoline competitions comprise of three (3) routines with ten (10) elements in each routine.

A routine on the trampoline is characterised by high, continuous rhythmic feet to feet and feet to back, front, or seat, and rotational jumping elements, without hesitation or intermediate straight bounces. A trampoline routine should be planned to demonstrate a variety of forward and backward twisting or non-twisting elements. The routine should show good form, execution, height, maintenance of height, and opening in all elements to demonstrate perfect control of the body during the flying phase.

### **Individual Trampoline Qualifying Round**

In International and National Division competitions, there are two routines in the Qualifying Round, both of them counting for the total score of the gymnasts.

- **National Division** has a compulsory routine for the first routine. Compulsory routines are interrupted if not executed in the order written.
- **Sub Junior International, Junior International Divisions** have compulsory requirements to fulfil within the first routine.
- **Senior International Division**, a gymnast competes two (2) voluntary routines in the first round with the best score counting as their preliminary score.

The starting order for the Qualifying Round is decided by a draw as per FIG rules. The gymnasts will be divided into groups of no more than ten (10) per group, with each group performing their first and second routines prior to the next group starting the Qualifying Round.

### **Individual Trampoline Finals**

There is one (1) voluntary routine in the Final. The gymnasts (pairs in synchronised competition) with the eight (8) best scores from the Qualifying Round go forward to the Final. In the event of ties, FIG rules will apply. The starting order for the Final will be in order of merit, the gymnast with the lowest score in the Qualifying Round going first. In the event of ties, FIG rules will apply.

## **Synchronised Trampoline**

A synchronised pair consists of two (2) women or two (2) men. A gymnast may only compete in one (1) synchronised pair. Synchronised competitions will consist of a Qualifying Round and a Final as per Individual Trampoline. The nature of the qualifying round and final is at the discretion of the Organising Committee. Partners must do the same element at the same time and must start facing in the same direction. Twists do not need to be in the same direction. National Division trampoline athletes may not compete in the International Division synchronised competition. International Division trampoline athletes may not compete in the National Division synchronised competition.

## Double Mini Trampoline

Double Mini-Trampoline (DMT) competitions comprise four (4) passes with two (2) elements in each pass. A pass on the DMT is characterised by high, continuous rhythmic feet to feet rotational and non-rotational jumping elements, connected without hesitation or intermediate straight bounces. A DMT pass should be planned to demonstrate a variety of forward and backward twisting or non-twisting elements. The pass should show good control, form, execution, height and maintenance of height. In a pass a maximum of three (3) contacts with the bed are allowed with no intermediate bounce between the elements. Each pass must end with a dismount element performed from the spotter/dismount zone to the landing area.

### Double Mini Trampoline Qualifying Round

There are two (2) passes in the Qualifying Round. The starting order for the Qualifying Round is decided by draw as per FIG rules. The gymnasts will be divided into groups of no more than twelve (12) per group, with each group performing their first and second passes prior to the next group starting the Qualifying Round. In National and International Divisions, the maximum FIG DD for any one element applies for all passes.

### Double Mini Trampoline Finals

There are two (2) passes in the Final Round. The gymnasts with the eight (8) best scores from the Qualifying Round will go forward to the Final. The starting order for the Final will be in order of merit, the gymnast with the lowest score in the Qualifying Round going first. In the event of ties, FIG rules will apply.

## Repetition Rules

For all Divisions; an athlete may repeat their two (2) preliminary passes in their two (2) final passes.

## Tumbling

A tumbling pass should be planned to demonstrate a variety of forward, backward and sideward elements. The pass should show good control, form, execution and maintenance of tempo.

National and International Division athletes (except Senior International) compete three (3) passes with five (5) elements in each pass (optional 8 elements in the second pass); Senior International athletes compete four (4) passes with eight (8) elements in each pass.

### Tumbling Qualifying Round

There are two (2) voluntary passes in the Qualifying Round with no repetition of elements allowed in either pass. **National Division** has a compulsory pass for the first routine. Compulsory passes are interrupted if not executed in the order written. Execution only counting for this pass. Second Pass – this is a voluntary routine with execution and difficulty counting. This pass can either be five (5) elements or eight (8) elements. A pass with eight (8) elements will receive a 2.0 bonus from the CJP. The starting order for the Qualifying Round is decided by draw as per FIG rules.

