



TRAMPOLINE AND TUMBLING PROGRAM
2024-2025
TECHNICAL HANDBOOK

SECTION 1	GENERAL INFORMATION	4
A.	Introduction	4
B.	Trampoline and Tumbling Technical Committee	4
C.	Trampoline and Tumbling Technical Handbook	7
SECTION 2	TRAMPOLINE AND TUMBLING PROGRAMS	8
A.	Recreational (non-Competitive) Programs	8
B.	Pre-Provincial Program & Masters	8
C.	Competitive Program	8
SECTION 3	GENERAL COMPETITIVE REQUIREMENTS	9
A.	Equipment Requirements	9
B.	Competitive Structure	9
C.	Eligibility	9
D.	Change of Competitive Categories	9
E.	General Competition Procedure	9
SECTION 4	GNS SANCTIONED COMPETITIONS AND EVENTS	12
A.	Qualification Events for Provincial Team Selection	12
B.	Provincial Championships	14
C.	Nova Scotia Team Selection	15
SECTION 5	JUDGING REGULATIONS	18
A.	Certification	18
B.	Duties and Expectations	19
SECTION 6	COACHING	21
A.	Coaching Qualifications	21
B.	Selection of Team Coaches	21
C.	Provincial Team Coach Requirements	21
D.	Roles and Responsibilities of Nova Scotia Team Coaches	22

SECTION 7	STANDING GUIDELINES & PROCEDURES	23
A.	General	23
B.	GNS Expense Policy	23
APPENDIX 1	PRE-PROVINCIAL PROGRAM	25
A.	Pre-Provincial Events	25
B.	Routines	25
C.	Competition Cards	25
D.	Awards	25
E.	Requirements for Pre-Provincial & masters Competition	26
APPENDIX 2	MINIMUM QUALIFICATION SCORES FOR TEAM SELECTION	28
APPENDIX 3	EQUIPMENT REQUIREMENTS FOR GNS EVENTS	29

SECTION 1 GENERAL INFORMATION

A. INTRODUCTION

The Trampoline and Tumbling Program is one of the many recreational and competitive programs offered through Gymnastics Nova Scotia. Supervising and administering all technical aspects of the program on behalf of GNS is the responsibility of the Trampoline and Tumbling Technical Committee (TTTC). This handbook provides all of the technical information relating to the program and is reviewed and updated as needed by the TTTC. Notifications of changes will be sent to all participants as required. All Coaches and Judges should become familiar with the entire handbook to ensure all athletes receive the most benefit from their involvement in the program.

Throughout this document, the following abbreviations and acronyms will be used:

GCG – Gymnastics Canada Gymnastique
FIG – Federation International de Gymnastique
GNS – Gymnastics Nova Scotia
TTTC – Trampoline and Tumbling Technical Committee
NCCP – National Coaching Certification Program

B. TRAMPOLINE AND TUMBLING TECHNICAL COMMITTEE

1. Organisation and Structure

The Trampoline and Tumbling Technical Committee consists of the following positions:

Chairperson

The Chairperson has the responsibility for the overall delivery of the program in Nova Scotia. To achieve this, specific duties for this role include:

- primary liaison between the technical committee, the GNS Board of Directors and Gymnastics Canada. The Chairperson is automatically a member of the GNS Board of Directors as well as a member of GNS's Executive.
- oversee development and distribution of materials related to both the provincial and national programs
- develop the annual budget in accordance with program requirements and current GNS guidelines
- monitor expenditures and provide regular updates on committee finances to the Technical Committee

Secretary

The responsibilities of the Secretary of the Committee include:

- organizing and maintaining all correspondence related to the TG program in Nova Scotia
- organizing and maintaining the minutes from all meetings and ensuring these are circulated to the members of the community no later than two weeks after the meeting
- compiling and circulating the list motions to be presented at the GENERAL MEETING.

Judging Chairperson

The responsibilities of the Judging Coordinator include:

- development of training and mentoring programs for development of officials
- implementing any initiatives from GCG relating to officials
- maintain a registry of all certified officials registered in Nova Scotia. The registry will include up-to date contact information, current level of certification and date when it was obtained
- ensure all provincially sanctioned events in Nova Scotia have an adequate pool of officials for the level of competition. The Judging Coordinator is also responsible for the panel assignments at these events.
- ensure courses for new judges as well as opportunities for upgrading are scheduled annually.

Coaching Chairperson

The responsibilities of the Coaching Coordinator include:

- development of training and mentoring programs for development of coaches and athletes (separate from the NCCP).
- organize clinics and training camps for coaches and athletes.
- implementing any initiatives from GCG relating to coaches and athletes at these levels.

Member-at-Large (Two positions)

The member at large positions do not have specific responsibilities but are assigned tasks by the committee as the need arises.

Athlete Representative

This position is to be held by a current or previous (4 years or less preferable) athlete who is 18 or older. This individual will provide an athlete-centric view for all topics of discussion and act as a liaison between athletes and the technical committee.

1. TTTC Mission Statement and Goals

The TTTC will promote and thereby increase public awareness of our sport, promote (and assist with achieving) the highest standards of excellence from our coaches, judges and athletes (in training and in competition) and continually expand our program in both numbers and expertise.

2. Responsibilities

The TTTC has the overall responsibility for all actions taken in the Trampoline and Tumbling Program. More specifically:

1. Ensures the development and maintenance of programs that are specific to the Trampoline and Tumbling Program including:
 - a. The provision of competitive opportunities for the athletes of member clubs;
 - b. The development and implementation of processes by which athletes can be selected to represent Nova Scotia at major competitive events;
 - c. The development and implementation of rules and regulations governing participation in the competitive program;
 - d. The provision of leadership development opportunities for coaches of competitive athletes and judges;
 - e. To provide input to GCG relating to technical matters;
 - f. To perform any other functions necessary to the provision of programs specific to the individual disciplines.

2. Formulates an annual plan and a corresponding budget for consideration by the GNS Board of Directors and shall operate its programs in a manner consistent with the budgetary directives of the Board of Directors.

3. Meetings

Regular Committee Meetings

The Technical Committee shall meet at regular intervals; at least once every two (2) months between September and June. Quorum for Technical Committee meetings shall be comprised of half the voting members of the Committee.

Motions presented at regular meetings are passed by simple majority.

Annual General Meeting

The Annual General Meeting (AGM) is to be held prior to the start of the competitive season but no later than October 31st. The General Meeting is the principal meeting for the program where the main order of business is election of the Technical Committee and approve changes to Technical Regulations for the program. The meeting will be conducted in accordance with GNS Policies.

- | | |
|-----------------|--|
| 1. Notification | GNS Policy 3.2: Notification to Annual General Meeting |
| 2. Nominations | GNS Policy 3.3: Nominations |
| 3. Elections | GNS Policy 3.4: Order of Elections |
| 4. Voting | GNS Policy 3.5: Voting |

Quorum for the General Meeting shall be comprised of at least one-half (1/2) of the registered clubs and at least one-third (1/3) of the sitting Technical Committee. If at the time appointed for the General Meeting the required quorum cannot be achieved, the meeting shall then stand adjourned for twenty (20) minutes at the same date and place. After 20 minutes, the members who are present and entitled to vote shall be deemed as meeting the required quorum and shall be competent to transact the business for which the meeting was convened.

