



The Trampoline Newsletter

Appendices:

Major changes in the 2005 Code of Points

I. Changes common for TRA, TUM and DMT

- **Start groups** (see §1.2.2)
 - Change: In the Qualifying Round, the gymnasts will be divided into groups of no more than 16 per group. Please note that 16 is the maximum, in fact the TRA-TC recommends 8-12 per group.
- **Finalists** (see §1.3.2)
 - change: no more than 8 finalists
- **Dress for female gymnasts** (see §6.2)
 - Change: Sleeveless leotards are permitted
- **National emblem** (see §6.6 §10.3.4 and §20.13)
 - New: At all FIG events a national emblem has to be worn, otherwise there will be a penalty of 0.1 pts, which will be deducted from the total score of any of the routines/passes where the violation occurred.
- **Dress for spotters** (see §6.7)
 - Change: Spotters must wear track suit and gym shoes or equivalent.
- **Abusing the right to warm up** (see §12.2)
 - Change: If a gymnast abuses the right to warm up, the CJP may instruct the Chief Recorder to deduct 0.3 points from the total score of the following routine/pass.
- **After the final landing** (see §17.2)
 - Change: After the final landing .../.../... the gymnast must stand upright for approximately 3 seconds.
- **Assistant CJP** (see §19.1)
 - Change: In individual TRA, TUM and DMT, there is no assistant to the CJP.

II. TRA - major changes

- **Qualifying Round** (see §1.2.2)
 - Deletion: In Qualifications, each group perform their 1st and 2nd routines prior to the next group starting the Qualifying Round (i.e. the former possibility to let all groups of gymnasts in any one event completing their first routines before any gymnast in the same event begins their second routine is deleted)
- **The first routine** (see §5.3, §15.4 and §22.4)
 - New: At FIG Events, the first routine in the Qualification Round includes elements with counting difficulty. See §5.3, §15.4 and §22.4
- **Not performing the routine according to the competition card** (see §7.3 and §21.4.5)
 - Change: the deduction for not executing the elements as written on the competition card in the first routine is now 0.2 points by each Execution Judge (in total, not per change)
- **Spotters** (see §9.1.1 and §9.1.3)
 - New: At no time there should be more than 4 spotters around the trampoline
 - New: Where a spotter mat is in use, the total number of spotters may be reduced to 3
- **Electronic evaluation of the synchronisation** (see §18.2.7.1, §18.2.7.3, §19.6, §20.12 and §24.4)
 - New: The evaluation of the synchronised mark should be done electronically
 - New: If a breakdown of an electronic scoring system occurs, the score is determined through an analysis of the official video by the Synchronised Judge supervised by the CJP.



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- **Ass. to the CJP in synchro** (see §19.2 and §23.2)
 - Change: The Assistant to the Chair of Judges Panel will sit beside the Difficulty Judges
 - New: The Ass. CJP will also assist the difficulty judges and check that pairs in synchro perform the same elements
- **Judges 1-7** (see §19.3)
 - New: Judges nos. 1-7 should be raised by a minimum of 1 (one) metre and maximum 2 (two) meters
- **Duties for the CJP** (see §20.10, §20.13 and §24.3.3)
 - New: Decide about penalties (national emblem and abuse of warming up) and inform the Chief Recorder
 - New: Decide if a synchro pair do not make the same landing (out-bounce or standing still)
- **Deductions for un-synchronised landings** (§24.3.1-2)
 - Change: The landing difference to be judged is 80 cm

III. TUM - major changes

- **Repetitions** (see §15.5)
 - New: Somersaults will not be considered as repetitions if they are preceded by a different element.
- **Degree of difficulty** (§18.1)
 - Change: Difficulty for whipbacks (tempo salto) is now 0.3 points.
 - New: §18.1.6.4
- **Deductions for lack of stability** (see §21.3.2)
 - 21.3.2.2 (touching the track/landing zone/area with one or both hands after the landing) is now 0.2 pts
 - 21.3.2.4 (for landing/falling to knees, front, back, etc after the landing) is now 0.4 pts
 - 21.3.2.5 (for assistance from spotter after the landing) is now 0.4 pts
 - 21.3.2.6 (for leaving the landing area/touching outside the landing area, etc after landing) is now 0.5 pts
 - all former deductions under §21.5 (“deductions for incomplete passes”) are deleted