### Tumbling Finals

There is one (1) voluntary pass in the Final with no repetition of elements allowed in either pass. This pass can either be five (5) elements or eight (8) elements. A pass with eight (8) elements will receive a 2.0 bonus from the CJP. **All International Divisions** compete two (2) voluntary passes in

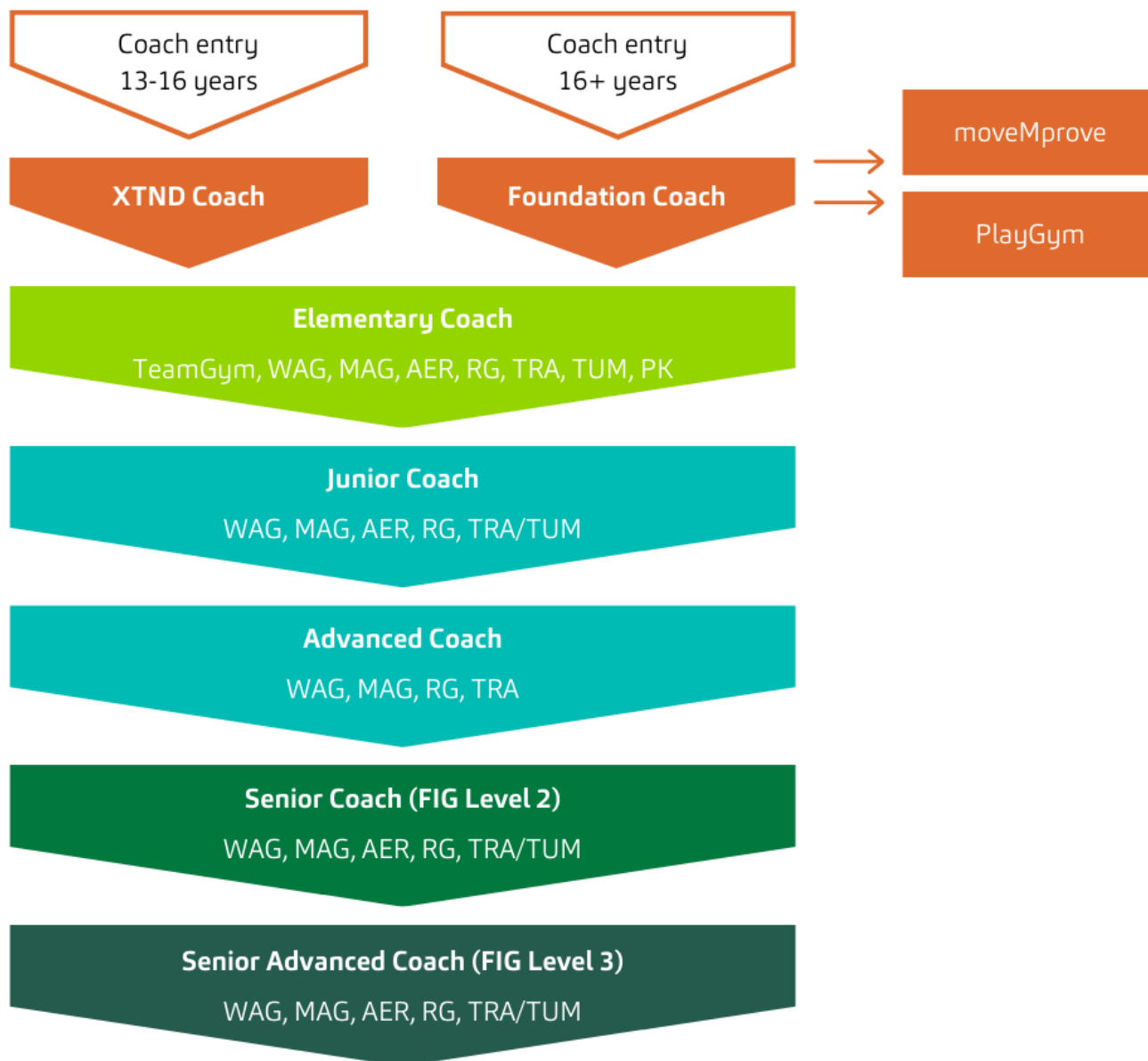
the final; an athlete may repeat their two (2) preliminary passes in their two (2) final passes. The gymnasts with the eight (8) best scores from the Qualifying Round will go forward to the Final. The starting order for the Final will be in order of merit, the gymnast with the lowest score in the Qualifying Round going first. In the event of ties, FIG rules will apply.