Motions presented at the General Meeting are passed by simple majority.

Voting Privileges

During regular Technical Committee meetings, each member of the committee is entitled to one (1) vote with the exception of the Technical Chairperson, who may only vote in the event that they are casting a deciding vote.

Each club registered with GNS as offering a T&T program (Recreational or Competitive) is entitled to one (1) vote at the General Meeting.

Proxy votes shall be permitted at the General Meeting. Participation by telephone or Internet (i.e. Skype/Zoom/Meets) is acceptable for regular Committee meetings but not for the General Meeting.

In order to provide efficiency, parliamentary procedure will be followed at all meetings. Members are responsible for knowing and using this procedure.

4. Elections

Each position of the Technical Committee shall be elected by the voting delegates present at the respective General Meeting for a two-year term, according to an alternating schedule as follows:

- a. Even-numbered years: Coaching Coordinator, Judging Coordinator and one (1) Member-at-Large
- b. Odd-numbered years: Chairperson, Secretary and one (1) Member-at-Large

If a person does not complete their term, any such vacancy may be filled by the Technical Committee by a majority vote.

C. TRAMPOLINE AND TUMBLING TECHNICAL HANDBOOK

1. Purpose

The purpose of the Trampoline and Tumbling Technical Handbook is to ensure consistency in the Trampoline and Tumbling Program.

2. Technical Regulations

Technical regulations governing all sanctioned events within the Province of Nova Scotia will be the most current revisions of the Canadian Competition Rules as published by GCG, with or without modification appropriate for development of the sport in the Province of Nova Scotia. In case of dispute or absence of guidelines in the published documents from GCG, the current FIG Code of Points will be used.

3. Validity

These rules are valid from the stated revision date and will be updated and revised on an ongoing basis as rules and requirements are updated and changed. Upon any revisions being made and the updated Technical Handbook posted on the GNS website, notification will be sent to all affiliated Nova Scotia clubs. These rules shall govern all GNS sanctioned events.

4. Modification

The Technical Handbook shall be revised and updated with the rules and regulations from the governing bodies as these changes become effective.

At the conclusion of each season, the Technical Committee shall conduct a review of the rules and regulations and shall prepare recommendations to be presented and voted on at the General Meeting in accordance with GNS by-laws.

All member clubs eligible to vote at the preceding General Meeting must approve by majority vote any major modifications to rules or regulations that are presented or recommended at any time other than the General Meeting.

SECTION 2 TRAMPOLINE AND TUMBLING PROGRAMS

A. RECREATIONAL (NON-COMPETITIVE) PROGRAMS

There are a variety of resources available for implementing a recreational program at the club level. Appendix D of the GNS Policy Manual (currently under revision) describes the minimum requirements for equipment and coaching for implementing a recreational program in Nova Scotia.

B. PRE-PROVINCIAL PROGRAM & MASTERS

The Pre-Provincial Program was developed as a way for athletes to transition from a recreational program to becoming a competitive athlete. The Master's level of competition is offered to provide adult recreational athletes an opportunity to participate in an entry level competitive.

Refer to Appendix 1 for details on the Pre-Provincial Program.

C. COMPETITIVE PROGRAM

The competitive program in Nova Scotia follows the Canadian System as published by GCG and implemented across Canada without modification. The program consists of four events:

- Power Tumbling (TU)
- Double Mini Trampoline (DM)
- Individual Trampoline (TRI)
- Synchronized Trampoline (TRS)

Information on the current competitive structure can be found in the latest revision of the Technical documents available on the GCG website:

<http://www.gymcan.org/disciplines/trampoline/technical-information/technical-documents>

and selecting Competition Rules and System.

SECTION 3 GENERAL COMPETITIVE REQUIREMENTS

A. EQUIPMENT REQUIREMENTS

Refer to Appendix 2 for details on equipment requirements for events sanctioned in Nova Scotia.

B. COMPETITIVE STRUCTURE

Refer to the current revision of the Canadian Competition Rules. Men's & Women's categories will be combined at all levels for Provincials Cups & Championships hosted in Nova Scotia for both competitions and awards purposes.

Age splits within Provincial categories will follow the current handbook for Eastern Canadian Championships.

C. ELIGIBILITY

All athletes must be registered with GNS as competitive athletes prior to participating in any sanctioned event. When registering athletes in age categories; age is determined by the participant's age as of December 31 of the competition year.

All coaches participating in a provincially sanctioned event within the province must be registered GNS members and must comply with the current Technical Committee requirements for NCCP certification.

Athletes will be allowed to compete at GNS sanctioned events only if they are represented by a registered, qualified coach as described in the GNS regulations.

Coaches and athletes who are registered with organizations outside of Nova Scotia are exempt from these regulations, apart from the age requirement.

D. CHANGE OF COMPETITIVE CATEGORIES

Provincial level athletes can be registered in any category subject to coach's discretion at any of the qualification events. Movement to a lower category is not allowed during the season unless there are mitigating circumstances which must be petitioned and subject to approval by the Technical Committee.

Not being able to meet the requirements to attend Provincial Championships (two complete routines and requirements for the level) in the higher level is not considered a mitigating circumstance and the athlete will not be allowed to attend Provincial Championships in the lower category.

National level athletes must meet mobility standards as set out in the Canadian Competition Rules (subject to age and skill requirements).

A recreational athlete may be deemed a competitive athlete by registering for a GNS sanctioned competition by the deadline indicated on the meet entry form. An upgrade form (to be added) must be submitted to the GNS office along with applicable fees. (i.e. registration fees for the competition, upgrading fee for the athlete as well as upgrading fee for the club if it is not already registered as a competitive club).

Athletes who take part in Pre-Provincial events must be registered as competitive athletes with GNS.

E. GENERAL COMPETITION PROCEDURE

Competitions within the Province of Nova Scotia consist of an individual competition and can be comprised of a preliminary round and a finals round. Unless dictated by the Canadian Competition Rules, a finals round for events not covered under the Canadian Rules is the decision of the host of the event and must be declared prior to the start of the event.

1. Preliminary Round

The preliminary round consists of a set number of optional and/or compulsory passes. The start order will be randomly drawn and will be in effect for all preliminary routines/passes.

2. Finals Round

At sanctioned qualifying events, a Finals round is not mandatory unless specified in the Canadian Technical Regulations.

At Provincial Championships, a Finals round will be required if there are more than 10 registered athletes in any category where it is not mandatory (per Canadian Technical Regulations).

Athletes with the top ten scores from the preliminary round will compete in finals. Starting order will be based on merit, the athlete with the lowest score from the preliminary round will compete first.

3. Winners

The winner is the competitor with the highest overall score; events sanctioned by GNS do not have fresh start finals; scores from the Preliminary Round carry over to the Finals Round.

4. Team Competition

Team Competition for Provincial Championships only.

5. Competition Cards (DD Sheets)

Competition cards are to be handed in, prior to the start of the competitions, for both preliminaries and finals at the time and place specified by the organizing committee.

The skills for each pass or routine must be written using FIG notation or it may not be accepted. Acceptance is at the discretion of the Head Judge for the competition.

