

# 2024

## Technical Requirements

Tumbling | FIG Pathway

National Trampoline Technical Committee

# FIG QUALIFICATION EVENTS & FIG AGE GROUP FINALS

## Technical Requirements

### CATEGORIES

- 10 years
- 11 – 12 years
- 13 – 14 years
- 15 – 16 years
- 17 – 21 years
- Senior

### RULES

FIG Rules (including Junior and WAGC rules for age groups) apply for all events.

1. Each exercise consists of eight (8) elements.
2. With the exception of flic flacs, whipbacks round offs and full twist backs, no element may be repeated during the two (2) exercises of Q1, otherwise the difficulty of the repeated element will not be counted.
3. A tumbling exercise must move in one direction only; however, a single element in the reverse direction is allowed at the end of the exercise (8th element).
4. All completed exercises must end with a somersault, otherwise a penalty of 2.0 will be applied.

#### 10 years whip difficulty bonus:

There will be a 0.2 difficulty bonus added per whip (bonus applies to a maximum of 5 whips in a single exercise), making each eligible whip worth a value of 0.4 for gymnasts in the 10 years age group.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Adjusted DD
(	^	^	^	^	^	^	-/	
0.1	0.4	0.4	0.4	0.4	0.4	0.2	0.6	2.9

### DIFFICULTY LIMITS

The following difficulty limits per element apply for age groups:

Age Group	DD limit per element
10 years	2.8
11 – 12 years	2.8
13 – 14 years	4.3
15 – 16 years	4.3
17 – 21 years	4.5
Senior	No Limit

For **10yrs** and **11 – 12yrs** groups, the performance of triple somersaults is strictly prohibited and will result in disqualification.

For **all age groups** the performance of quadruple somersaults is strictly prohibited and will result in disqualification.

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## MINIMUM DIFFICULTY VALUES

The following minimum Q1 difficulty values shall apply:

Age Group	Men	Women
10 years*	4.4	4.4
11 – 12 years	4.0	4.0
13 – 14 years	5.4	5.4
15 – 16 years	6.9	6.5
17 – 21 years	7.4	7.0
Senior	9.6	7.5

For the avoidance of doubt, the above minimum difficulty values are in respect of the total cumulative difficulty score across both Q1 exercises.

\*Includes any applicable whip bonuses

## Competition Format

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### FIG Qualification Events

- Q1 (2 exercises)
- FIG rules will be applied other than:
  - Gymnasts who do not demonstrate the minimum difficulty requirements and do not perform complete exercises will:
    - not be awarded a medal; and
    - not be eligible to qualify for the FIG Age Group Finals

### FIG Age Group Finals

- Q1 (2 exercises)
- FIG rules will be applied

# Qualification

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## Qualification to FIG Age Group Finals

The top **14** ranked gymnasts from each category at the FIG Qualification Events will qualify to the FIG Age Group Finals. The ranking will be based on each gymnast's highest Q1 score across the FIG Qualification Events.

Qualifier lists will be published by no later than **8 July 2024**. Any category containing a number of ranked gymnasts in excess of the maximum qualification quota will include up to 4 reserve places for eligible gymnasts (i.e. only those gymnasts that have otherwise met the qualification requirements). The procedure for reserve entries is set out in the National Competition Handbook.

### WILD CARD APPLICATIONS

In addition to the top 14 ranked gymnasts, a maximum of two additional wild card places may be offered to GBR squad members. If a group has fewer than 14 qualifying gymnasts, additional wild card places (including for non-GBR squad members) may be offered.

Wild card places will be prioritised as follows: 1) GBR squad members; 2) gymnasts petitioning to trial for the World Championships or World Age Group Competitions (not applicable in 2024); 3) all other applicants. In each case, the selection and/or ranking of wild cards will be at the sole discretion of the TC and GBR Performance Coaches. Reserve places will comprise ranked gymnasts from the FIG Qualification Events only, and wild card applications will not be accepted for inclusion on the list of reserves.

The deadline for wild card applications is **19 July 2024**. Applications must be submitted by the gymnast's club, supported by any relevant evidence. Any applications received after the deadline will not be considered.

In the absence of extenuating circumstances (including but not limited to other GBR squad activities and international qualification processes), GBR squad members are expected to participate in at least one FIG Qualification Event.

## Qualification to British Championships

The top **16** ranked gymnasts from the combined age groups at the FIG Age Group Finals will qualify to the British Championships. Gymnasts will be consolidated into each of Youth, Junior, and Senior categories, and ranked by total scores.

Qualifier lists will be published throughout the day of the FIG Age Group Finals. Each category will include up to 1 reserve place.

## Technical Requirements

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### CATEGORIES

- Youth | 10 - 12 years
  - Junior | 13 – 16 years
  - Senior | 17+ years
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### RULES

FIG Rules (including Junior and WAGC rules for age groups) apply for all events.

1. Each exercise consists of eight (8) elements.
  2. With the exception of flic flacs, whipbacks round offs and full twist backs, no element may be repeated during the two (2) exercises of F1 & F2, otherwise the difficulty of the repeated element will not be counted.
  3. A tumbling exercise must move in one direction only; however, a single element in the reverse direction is allowed at the end of the exercise (8th element).
  4. All completed exercises must end with a somersault, otherwise a penalty of 2.0 will be applied.
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### DIFFICULTY LIMITS

The following difficulty limits per element apply for age groups:

Age Group	DD limit per element
Youth	2.8
Junior	4.3
Senior	No Limit

For **Youth** groups, the performance of triple somersaults is strictly prohibited and will result in disqualification.

For **all age groups** the performance of quadruple somersaults is strictly prohibited and will result in disqualification.

## Competition Format

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- Q2 (1 exercise), F1 (1 exercise), & F2 (1 exercise)
- FIG rules will be applied

The top **8** ranked gymnasts from Q2 will qualify to F1.

The top **4** ranked gymnasts from F1 will qualify to F2.

At all British Gymnastics events, a nominated panel (Member of TC, Chair of Panel and 1 x national or pathway coach) reserves the right but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time. If a gymnast is deemed unsafe or falls unacceptably below the standards required, a Member of the panel will approach the personal coach to discuss the matter to reinforce standards and, where appropriate, this will be followed up in writing.

*Please refer to the National Competition Handbook for further event information.*

***If there are any amendments to the FIG Code of Points the TC reserves the right to amend these Technical Requirements.***