### **Overall Competition Winner Definition**

The winner in all disciplines is the athlete or pair with the best cumulative score obtained from the Qualifying **and** Final Rounds.

## Gymnastics NZ Coach Qualification Pathway

Below is the Gymnastics NZ coaching pathway to show how coaches come into and move through the education system.



Gymnastics New Zealand aims to meet the professional development needs of gymnastics coaches and judges by providing theoretical and practical programmes. Courses are offered throughout the country with some being online. Above is the diagram of this pathway; alongside these courses there are other opportunities to engage in workshops, coach developer opportunities, guest speakers and a bi-annual coach connect conferences. All registrations for these courses are through the member clubs.

## Coaching Requirements

### Coaching Requirements for Endorsed Events 2024.

Trampoline, DMT & Tumbling Coaches at endorsed Events & Nationals should have coaching qualifications that covers the skills their athletes are competing regardless of competition level entered.

Gymnastics New Zealand has taken steps to bring coaches up to the required skill level and continue to offer courses into 2024.

The qualification may still be in progress during the competition season but needs to be completed by Nationals.

We do understand that there are extenuating circumstances in which clubs may not be able to fulfil these requirements. In this case either a dispensation needs to be applied for or another suitably qualified coach is submitted on the entry.

Gymnastics New Zealand and the TC wishes to support the clubs and coaches please get in contact with any questions or queries.

<b>Elementary Coach</b>	
Tumbling	Trampoline & DMT
Shape Jumps (tuck, pike, staddle)	Shape Jumps (tuck, pike, staddle)
Half twist, Full twist, 1.5 twist	Half twist, Full twist, 1.5 twist
Forward & Backward roll	Forward & Backward roll
Run up/hurdle	Run up/hurdle
Cartwheel	Body Landing, Seat, front, back
Round Off	half twist, full twist, 1.5 twist
Handspring	Forward Somersaults (tuck
Flic	Backward Somersaults (tuck)
Forward Somersaults (tuck)	
Backward Somersaults (tuck)	
<b>Junior Coach</b>	
Tumbling	Trampoline & DMT
Whip	Front Somersault (tuck,/pike/straight)
Front Somersault (tuck,/pike/straight)	Back Somersault (tuck/pike/straight)
Back Somersault (tuck/pike/straight)	Barani (tuck/pike/straight)
Barani (tuck/pike/straight)	3/4 front & Back
Front full twisting Somersault	Ballout & Cody
Back somersault with 1/1.5/2 twist	Rudi
	Full & double twist back
	1 & 1/4 front and back somersault
<b>Advanced Coach</b>	