Competition cards are not required for any Pre-Provincial or L1 events.

6. Dress for Competitors

Dress for gymnasts and spotters will follow the Canadian Competition Rules and the current FIG Code of Points.

Athletes must have hair tied back if it is long enough to get in an athlete's eyes or touch the track.

All athletes, regardless of gender, must wear either a tank-style singlet or leotard with or without sleeves.

All athletes are permitted to wear shorts, the length of the shorts must not be longer than mid thigh.

Shorts can be black or match the singlet/leotard. Athletes from the same club must all be wearing shorts of the same color.

Pre-Provincial competitors may also wear a white or solid color tee shirt or tank top, athletes from the same club must all wear the same color shirt.

All athletic supports must be white, tan, black, skin tone, or if specifically, a medical brace as non-contrasting as is reasonable. No hard casts. Any violation will result in a penalty of 0.2 which will be deducted from the total score of the routine where the violation occurs.

Note: this rule is specific to Nova Scotia; different from GCG and FIG.

7. Safety

The Chair of the Judges Panel shall control the actions of the spotter. The spotter may not interfere with the view of the judges. The spotters must meet the approval of the Chair of the Judges Panel (i.e., be of the recommended height of shoulders above the trampoline and be appropriately dressed as per the FIG Code of Points.

8. Tie Breaking

If there is a tie in any placing at the end of the current round of competition, the methodology for breaking the tie (as implemented by the scoring system) can be found in the Technical Regulations section of the Canadian Competition Rules.

SECTION 4 GNS SANCTIONED COMPETITIONS AND EVENTS

A. QUALIFICATION EVENTS FOR PROVINCIAL TEAM SELECTION

1. Entry Fees

All fees as stipulated by GNS policies must be paid at time of entry.

An additional \$20.00 per athlete will be charged for late registrations

2. Order of Competition (Start Lists)

Draw for competitive order and starting events for all GNS sanctioned competitions will be completed by random draw using an approved scoring system immediately following the competition registration deadline.

3. Competition Scheduling

The following chart provides the recommend time per athlete to use when creating the schedule for an event:

INDIVIDUAL AND SYNCHRONISED TRAMPOLINE – FOR 2 TRAMPOLINES		
	WARM-UP	COMPETITION
LEVELS 1-3	1.25 Minutes per athlete	1.75 minutes per athlete (includes one-touch before each flight) 1.5 minutes for Finals Round
LEVELS 4 AND HIGHER	1.75 minutes per athlete	2.75 minutes per athlete (includes one-touch before each flight) 2.0 minutes for Finals Round

DOUBLE-MINI TRAMPOLINE		
	WARM-UP	COMPETITION
LEVELS 1	1.00 minutes per athlete	2.75 minutes per athlete (includes two-touch before 3&4 passes)
LEVELS 2 AND 3	1.25 minutes per athlete	2.75 minutes per athlete (includes two-touch before 3&4 passes)
LEVELS 4 AND UP	1.75 minutes per athlete	3.5 minutes per athlete (includes two-touch before 3&4 passes)

DMT Levels 5 and above: The warm-up and competition for the Qualifying Round for each category shall be scheduled first. There will be scheduled another warm-up period for Finals in order of category as scheduled in the Qualifying Round.

TUMBLING		
	WARM-UP	COMPETITION
LEVELS 1-2	1 minute per athlete (L1 & L2) 2 minutes per athlete (L3 & L4)	1.5 minutes per athlete (L1 & L2) 2.5 minutes per athlete (L3 & L4) (includes two-touch before each flight) 1.75 minutes for Finals Round
LEVELS 3 +	2 minutes per athlete 2.5 minutes (Senior)	2.75 minutes per athlete (includes two-touch before each flight) 3.25 minutes for Finals Round

NOTE: In any event where finals are required e.g. P4 tumbling appropriate warm-up times must be adjusted in length

This competition warm-up format will be used at all GNS sanctioned meets and is recommended to all clubs hosting invitational events.

4. Synchronized Competitions

When Synchronized competitions are included, athletes will compete a single routine, which is an optional routine that meets the requirements for their level of competition.

The level of competition is determined by the highest individual level of the two athletes. For example, if one athlete competes in Level 2 and the other competes in Level 3, then their level will be required to compete Level 3.

5. Video Taping

All sanctioned competitions must provide official video-taping of each event. It is the responsibility of the host to ensure that the operators are suitably trained.

It will be the Chair of the Judges Panel's responsibility to confer with the difficulty judges to determine if it is a legitimate concern requiring review, or if it is unfounded and a video review is not required.

6. Event Results

It is the responsibility of the event host to send a copy of the event results to GNS and all competing clubs within a week the event.

All original copies of the event score sheets and final results must be sent to the Judging Coordinator immediately following the event.

7. Medical Personnel

Qualified medical personnel are to be present at all training and competitive times during GNS sanctioned competitions. Any associated costs are the responsibility of the host.

8. Petition Procedure

A petition is a formal request presented to the appropriate committee or assembly for the 'relaxation' of an established rule(s), regulation(s) or procedure. The mechanism of petitions is intended to provide an opportunity to account for extraordinary circumstances to ensure that established rules, regulations and procedures do not compromise GNS's efforts in achieving specific goals and objectives. However, by their nature, approved petitions have the potential to erode the credibility of GNS and its programs. Therefore, petitions are generally approved only when there is compelling evidence that the Federation's mandate will be best served by allowing a relaxation of the rules, regulations or procedures.

There are two basic types of petitions as indicated below.

Medical Petitions

A petition may be submitted for an athlete who has a health or injury related condition and is under the care of a certified medical practitioner (i.e. M.D.). A medical petition must be completed on the proper GNS form (Appendix 6) and submitted to GNS office a minimum of 48 hours prior to any event in which the athlete is required to participate. In situations where an illness or injury occurs within the 48 hours prior to a required event, the athlete's designated coach must verbally inform both the Trampoline and Tumbling Technical Committee Chairperson and the event director and submit the completed petition form to the GNS office no later than the first business day following the required event. Fax copies of petitions are permitted on the condition that the original is received by GNS within one week.

General Petition

A petition may be submitted by or on behalf of any individual who feels that the strict application of a specific rule(s), regulation(s) and procedure(s) will significantly compromise the stated objective of the Federation. General petitions often involve matters of opinion and discretion and therefore, the applicant must provide very compelling evidence to justify a relaxation of the rules. General petitions must be submitted in writing to the Trampoline and Tumbling Technical Committee a minimum of three business days prior to a scheduled Trampoline and Tumbling Technical Committee Meeting.

Please note that any weather-related issues impacting GNS sanctioned events will be addressed on a case by case basis.

B. PROVINCIAL CHAMPIONSHIPS

1. Qualification for Provincial Championships

To qualify for Provincial Championships, athletes must have completed a preliminary round of competition at any of the qualification events without missing any requirements. This includes meeting minimum difficulty for the category, no missing required skills and performing two complete routines and/or passes without interruption.

2. Awards for Provincial Championships

Individual champions will be declared for each level.

Individual (All Categories Categories)

- 1st - 3rd place- GNS medals
- 4th - 8th place - ribbons
- All Around Team - 1st - 3rd place plaques

Team Award:

The top score from each category 1 to 4 will be added up for each club to decide their team score. If they do not have an athlete in a specific level, the next highest score from the next level below will be used.

