

MINI – TRAMPOLINE CODE

Mini trampolines have been in use by schools and gymnastic clubs for a long time. For this reason and to contribute to the development of trampolining and the much needed interest and growth in the sport, this piece of equipment is officially used at competitions. It is the ideal stepping stone towards double mini trampoline.

COMPETITIONS

Competitions are held in the following age groups:

6 & Under	Junior elite (12 years and younger)
7	Senior elite (13 years and older)
8	
9	
10	
11 - 12	
13 – 14	
15 and Over	

Except for 6 & under (only 2 voluntary routines) - all competitors perform three voluntary skills in the preliminary and two compulsory skills in the finals. Only the voluntary skills' degree of difficulty, in the prelim, count towards the total score of the competitor. Changes to the compulsory skills result in termination of the routine and a Zero Mark. Repeats of skills on the mini-trampoline are not allowed in any of the routines. When a skill is repeated the gymnast receives a 0.5 deduction for that skill (if dif. value is less than 0.5 – if dif is higher than 0.5 dif of skill is lost) . Changes to voluntary routines are allowed without penalty.

Warm-up time is within the discretion of the organisers and depends on time and availability of equipment.

The ten (6) competitors with the best scores after the preliminary progress to the final. Before the final, the competitors will be allowed to warm up their third and fourth skills once, depending on the arrangements of the organisers, time and available warm-up equipment. The scores from the preliminary are carried over and added to the competitor's final score to determine the total score.

Tumblers Level 5 upwards and trampoline and double-mini competitors are not allowed to participate in competitions on the mini trampoline (exception 8 and under age group – see SA rules). Table top competitors may compete on the mini trampoline.

Gymnasts who participate in this event may not be awarded full provincial colours, only novice or ½ colours.

MINI TRAMPOLINE ROUTINES

AGES 7, 8, 9, 10, 11/12, 13 /14 and 15 & over:

Three voluntary passes and two compulsory passes where only the voluntary routines' degree of difficulty are added to the total score, difficulty degree does not count in the compulsory passes.

Compulsory Routines (3rd & 4th Passes)

	6 / under	7 Years	8 Years	9 Years	10 Years	11/12 Years
3.	Tuck Jump	Pike jump	Tuck jump	Tuck jump	Pike jump	Pirouette .
4.	Pike jump	Straddle jump	1/2 twist	Pirouette	Pirouette	Straddle jump
	13 /14 and 15 and over					
3.	straight jump 1/2 twist					
4.	Pirouette					

JUNIOR ELITE AND SENIOR ELITE:

Five voluntary passes where the difficulty degree counts in all five the passes. Each skill must have a minimum difficulty degree of 0.4

MINI TRAMPOLINE RULES AND DEDUCTIONS

Execution of the routines are marked out of 1.0.

1. DEDUCTIONS ON INSTRUCTION OF SUPERIOR JUDGE ONLY

1.1	Touch anything other than bed during pass - deduct	0,1 points
1.2	Touch landing mat one/both hands - deduct	0,2 points
1.3	Fall to knees or hands/knees, seat - deduct	0,3 points
1.4	Fall to the front or back - deduct	0,4 points
1.5	Touch MT or fall against MT - deduct	0,2 points
1.6	Land inside landing zone - step out	0,1points
1.6	Land one or both feet outside landing zone - deduct	0,3 points
1.7	Assistance spotter/coach - deduct	0,3 points

MAXIMUM landing deduction is 0.4 points

ZERO PASSES

1.1	Not jumping with both feet simultaneously onto the mini tramp	Zero
1.2	Not landing with both feet simultaneously onto the landing area	Zero
1.3	Landing outside the landing area	Zero

2. DEDUCTIONS BY JUDGES FOR EXECUTION

2.1	Lack of form, consistency of height & control - 0,1 - 0,6 points per skill
2.2	Lack of stability - after dismount - 0,1 - 0,2 points

3. ACTIONS AND DEDUCTIONS BY THE DIFFICULTY JUDGE

3.1	Check prescribed routines. When a competitor in the ages category does not perform the correct prescribed routine, bring it to the attention of the superior judge. Zero mark for the routine.
3.2	Check for repeats. Deduction of 0.5 for a repeat where difficulty is less than 0.5. If difficulty is higher than 0.5 total difficulty is forfeited.
3.3	In Junior & Senior Elite, when not performing a skill with the set minimum difficulty of 0.4 a competitor will get a zero mark for that pass.

JUDGING PANEL

The judging panel consists of: One Superior Judge, three Execution Judges (*if enough judges are available five execution judges*), one Difficulty Judge

SCORING

The total score of a competitor is calculated as follows:

Add the three scores of the execution judges together (*if five judges, discard the highest and lowest mark and add the three middle scores together*)

Add difficulty where applicable

For total score add the scores for all five routines together (*round total to 2 decimals*).

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