Tumbling	Trampoline & DMT
	3/4 Front ball-out barani (tuck/pike/straight)
Coming soon	3/4 Front ball-out rudi
	1 & 3/4 front (tuck/pike)
	Double back (tuck/pike)
	Double Front (tuck/pike)
	Half Out (tuck, pike)
<b>Senior Coach (FIG Level 2)</b>	
Tumbling	Trampoline & DMT
Front somersault, 360, 540, 720 twist	Rudy, Rndy
Double Front (tuck)	Double Full twist back
Back Somersault, 540 720 900, 1080 twist	Rudy & Randy Ball-out
Double Back (tuck/pike/straight)	1 & 3/4 Front (tuck/pike)
Double Back (tuck/pike/straight)	Half out (tuck/pike)
Double Back Straight with half twist	Half out ball-out (tuck/pike)
Half in half out (tuck)	Rudi out (tuck/pike)
Full in back out (tuck/pike)	Double back (tuck/pike/straight)
Back in Full out (tuck/Straight)	Half in half out (tuck/pike)
	Full in 1 & 3/4 front (tuck)
	Full in half out 1& 3/4 backward (tuck)
	Back in Full out (tuck/Straight)
	Barani in back out (pike)
	Full in back out (pike)
	Half in 1 & 3/4 backward (tuck/pike)
<b>Senior Advanced Coach (FIG Level 3)</b>	
Tumbling	Trampoline & DMT
Full in full out (tuck/straight)	Full in half out (tuck/pike/straight)
Miller	Full in rudy out (tuck/pike/straight)
Triple back (tuck/pike)	Full in full out (tuck/straight)
Full back back tuck	1 & half in half out (pike)
Full in back out straight - whipback	Miller (tuck/straight)
Full in full out - whip	Half in Rudy (tuck/pike)
	Randy out (pike)
	Half in Randy out (pike)
	Triffus (tuck/pike)
	Triffis Rudy out (pike)
	Triple back (tuck/pike)
	Half in half out triffus (tuck/pike)
	Full in half out triffus (pike)
	Front full half (pike)
	Miller plus (killer)

## Coach Qualifications for the NZ Gymnastics Championships

### Trampoline

Qualification of Coach	Level/ International
National Division	TRA Junior Coach
Sub Junior International and Junior International	TRA Advanced Coach
Senior International	TRA Senior Coach

### Tumbling

Qualification of Coach	Level/ International
National Division	TRA Junior Coach
Sub Junior International and Junior International	TRA Advanced Coach
Senior International	TRA Senior Coach

**Note:** Qualifications can be through WAG/MAG (artistic) or trampoline

## New Zealand Gymnastics Championships

The NZ Gymnastics Championships is endorsed and governed by Gymnastics NZ. Information can be found on the website [www.gymnasticsnz.com](http://www.gymnasticsnz.com). Achievement of the qualification mark at an endorsed qualifying competition is required for eligibility to enter NZ Gymnastics Championships.

All participants must meet the entry requirements in the regulations; including age and affiliation etc.

### National Division

A National Division athlete who reaches the New Zealand Gymnastics Championships qualifying score for the National Division at an endorsed competition is eligible to attend New Zealand Gymnastics Championships in that National Division only.

If the athlete then makes the New Zealand Gymnastics Championships qualifying score for the International Division by competing in the International Division in an endorsed competition, they must compete International Division at New Zealand Gymnastics Championships and any other subsequent events.

**Note:** The athlete must compete at NZ Gymnastics Championships at the highest level they achieved qualification for.



## International Division

An International Division athlete who makes the New Zealand Gymnastics Championships qualifying score for International Division at an endorsed competition must compete International Division at New Zealand Gymnastics Championships.

### 2024 Trampoline Routine and Pass Requirements

All athletes, except for Senior International, will compete a compulsory or 1<sup>st</sup> voluntary routine followed by a 2<sup>nd</sup> voluntary routine in the preliminary round for a total combined score. Finals will be one voluntary routine. Cumulative scoring will determine the final results.

Senior International will compete two voluntary routines in the first round with the highest score counting as the gymnast's final preliminary score – as per FIG COP rules. Finals will be one voluntary routine. Cumulative scoring will determine the final results.

### 2024 Double Mini Routine and Pass Requirements

All athletes will compete two preliminary passes. 2022-2024 FIG Code of Points rules apply except for F1 and F2 – all athletes will compete two passes in finals. Cumulative scoring will apply to all divisions.

### Repetition Rule

Preliminaries - no repetition of elements allowed in either of the two (2) passes.

Finals – no repetition of elements allowed in either of the two (2) passes. May repeat passes from preliminary round.

### 2024 Synchronised Trampoline Pairs

Any athlete who qualifies for **individual trampoline** is eligible to enter synchro at NZ Gymnastics Championships in the **same Division** in which they qualified individual (i.e. there is NO specific synchro requirement to qualify for NZ Gymnastics Championships).