The team awards will be presented to the top three clubs, after the final calculation.

C. NOVA SCOTIA TEAM SELECTION

1. Eastern Canadian Championships

Nova Scotia team selection for Eastern Championships is based on a combination of achieving certain technical standards and ranking within categories. The number of athletes selected for each category is determined by the current revision of the Eastern Canadian Championships handbook.

The top ranked athletes for each category are chosen if they meet the following technical standards **in the same competition**:

- Meet the qualification score for their competitive level as determined by the Technical Committee
- Meet the minimum difficulty level for their category found in the current version of GCG's Technical Regulations
- Meet all requirement for their event.

Additionally, Athletes who achieve a score within 4 points for Trampoline or Tumbling or 2 points on DMT of the qualification score **twice** in a season will be considered for team selection.

Refer to the table in Appendix 2 for the current qualification scores.

Final team selection will be decided after the results of the qualification event prior to Easterns have been published. In the event there is a tie in the ranking used for team selection, the athlete with the highest placing at Provincial Championships will receive the higher ranking in the team selection process.

If the maximum number of athletes for a particular event/category have not been selected, the additional team members may be selected from athletes who are already attending the Championships in another event, providing the score they achieved during the season is within four points of the qualification score for TRI/TUM or two points for DMT.

2. Canadian Championships

Athletes must have met the mobility requirements for their category in order to be eligible to compete at Elite Canada, Canadian Championships, or Canada Cup.

Eligibility requirements are determined by GCG. Please refer to the GCG documentation regarding the competitive system and technical requirements.

For athletes to receive additional support from the Technical Committee, including additional funding or letters of support to other funding sources, National level athletes must support competitions within Nova Scotia by attending a minimum of two sanctioned events in the current competitive season, one of which must be Provincial Championships.

3. Canada Winter Games

Participation in the Canada Winter Games is open to P3 and higher trampoline athletes only.

Athlete and coach selection will be determined from the results of two selection events which are to take place in the fall of the year immediately preceding the CWG (example - fall 2018 for participation at 2019 CWG). Athletes attending the selection events must be able to meet specific technical requirements, which will be determined once

- Competition Rules and Technical Regulations from GCG have been updated for the current cycle
- First draft of the Canada Winter Games Technical Package for the upcoming Games has been released (to determine age eligibility)

The requirements will be communicated to all clubs with competitive athletes no later than two years prior to the Games.

The selection events will consist of a preliminary round of competition using the Canadian Rules and Technical Regulations that are in use at the time of the event. Results from both events will be compiled, with the top two routine scores from these events used to create an overall ranking. In addition, 1 score from the previous season's national events, Elite Canada and Canadian Championships, can be substituted for one of the selection events scores. The 1st and 2nd top scoring athletes of each category will be named to the team and the 3rd top scoring athlete named as the alternate.

Coach selection is determined by the athletes selected (point system), level of certification and whether opportunities for coaching development are available from the CWG Council.

4. Team Selection and Commitments

All athletes, coaches and judges representing Nova Scotia must be registered GNS members and comply with GNS's policies and regulations for Nova Scotia Team members.

All team members are required to compete in Team Nova Scotia attire (tracksuit/leotard/singlet).

The financial commitments are as follows:

- Eastern Canadian Championships is a cost-shared event between the athlete and GNS. The costs shared include, but may not be limited to, the athlete's cost, the cost of coaches, managers and judges.
- Athletes attending Canadian Championships are responsible for all financial commitments (Registration fees, coaches', judges' and manager's costs, accommodations, meals, etc.). All required fees are to be paid by the deadline set by GNS policies.
- GNS will be responsible for registering the athlete and will arrange travel, accommodations, meals, etc.

Athlete must submit all required medical and waiver forms by stated deadlines.

5. Team Nova Scotia High Performance Development Program

The Team NS High Performance Development Program is a pathway with the goal of maximizing the athletic potential of our athletes and represent Canada as members of the National Team.

Participation in the program by invitation only. The criteria used to determine eligibility include:

- Consistency in competitive results – athletes must have competed in one of the competitive streams (Level 2 or higher) for a minimum of one season.
- Meet specific performance standards appropriate for their level of competition – they are judged on their ability to perform a combination of skill sets based on their competitive level and rate of progression.
- Commitment

Athletes who are accepted into the program are given access to increased training opportunities, out of province competitions and opportunities to work with experts in the fields of Sport Science / Sports Medicine.

6. Medical Petitions and Qualifying Scores

If an athlete is unable to compete for medical reasons at any of the qualification events, they may submit a medical petition, and if successful their score from Provincial Championships would be used to create a ranking score for team selection using only the one score.

A. CERTIFICATION

Certification of judges in Nova Scotia follows the National program and guidelines developed in cooperation between all the Provincial/Territorial Committees and approved by GCG.

Certification is divided into three main levels; Provincial, National and FIG, with further levels within each of the main levels depending on individual experience and knowledge. Please contact the Judging Coordinator for full explanation and requirements for each level.

1. Provincial Level

Provincial level certification is administered by the Judging Coordinator on behalf of GCG. There are currently five levels for Provincial judges:

Provincial 5 (P5) – Individuals at this level are in training and can sit on a panel at the discretion of the Judging Coordinator.

Provincial 4 (P4) – Individuals at this level will have passed the Written component and two of three practical components (Execution and Difficulty) of the course. They can sit as Execution or Difficulty judges for all events involving Provincial level athletes at GNS sanctioned events.

Provincial 3 (P3) – Individuals at this level will have completed the requirements for P4 plus an additional practical component relating to duties of the Chair of Judges Panel. P3 judges are eligible to fulfill all roles at all events involving provincial level athletes and can be considered to judge at Eastern Championships.

Note: All judges taking the course for the first time will be certified as a P3, P4 or P5 judge, depending on the marks achieved.

Provincial 2 (P2) – Individuals at this level will have judged as a P3 judge for a minimum of two years, have passed the National readiness exams (Execution, DD and CJP) and have completed a minimum of 15 judging hours.

Provincial 1 (P1) – Individuals at this level will have completed all the requirements of for P2 along with having passed the DD exam specific for a P1 judge (Junior and Senior level of DD)

To register for the first time at a judging course, participants must be at least 16 years of age; 15 years of age if a trampoline sport athlete. To maintain certification or upgrade to a higher level, individuals must

- a) Pass the appropriate exams for either recertification and/or upgrading as deemed necessary by the Judging Coordinator and in accordance with the Canadian Provincial Judging requirements;
- b) Take an active role by judging at least two competitions throughout the competitive year and take part in any clinics and workshops that may be scheduled;
- c) Spend time in the gym under the supervision of a Level II coach or a senior judge observing skills and routines. It is strongly recommended all judges, regardless of level, spend at least 8 hours in the gym

The decision will be made by the Judging Coordinator upon review of the individual's judging ability and in accordance with the Canadian Provincial Judging requirements if they would need to re-sit the provincial exam the following year.

2. National Level

National level certification is administered by GCG. There are three levels for National Judges in Canada:

National 3 – At this level, judges can judge the National level only.