Athletes must compete in the Division they compete in for individual trampoline. National Division trampoline athletes may only compete in National Division synchronised events and International Division trampoline athletes must only compete in International Division synchronised events.

It is not compulsory to run synchro at New Zealand Gymnastics Championships endorsed competitions.

**National Division:** A synchronised trampoline pair's section of entry within the Division is determined by the **older** athlete's age.

**International Division:** a synchronised trampoline pair's section of entry within the Division is determined by the more **senior** partner of the pair.

**Example:** A 13-14 year old athlete who wishes to compete synchronised trampoline with a 15-16 year old athlete must enter 15-16 synchronised trampoline.

## **2024 Tumbling**

National and International Division athletes (except Senior International) compete (3) passes with five (5) elements in each pass (optional 8 elements in the second pass).

Senior International athletes compete four (4) passes with eight (8) elements in each pass.

Tumbling is characterised by continuous speedy, rhythmic hand(s) to feet, and feet to feet, rotational jumping elements without hesitation or intermediate steps.

A tumbling pass should be planned to demonstrate a variety of forward, backward and sideward elements. The pass should show good control, form, execution and maintenance of tempo.

### **Qualifying Round**

There are two (2) voluntary passes in the Qualifying Round with no repetition of elements allowed in either pass.

**National Division** has a compulsory pass for the first routine. Compulsory routines are interrupted if not executed in the order written. Execution only counting for this pass.

Second Pass – this is a voluntary routine with execution and difficulty counting. This pass can either be five (5) elements or eight (8) elements. A pass with eight (8) elements will receive a 2.0 bonus from the CJP.

The starting order for the Qualifying Round is decided by draw as per FIG rules.

### **Finals**

There is one (1) voluntary pass in the Final with no repetition of elements allowed in either pass. This pass can either be five (5) elements or eight (8) elements. A pass with eight (8) elements will receive a 2.0 bonus from the CJP.

All International Divisions compete two (2) voluntary passes in the final; an athlete in an International Division may repeat their two (2) preliminary passes in their two (2) final passes.

The gymnasts with the eight (8) best scores from the Qualifying Round will go forward to the Final.

The starting order for the Final will be in order of merit, the gymnast with the lowest score in the Qualifying Round going first. In the event of ties, FIG rules will apply.

## Repetition Rules

From 2022, the repetition rules for tumbling will be applied as per the FIG 2022-2024 Code of Points.

## Qualification Scores for 2024 NZ Gymnastics Championships

When reading the below scores please keep in mind the following notes

- Senior international trampoline - one voluntary routine score from either preliminary or final round.
- All other trampoline divisions - total score of compulsory routine plus voluntary routine from either the preliminary or final round.
- National 9-10 years trampoline – no time of flight (TOF) score included.
- Trampoline and DMT – no minimum DD score required. Total score from two (2) passes in either preliminary or final round.
- Tumbling – minimum DD score required – including bonus skill.

International Divisions								
	Trampoline		Double Mini		Tumbling			
	Men	Women	Men	Women	Men		Women	
	Total Score	Total Score	Total Score	Total Score	Total Score	Min DD	Total Score	Min DD
Senior International	48.50	46.50	46.40	43.50	36.40	4.10	36.40	4.10
Junior International	84.00	82.00	43.20	42.00	35.60	3.50	35.60	3.50
Sub Junior International	81.00	80.00	41.60	41.00	35.00	2.60	35.00	2.60

National Divisions								
	Trampoline		Double Mini		Tumbling			
	Men	Women	Men	Women	Men		Women	
	Total Score	Total Score	Total Score	Total Score	Total Score	Min DD	Total Score	Min DD
National 17+ Years	76.50	76.50	40.20	40.20	36.50	1.30	36.50	1.30
National 15-16 Years	76.00	76.00	40.20	40.20	36.10	1.30	36.10	1.30
National 13-14 Years	75.00	75.00	39.80	39.80	35.70	1.30	35.70	1.30
National 11-12 Years	74.00	74.00	39.40	39.40	35.20	1.00	35.20	1.00
National 9-10 Years	51.50	51.50	39.00	39.00	34.80	1.00	34.80	1.00

## **International Event Qualification**

All qualification criteria for international events, including qualification scores, are subject to Gymnastics NZ performance pathways. Event qualification criteria is published by Gymnastics NZ prior to Intention to Trial (ITT) and scores may deviate from any scores published in this handbook.