National 2 – At this level, judges can judge the National Open and Espoir levels.

National 1 – At this level, judges can judge the Junior and Senior levels.

To be considered as a candidate for national certification, an individual must be actively judging at the P2 or P1 Level for a minimum of two years. The TTTC, upon recommendation of the Judging Coordinator, will select the individual or individuals that will be eligible to take the National course. In order to maintain certification or upgrade to a higher level, individuals must pass the appropriate exams for either recertification and/or upgrading as deemed necessary by the National Judging Coordinator and in accordance with GCG Judging requirements.

3. FIG Brevet

Brevet judges are certified by FIG in accordance to FIG rules and statutes. Canada will host an International Judges Course in conjunction with the first GCG event of the season (usually Elite Canada), at the start of each Olympic Cycle once the new Code of Points has been approved by FIG. To be eligible to attend this course an individual must already have a Brevet or be ranked at the National 1 level for a minimum of one complete Olympic cycle. The TTTC will put forward names of eligible judges to GCG who make the final selection of judges who will attend the course.

To maintain certification or upgrade, individuals must attend the International Judges Course or the Intercontinental Judges Course (by invitation of GCG only) and meet the requirements as stipulated by FIG.

B. DUTIES AND EXPECTATIONS

1. Responsibilities

Judges are to officiate with complete impartiality, respecting and abiding the rules which govern them in true spirit of sportsmanship.

Sporting justice, ethics and honesty are the basis of a fair judgment. All judges, regardless of level, are expected to abide by the GNS Code of Conduct/Code of Ethics as set out in the GNS Policies and Procedures.

Judges will adhere to the most current revision of the Canadian Competition Rules published by GCG. In case of dispute or absence of guidelines in the GCG Canadian Competition Rules, the current FIG Code of Points will be used as the reference.

Judges and coaches are encouraged to communicate informally prior to and/or after competitions regarding any technical concerns.

Thirty minutes prior to the commencement of the competition, any judge who has not arrived at the meeting will be replaced if a suitable replacement is readily available.

If a panel does not have enough judges 15 minutes before the commencement of competition, a judge scheduled to side judge the event will be asked to be an Execution Judge. If an event DD Judge has not arrived at the commencement of the judges meeting, then another judge will assume the DD Judging duties and the named DD Judge will become an Execution Judge on the same event.

2. Attire

Female judges will have the following attire: navy blue blazer, white blouse, navy slacks or skirt and appropriate footwear.

Male judges will have the following attire: navy blue blazer, white shirt with tie, navy slacks, and appropriate footwear.

3. Expenses

Travel, accommodation and meals will be compensated for under the general rules as set out annually by the GNS Board of Directors. The Judging Coordinator must approve all travel arrangements. Failure to do so may result in no travel compensation. If judges choose to travel with their affiliated clubs to GNS sanctioned competitions where they are actively judging, they may be eligible for partial compensation of expenses.

4. Registration

Judges are required to register with GNS by the deadline each year. The purpose of this registration is to ensure that all competitions are judged by qualified officials, independent of any club. Failure to register may lead to loss of certification or eligibility for travel as a member of a GNS delegation.

5. Honoraria

Judges at GNS sanctioned events as well as those attending out of province events involving a Provincial Team (e.g. Eastern Canadian Championships, National Championships, Canada Winter Games) will be paid an honorarium according to the following table. The honorarium is based on the total amount of years actively judging and the highest level of certification.

LEVEL			TOTAL YEARS ACTIVE		
PROV	1 - 4	5 - 8	9 - 12	13 - 16	17+
P5	\$14.00				
P3/P4	\$15.00	\$16.00	\$17.00		
P1/P2		\$17.00	\$18.00		
NAT		5 - 8	9 - 12	13 - 16	17+
N3		\$19.00	\$21.00	\$23.00	\$25.00
N2		\$20.00	\$22.00	\$24.00	\$26.00
N1		\$21.00	\$23.00	\$25.00	\$27.00
FIG				7 - 8	9 - 10
All Levels			\$30.00	\$32.00	\$34.00

Note: In cases where there is no amount specified, it is not possible for a judge to be active at that level with the number of years indicated. For example, a Provincial level judge must complete a minimum of 4 years at the provincial level (two years as P3/P4 followed by two years as P2/P1) to be considered for National certification.

6. Courses and Clinics

Honorariums are \$35.00 per hour for Course Conductors. Assistants are not required. Transportation and Meals will be paid as per GNS policy.

SECTION 6 COACHING

A. COACHING QUALIFICATIONS

1. Club Requirements

GNS requires all active coaches to meet the minimum requirements of NCCP Level I or Foundations Gymnastics certification. Certification in Trampoline Gymnastics is required to coach athletes on trampoline or double-mini trampoline. Coaches with this level of certification are restricted to Recreational and Pre-Competitive athletes only.

All coaches of a competitive trampoline program must be fully certified NCCP Level 2 Trampoline or NCCP Level 2 Artistic to coach competitive tumbling athletes.

2. Competition Requirements

Coaches must be fully certified in Level 2 Trampoline to coach athletes on Trampoline and DMT and be either fully certified in Level 2 Artistic Gymnastics or Trampoline to coach tumbling athletes for GNS sanctioned events within Nova Scotia or Eastern Canadian Championships.

Coaches must be fully certified Level 3 to coach on the floor at all National events (Elite Canada, Canadian Championships and Canada Cup). A coach must be present when an athlete is warming up and competing. Coaches who have recently undertaken the level 3 technical in trampoline and/or artistic gymnastics may apply for an exemption to be on the floor at sanctioned events. Exemptions are approved by the Technical Program Director.

B. SELECTION OF TEAM COACHES

Team Coaches will be selected based on the number of athletes attending and the clubs being represented. It is understood that there will be occasions when athletes will not have their personal coach present.

The appointed team coach is responsible for all provincial team athletes on the field of play and all training sessions for the duration of the event including all events the athletes will compete in. The appointed coach also has the authority to allow any personal coach on the competition floor or training gym, in accordance to the rules of the competition. A personal coach may not go on the competition floor unless requested by the appointed team coach.

The Team Coach ensures all DD cards are completed and turned in on time for the event. They are also expected to ensure that both competitive gym and training gym are covered from a coaching point of view all events. In the case of an injury, provide the support that is needed or fill needed roles.

C. PROVINCIAL TEAM COACH REQUIREMENTS

Coaches of provincial teams shall be at least 19 years of age.

The coach should have coached for a minimum of 3 years at a competitive level

Coaches must agree to work with all provincial team athletes equally and fairly,

Coaches must stay in the same residence or hotel as the team unless otherwise assigned by the organizing committee or GNS.

Coaches are required to work in close collaboration with any GNS assigned staff or other members of the Nova Scotia delegation in the supervision and management of team activities.

All team coaches must attend the Opening and Closing Ceremonies, unless otherwise exempted.

The schedule of on-site team meetings is the responsibility of the team coaches. In competitions where there is a multi-level representation, the meetings may be called by the various delegation managers, according to the authority conferred to them by GNS.

It is the responsibility of any official delegation member to report incidents which may require further attention to the appropriate Head of the Delegation (Manager, Chef de Mission or other).