### **Trampoline**

- Sub Junior International and Junior International: Set and EITHER preliminary or final's voluntary.
- Senior International: achieved from one voluntary routine in either round.

### **Double Mini Trampoline**

Total score from either first round passes or second round passes.

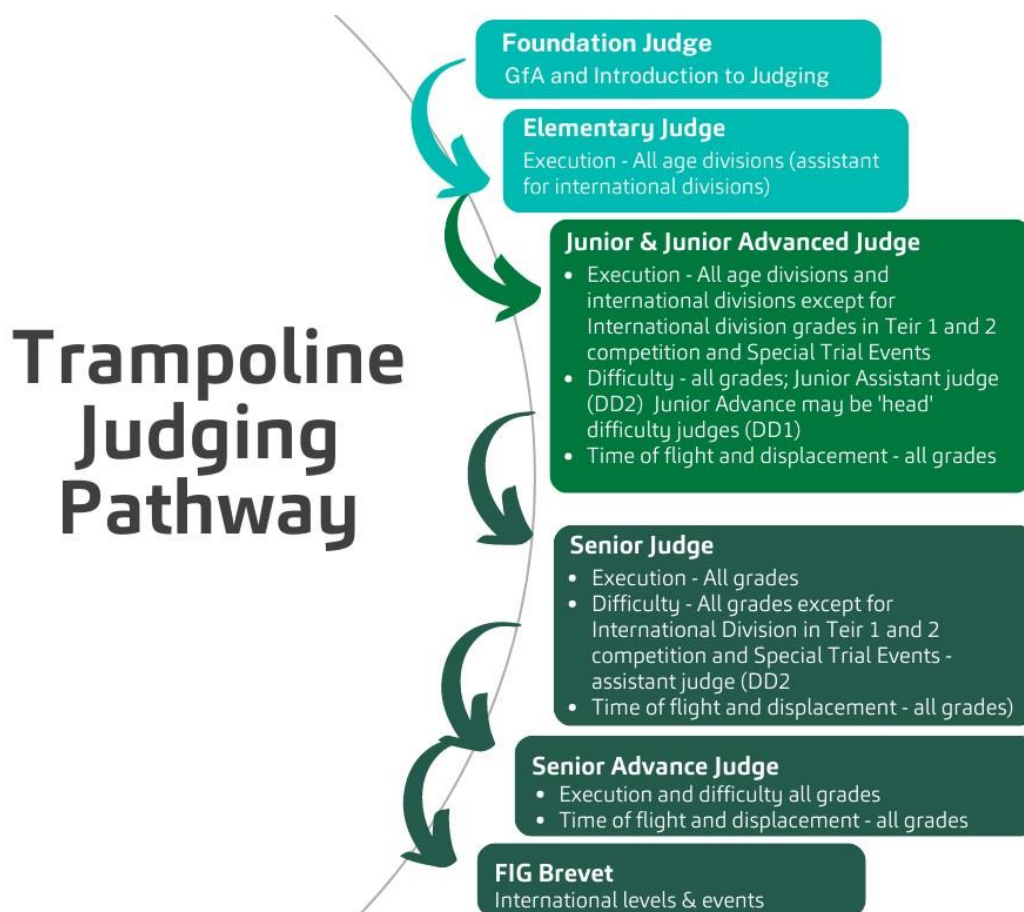
### **Tumbling**

Total score from either first round passes or second round passes.

### **Synchronised Trampoline**

Criteria will be released at the announcement of a competition offering Synchronized Trampoline.

## Gymnastics NZ Judge Education Pathway



### Judging Panels

The judging panel for Trampoline consists of a total of up to 10 judges, 1 Chair judge, 1 Difficulty Assistant judge, 1 Difficulty Judge, 6 Execution judges and 1 Horizontal Displacement judge.