Independent coaches attending Canadian Championships will be required to wear an official GNS tracksuit and will be responsible for 100% of the costs to attend.

Any coach that is registered by GNS as part of any Nova Scotia delegation

- be certified in the Respect in Sport Abuse Prevention Program,
- have submitted an annual current Criminal Police Check
- have submitted an annual Child Welfare (intervention) check
- have current Standard First Aid and CPR certification

D. ROLES AND RESPONSIBILITIES OF NOVA SCOTIA TEAM COACHES

Team coaches act as ambassadors/advocates on behalf of the athletes in terms of ensuring that the technical elements are being executed in accordance with the prescribed rules and regulations in effect.

Team coaches are expected to represent Nova Scotia at all technical meetings and to communicate all the information arising from those meetings to the rest of the delegation.

It may be necessary for the team coaches to assist the Team Manager and must be prepared, if necessary, to act in the role of Team Manager responsible for the team members throughout the entire trip (not just on the competition floor). In extreme cases (i.e. injury) all the team coaches may be required to provide assistance in managing the team's activities.

SECTION 7 STANDING GUIDELINES & PROCEDURES

A. GENERAL

1. GNS Code of Ethics / Conduct

It is the responsibility of all GNS members to review the Code of Ethics / Code of Conduct of the GNS Policies and Procedures. Copies may be obtained either through the club or by contacting the GNS office.

2. Regulations for Nova Scotia Team Representatives

1. Athletes
 - a) Please refer to the Code of Ethics and Code of Conduct of the GNS Policies and Procedures for regulations pertaining to athletes.
2. Officials
 - a) Please refer to the Code of Ethics and Code of Conduct of the GNS Policies and Procedures for regulations pertaining to officials.
 - b) All officials are responsible to support and enforce these above regulations as well as to report any violations. Officials contributing to or having knowledge of violations will be subject to disciplinary action with the athlete(s).
 - c) All officials are responsible to attend meetings and functions as assigned.
 - d) Must be certified in the Respect In Sport program
3. Coaches
 - a) Please refer to the Code of Ethics and Code of Conduct of the GNS Policies and Procedures for regulations pertaining to coaches.
 - b) All coaches are responsible for their athletes on the field of play and in training areas. If coach is acting in capacity of Team Manager at the same competition, they are responsible for their athletes at all times.
 - c) Responsible for setting competitive dress for the team. All team coaches must wear Team Nova Scotia attire.
 - d) The coach is the agent for their athlete(s).
 - e) Responsible to set and enforce curfew for team in co-operation with the team manager.
 - f) It is the responsibility of all GNS members to review the Code of Ethics / Code of Conduct of the GNS Policies and Procedures. Copies may be obtained either through the club or by contacting the GNS office.
4. Chef de Mission, Managers and Other Team Officials:
 - a) Any team coach, manager, and Chef de Mission that is registered by GNS as part of any Nova Scotia contingent must be certified in the Respect In Sport Program, possess current Standard First Aid and CPR certification and submit a Criminal Record/Child Welfare Check.

B. GNS EXPENSE POLICY

1. Summary

GNS's Expense Claim Policy applies to expenses that may be incurred by individuals while carrying out duties on behalf of the GNS including meetings, clinics workshops, judging assignments and the like. This policy does not apply to expenses for events such as major competitions; allowable expenses for major competitions are considered on a project-by-project basis in relation to GNS's annual budget.

- a) Expense claims MUST be submitted within 30 days following the completion date of the activity on the official form (See Appendix 3).

- b) Expenses incurred in a given fiscal year must be claimed before June 30th, of the current year, unless an extension is granted by the GNS President/CEO.
- c) GNS Expense claim forms submitted after this deadline will not be reimbursed unless an extension is granted by the GNS President/CEO.
- d) Expenses will only be reimbursed for the approved time period of the event (individuals are responsible for any additional time that may occur prior to or after an event).
- e) Expenses that are not substantiated by receipts will not be reimbursed, (with the exception of meal and personal vehicle allowances).
- f) Expenses that are beyond the stated maximum will be reimbursed only to the maximum allowable claim.
- g) Expense claims for courses, meets, etc. must be authorized by the main Course Conductor or Head Judge prior to their submission to the office.

2. Travel

Travel reservations are usually prepaid by the GNS where applicable. The most economical method of transportation, meals, and accommodations will be used.

Travel to and from a GNS / GCG sanctioned competition is the responsibility of the athlete.

Private motor vehicle travel is allowed where applicable and will be reimbursed according to the GNS Expense Policy (see Appendix 4 for current rates)

Parking expenses will be reimbursed when submitted for the duration of the event. In all cases, parking reimbursement is at the discretion of GNS (wherever possible, the most economical option available must be used)

3. Cancellation

Cancellation costs incurred to GNS due to notification from an individual less than 4 weeks prior to departure will be assumed by the individual, unless medical or extenuating circumstances apply. The individual has the responsibility of providing adequate proof to the Executive Director.

4. Accommodation

All accommodation arrangements for provincially sanctioned events are the responsibility of the individual. GNS policies apply for situations where accommodations are funded (Officials, Team Coaches), GNS will be responsible for room charges only.

GNS's policy is to provide "double occupancy" accommodation. Anyone requesting "single occupancy" or wishing to bring their spouse must be prepared to pay any additional costs. If you're at a sanctioned event as both a coach on the floor and in a judging role at the same event GNS will only pay half of the room cost, the other half is the responsibility of the individual.

5. Meals

Meal reimbursement will be made at a predetermined daily rate. Meal reimbursement at a competition where an appropriate meal was provided is not permitted. Please see Appendix 4 for current rates.

6. Exceptions to the Policy

The Executive Director must approve exceptions to this policy in advance of the event.

APPENDIX 1 PRE-PROVINCIAL PROGRAM

The Pre-Provincial program provides a way for recreational athletes to showcase their progress in the sport of trampoline and tumbling. It also allows athletes who may be interested in advancing to the competitive program a way experience competition in a friendly, less stressful environment.

A. PRE-PROVINCIAL EVENTS

Events for athletes participating in the Pre-Provincial program are structured as close to an actual competition with the following exceptions:

- Difficulty cards are not required
- Fewer judges are required for a panel – two or three judges are sufficient
- Video recording is recommended but not required

Athletes may participate in one of two levels:

- Level I: athletes are prohibited from performing somersaults
- Level II: athletes are permitted to somersault

Coaches MUST have a minimum NCCP Level 2 / Introduction to Competition to teach inverted skills.

B. ROUTINES

Trampoline

Routines for Pre-Provincial I and II consist of ten skills. The first routine is considered a compulsory routine

Double Mini Trampoline

Athletes in Pre-Provincial I are prohibited from performing inversions.

C. COMPETITION CARDS

There is no specific requirement to submit difficulty cards for pre-provincial athletes.

D. AWARDS

The winner is the competitor with the highest total score; scores from the Preliminary Round and the Finals Round are added together.