### Difficulty – DD

Check that all routine requirements have been met and calculate the difficulty value of the routine (DD)

### Execution - E

Evaluate athletes form for each skill in the routine including landing deduction. Deductions are made from a perfect score of 1 for each of the 10 skills.

### Horizontal Displacement TRA

It is important to note where the athlete lands each skill. Ideally, they should always land in the central box as close to the cross as possible. There is a set deduction every time an athlete lands outside the box. **Note:** there is no deduction for an athlete moving from outside the box back into the box. No deduction is taken for athletes being out to the sides of the box, as it is deemed impossible for all of the Judges to clearly see this part of the bed.

## Time of Flight (TOF)

Managed by the Chair Judge who starts the TOF machine during the first skill which then records the total time of flight for the 10 skill routine.

## DMT and Tumbling Judges Panels

Are the same as Trampoline, except Time of Flight and Horizontal Displacement is not required.

## Club Requirements for Providing Judges at Competitions

All Clubs with athletes entered in a competition are required to supply appropriately qualified judges to be on the judging panels.

Each Club is required to provide judges in the ratio of one judge for every group of 10 athletes or group of less than 10 athletes. Consequently, the number of judges a Club is required to provide will vary with the number of athletes it has entered in the competition.

Clubs may substitute suitably qualified judges from other clubs in order to meet the number of judges required. Clubs with small numbers of entrants may combine to provide judges between them.

**A club must provide the required number of judges for the entire competition at the minimum qualification level.** This may mean judge availability is rotated during the event.

Any club that does not provide the correct number of judges and level will be required to pay a fee of \$300 to the competition organiser for each judge they do not provide. Clubs will not be liable for the \$300 fee during the first year of competition in which they have athletes in endorsed competitions.

## Number of Judges to be Provided by a Club

Number of athletes entered into the competition	Number of Judges required to provide
1-8	1
9-16	2
17-24	3
25-32	4
33+	5
Minimum level of judge provided by a Club for National Division	Junior Judge
Minimum level of judge provided by a Club for International Division	Senior Judge

## Composition of Judging Panels

### Trampoline Judging Panels

Panel	National Divisions	International Divisions
Horizontal Displacement	Elementary	Elementary
Execution	Up to 6 Judges: a mix of Elementary, Junior and Senior Judges	Up to 6 Judges: a mix of Junior and Senior Judges
Difficulty	1 Judge: Junior Advance	2 Judges: Junior Advance and Elementary
Control Judge or the Chair of the Panel	Senior	Senior

### Double Mini and Tumbling Judging Panels

Panel	National Divisions	International Divisions
Execution	Up to 6 Judges: a mix of Elementary, Junior and Senior Judges	Up to 6 Judges: a mix of Junior and Senior Judges
Difficulty	1 Judge: Junior Advance	2 Judges: Junior Advance and Elementary
Control Judge or the Chair of the Panel	Senior	Senior

### Score Calculation

- Trampoline Score = Execution (E) + Horizontal Displacement (HD) + Difficulty (DD) + Time of Flight (T) – Penalty
- Synchronised Trampoline Score = E + HD + Synchronicity + DD – Penalty
- Double Mini Trampoline Score = E + DD – Penalty
- Tumbling Score = E + DD – Penalty

**Please note:** National 9-10 Years does not have TOF included in their score.

## **Score Calculation at Endorsed Events and NZ Gymnastics Championship:**

### **Trampoline**

All National Divisions, → Sub Junior International, and Junior International: total score of Set routine + preliminary Voluntary routine and finals Voluntary routine.

Senior International: total score of highest Voluntary routine in preliminary round +and final Voluntary routine.

### **Synchronised Trampoline**

All National Divisions, → Sub Junior International and Junior International : total score of preliminary Voluntary routine and finals Voluntary routine.

Senior International : total score of highest Voluntary routine in preliminary round +and final Voluntary routine.

### **Double Mini Trampoline and Tumbling**

Total score from first round passes and second round passes.





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