- 1st - 3rd place- GNS medals
- 4th - 8th place - ribbons

E. REQUIREMENTS FOR PRE-PROVINCIAL & MASTERS COMPETITION

Pre-Provincial I – Compulsory Routine	
<p>Trampoline Pike Jump Seat Drop ½ Turn to Seat Drop ½ Turn to Feet Tuck Jump Front Drop To Feet Straddle Jump Back Drop To Feet</p>	<p>Intermediate straight jumps or performing more than 10 skills will not be judged as an interruption but will receive a 0.2 penalty per occurrence applied by the Chair of the Judges Panel</p>
Pre-Provincial I – Optional Routines	
<p>10 Skills - No Inversions</p>	
Pre-Provincial II – Compulsory Routine	
<p>Trampoline Pike Jump Seat Drop ½ Turn to Seat Drop ½ Turn to Feet Tuck Jump Front Drop To Feet Straddle Jump Back Drop To Feet</p>	<p>Intermediate straight jumps or performing more than 10 skills will not be judged as an interruption but will receive a 0.2 penalty per occurrence applied by the Chair of the Judges Panel</p>
Pre-Provincial II – Optional Routines	
<p>10 Skills – Minimum 1 Inversion</p>	
Pre-Provincial DMT I	
<p>Pass 1 Straight Jump Tuck Jump Straddle Jump Pass 2 Straight Jump Pike Jump Pike Jump</p>	<p>A beat board is permitted for use. Passes can be competed in any order. Intermediate straight jumps will not be judge as an interruption of pass but will receive a 0.2 penalty applied by the Chair of the Judges Panel</p>

Pre-Provincial DMT II									
<p>Pass 1 Straight Jump Tuck Jump Front Tuck</p> <p>Pass 2 Straight Jump Pike Jump Front Pike</p>	<p>A beat board is permitted for use.</p> <p>Passes can be competed in any order.</p> <p>Intermediate straight jumps will not be judge as an interruption of pass but will receive a 0.2 penalty applied by the Chair of the Judges Panel</p>								
Pre-Provincial TUM I									
<p>Pass 1 Power Hurdle (Starts from 2 feet) Round-off Back Handspring Straight Jump</p> <p>Pass 2 Round-off Back Handspring Straight Jump</p>	<p>A full stop between skills will not be judge as an interruption of pass but will receive a 0.2 penalty applied by the Chair of the Judges Panel.</p> <p>Straight Jumps will not be judged for execution but are a required skill, omitting a straight jump will result in a 2.0 penalty applied by the Chair of the Judges Panel.</p>								
Pre-Provincial TUM II									
<p>Pass 1 – One of these two passes</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Round-off</td> <td>Round-off</td> </tr> <tr> <td>Back Handspring</td> <td>Back Handspring</td> </tr> <tr> <td>Back Handspring</td> <td>Back Tuck</td> </tr> <tr> <td colspan="2">Straight Jump</td> </tr> </table> <p>Pass 2 Round-off Back Handspring Back Handspring Back Handspring Straight Jump</p>	Round-off	Round-off	Back Handspring	Back Handspring	Back Handspring	Back Tuck	Straight Jump		<p>A full stop between skills will not be judge as an interruption of pass but will receive a 0.2 penalty applied by the Chair of the Judges Panel.</p> <p>Straight Jumps will not be judged for execution but are a required skill, omitting a straight jump will result in a 2.0 penalty applied by the Chair of the Judges Panel.</p>
Round-off	Round-off								
Back Handspring	Back Handspring								
Back Handspring	Back Tuck								
Straight Jump									

Although inversions are permitted in Pre-Provincial/Masters competitions, the coach of these athletes must be a **COMP INTRO TRAINED COACH or greater.**

APPENDIX 2 MINIMUM QUALIFICATION SCORES FOR TEAM SELECTION

To attend Provincial Championships, athletes must show completed routines in the preliminary round and meet all of the requirements for their level. This includes both skill requirements and minimum DD.

The following tables contain the scores Provincial Athletes must attain in order to be considered for selection to Eastern Canadian Championships. **Note:** the components of the total score ('E', 'HD', 'ToF', etc.) are not standards to meet but are shown to indicate how the scores were obtained. It is the Total Score that must be achieved.

Scores must be achieved in the Preliminary Round of a competition.

TR					
	L1-	L1+	L2	L3	L4
'E' Comp	8.5	8.5	8.5	8.3	7.9
'E' Opt	8.0	8.0	8.0	7.8	7.5
ToF	10.5	11.0	12.2	12.5	12.0
D	3.0	3.0	4.3	5.1	6.5
HD	9.5	9.5	9.5	9.3	9.2
TR QUALIFYING SCORE	79.0	80.0	85.0	86.0	86.2

DM					
	L1-	L1+	L2	L3	L4
'E' 1st Pass	9.4	9.4	9.4	9.4	
'E' 2nd Pass	9.4	9.4	9.4	9.4	
'D' 1st Pass	0.7	0.7	1.2	1.6	
'D' 2nd Pass	0.7	0.7	1.2	1.6	
DM QUALIFYING SCORE	39.0	39.0	40.6	40.8	82

TU					
	L1-	L1+	L2	L3	L4
'E' 1st Pass	9.3	9.4	9.2	8.5	
'E' 2nd Pass	9.2	9.2	9.2	8.4	
'D' 2nd Pass	0.5	0.9	1.1	1.6	
TU QUALIFYING SCORE	37.5	38.1	37.9	35.4	34.8

L4 DMT qualifying score based on 4-pass average

Video Equipment: All routines must be taped with the capability to replay them in slow motion. If three events are competing at the same time you would need three video cameras and three operators.

Sound System: There must be a sound system with a microphone to give announcements and for awards.

Seating: Spectator seating must be far enough away that it does not interfere with the competition. There must be adequate supervision to ensure that spectators stay off of the equipment area. An area must be available for non-competing athletes to rest in. There must be seating for at least 150 spectators at Provincials (ideally 300) and 50 spectators at Nova Scotia Cups (ideally 200).

Hospitality: Refreshments must be available for the coaches and judges. There must be at least water available for the athletes.

Safety: A Paramedic, Certified Emergency Medical Technician must be present at all times when athletes are on equipment. Ice must also be available for the athletes.

Stretch Time: The gym must be open at least 30 minutes before the equipment warm-up time to allow the athletes the opportunity to run around and stretch. The competition equipment does not have to be open at this time.

Certified Coaches: For provincial levels, coaches must be fully certified NCCP Level 2 / Intro to Competition. For National level, coaches must have completed their technical certification in Level 3 / Competition Development.

Other Extras: Pens and pencils must be available for the judges and score keepers. Judging slips are also required for the judges.

Results: Only a computer program approved by GCG is allowed. It must be correctly configured to handle the correct number of judges to calculate the results correctly. Please ensure that a copy of the results are given to each club in attendance, one to the Provincial T & T Representative, one to the Head Judge and one to the GNS office. Adequate time must be taken prior to the meet to thoroughly train all scoring personal. At provincials there may be a lot of scores to calculate. These scores include event ranking, list of athletes in finals, all around scores, team scores, final event scores and placing. Trials to Nationals and Trials to Eastern Championships scores and placing.

Please review the equipment requirements for Trampoline and Tumbling. If the equipment in your club meets the minimum or ideal requirements, tick the box to the right.

TUMBLING FLOOR			
	Minimum Requirement	Ideal	✓/
Length of Spring Floor	Required Length must be	26 m (-1.0 m)	
Type of Sprung Surface	Sprung surface that must be padded. If constructed of several units these must be firmly fixed together so as not to separate in use and showing no space between them.	Same Floor as will be used at Nationals that year.	
Approach run up	There must be a run up area the same level as the tumbling track. 11 m (+ 1.0 m)	Same	
Sprung width of tumbling strip	1.7 m (+0.3 m)	1.7 m (+0.3 m)	
Location of tumbling strip and landing	At least 3' from walls or side and end of landing area should have a safety mat up against the wall	Same but 10' (3m) from walls or obstructions	
Lines on tumbling strip	Two outer edge lines 50mm wide in contrasting color. Outer edges width 1.5 m +/- 0.01 m. A center line 50 mm wide	Same	
Landing Area	Same height as the tumbling strip, must be held together so there are no cracks. Width- 3 m Length- 6 m Thickness- 8 inches (20.32cm) Must be sufficient enough to absorb shock.	Same	
Landing Zones	Lines 50 mm wide in contrasting color. Outer edges of landing zone mark the boundary. Outer edges: Length- 4 m +/- 5 mm Width- 2 m +/- 5 mm	Same	
Ceiling height	5 m above entire tumbling track and approach run.	7 m above entire tumbling track and approach run.	

Spring board	Must have a valid FIG certificate.	Same	
Camera Location	Clear view of tumbling strip, at least 10' (3m) from side in middle.	Same	
Judges Table	Seating for 8 people, at least 5m from the tumbling strip. Judges table positioned starting from meter 16 of the tumbling track.	Seating for 10 people, at least 5 m from the tumbling strip. Judges table positioned starting from meter 16 of the tumbling track.	

TRAMPOLINE			
	Minimum Requirement	Ideal	v
Number of Trampolines	One for trials, two identical trampolines & beds for provincials.	Two identical trampolines & beds for trials and provincials.	
Interior frame size	Length – 5050 mm +/- 60 mm Width – 2910 mm +/- 50 mm	Same	
Height of bed from floor	1155 mm +/- 5 mm	Same	
Trampoline bed	Length – 4280 mm +/- 60 mm Width – 2140 mm +/- 50 mm	Same	
Type of trampoline bed	Web- 5.5 mm wide and not more than 16 mm apart. String- 3mm wide and not more than 10 mm apart.	Same	
Jumping zone in red in the middle	Length- 2150 mm +/- 40 mm Width- 2140 mm +/- 50 mm	Same	
Center red cross	700 mm +/- 30 mm	Same	
Safety padding	The frame and springs must be entirely covered by a shock absorbing padding. The maximum thickness must not be greater than 55 mm. They must not protrude onto the trampoline. The padding should be firmly fixed to the trampoline.	Same	
Safety Platforms	At both ends of the trampoline and firmly attached to the trampoline to ensure that on landing it supports the weight of the competitor without collapsing.	Same	
Mats on safety platform	The platform must be covered with a shock absorbing mat, firmly fixed to the platform. Length- 3025 mm +/-25mm Width- 2025 mm +/- 25mm Thickness at the bedside – 75mm +/- 05 mm Thickness at the end- 210 mm +/- 10 mm	Same	
Spotter mats	Not required	Must have 2 handles on one side Length- 1700 mm +/- 300 mm Width- 1000 mm +/- 100mm Thickness- 100 mm +/- 30 mm	

Matting on floor around tramp & end decks	There must be mats at least 4' (1.2m) wide and 1" (2.54cm) thick surrounding the trampoline & end deck.	Same mats but 2" (5.08cm) thick plus also an 8" (20.32cm) mat on the floor at both ends of the end deck.	
Ceiling Height	8 meters high	10 meters high	
Camera Location	Clear view of the trampoline bed. At least 10' from the side of the trampoline.	Clear view of the trampoline bed. At least 10' from the side of the trampoline.	
Judges Table	Seating for 9 people, at least 5–7 m from the trampoline. Elevated at least 1 m off of the floor so that the judges can see the entire top of the trampoline bed.	Seating for 11 people, at least 5–7 m from the trampoline. Elevated at least 1 m off of the floor so that the judges can see the entire top of the trampoline bed.	
Walls & protruding equipment	No protruding equipment within 6' of the sides of the trampoline & the end decks.	No protruding equipment within 10' (3m) of the sides of the trampoline & the end decks.	
Spotting	4 experienced spotters must be positioned around the trampoline while it is in use. At least one must be a certified coach.	4 experienced spotters must be positioned around the trampoline while it is in use. At least 2 must be a certified coach.	
Time of Flight	An air time machine must be set up and in working order at the commencement of the competition.	A backup air time machine should be available in case of a machine malfunction.	

DOUBLE MINI TRAMPOLINE			
	Minimum Requirement	Ideal	v
Frame	No metal bars or other firm fixings are allowed across the ends of the DMT other than at floor level. Frame must have rounded edges.	Same	
Bed	Light colored webs, or strings, held together so they are not displaced during use. Length- 2850 mm +/- 50 mm Width- 920 mm +/- 10 mm	Same	
Height of the bed from the	Mounting end- 450 mm +/- 100 mm Dismount end- 700 mm +/- 100 mm	Same	
Webs under tension	Width of webs- 4 mm – 13 mm (max) Width of strings- 3 mm +/- 1 mm Distance between any two strands: Web- 16 mm String- 10 mm		
Penalty zones in red	End markers- 130 mm +/- 20 mm Centre zone- 390 mm +/- 10 mm Distance of the center zone from the mounting zone- 900 mm +/- 1mm		
Safety padding	The frame and springs must be entirely covered by a shock absorbing padding. The maximum thickness must not be greater than 55 mm. They must not protrude onto the bed. The padding should be firmly fixed to the frame.	Same	
Landing area	A shock absorbent mat. Same height and density if two or more are joined ad they must be held together so there are no cracks. The whole landing area must be covered with a single covering mat. Length- 6 m Width- 3 m Thickness- 300 mm +/- 20 mm	Same	
Landing zone	Two landing zones must be marked out in the landing area, with either the whole zone in a contrasting colour or with lines 50 mm wide in a contrasting color. Lines must belong to their zones, so measurement is from the outer edges of the lines. Landing Zone C: Identical to Landing Area Landing Zone B: Length of 400 cm +/- 1 cm Width of 200 cm +/- 1 cm Landing Zone A: Length of 250 cm +/- 1 cm beginning 70 cm from front of Landing area Width of 100 cm +/- 1 cm	Same	

Run-up	Floor mats must be used. Thickness 2.5 cm +/- 0.5 cm +/- 0.5 cm Length 2000 cm + 250 cm Minimum width 100 cm	Same	
Ceiling height	6 meters	8 meters	
Camera location	10' away perpendicular to the DMT	Same	
Judges table	Seating for 8 people, at least 5m from the DMT.	Seating for 10 people, at least	
Spotting	At least one certified coach at the end of the DMT at all times.	Same	
Extra Mats	2" (5.08cm) thick mats 4" (10.16cm) wide around DMT & landing area	Same	
Walls	There must be no protruding equipment within 6' (1.84m) of the sides of the mini-tramp and landing mat.	Same	