IV. DMT - major changes

- **Degree of difficulty** (see §18.1)
 - Changes: 18.1.2, 18.1.4.2 and 18.1.5
- **Deductions for lack of stability** (see §21.3.2)
 - Change: Deduction for landing outside the landing zone is now 0.4 points

V. Other major changes

- The drawings in Part II 2) have been revised.
- The tumbling symbols described in Part III I) should be used by both gymnasts and judges.
- The Requirements for the first routine in trampoline (Part III K) have been revised.



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Difficulty trampoline - examples

Element	Tuck or puck position	Pike or straight position
¾ back or front	0.3	0.3
Back or front somersault	0.5	0.6
Barani	0.6	0.6
Cody	0.6	0.7
Barani ball out	0.7	0.7
Full	0.7	
Rudolf	0.8	
1¾ somersault	0.8	0.9
Double-full	0.9	
Rudi ball out	0.9	
Double back	1.0	1.2
Half out	1.1	1.3
Half in Half out	1.2	1.4
Full out	1.2	1.4
2 ¾ somersault	1.3	1.5
Rudi out	1.3	1.5
Full in Half out	1.3	1.5

Element	Tuck or puck position	Pike or straight position
Full in Full out	1.4	1.6
Half in Rudi out	1.4	1.6
Randi out	1.5	1.7
Full in Rudi out	1.5	1.7
Triple back	1.5	1.7
Half in Randi out	1.6	1.8
Full in Double-full out	1.6	1.8
Half out Triffis	1.6	1.8
Full in Randi out	1.7	1.9
Half in Half out Triffis	1.7	1.9
Full in Half out Triffis	1.8	2.0
Rudi out Triffis	1.8	2.0
Half in Rudi out Triffis	1.9	2.1
Full in Rudi out Triffis	2.0	2.2
Full Full Full	2.1	2.3
Half out Quadriffis	2.1	2.3
Half in Half out Quadriffis	2.2	2.4



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Difficulty tumbling - examples

Element	Position	Difficulty
Round-off		0.2
Handspring		0.2
Flic-flac		0.2
Whipback (tempo salto)		0.3
Back somersault (ss)	O	0.5
Back somersault	<	0.6
Back somersault	/	0.6
Front somersault	O	0.6
Front somersault	<	0.7
Side somersault	O	0.6
Side somersault	<	0.7
Back ss with ½ twist		0.7
Barani	/	0.8
Back ss with 1/1 twist		0.9
Front ss with 1½ twist		1.3
Back ss with 2/1 twist		1.5
Back ss with 2 ½ twist		1.9
Back ss with 3/1 twist		2.3
Back ss with 3 ½ twists		2.8
Back ss with 4 twists		3.3
Back ss with 5 twists		4.5
Double back somersault	O	2.0
Double back somersault	<	2.4
Double back somersault	/ <	2.6
Double back somersault	/	2.8
Double front somersault	O	2.4
Double front somersault	<	2.8
Double side somersault	O	2.4
Double side somersault	<	2.8

Element	Position	Difficulty
Half in ("arabian")	O	2.4
Half in ("arabian")	<	2.8
Half out (backwards)	O	2.4
Half out (backwards)	<	2.8
Half out (backwards)	/	3.2
Half out (forward)	O	2.8
Half out (forward)	<	3.2
Full in	O	2.8
Full in	<	3.2
Full in	/	3.6
Full in Full out	O	3.6
Full in Full out	<	4.0
Full in Full out	/	4.4
Full in Double-full out	O	4.4
Full in Double-full out	/	5.2
Double-full in Double-full out	/	6.0
Triple back	O	4.5
Triple back	/ O O	4.7
Triple back	// O	5.1
Triple back	<	5.3
Triple back	/ < <	5.5
Triple back	// <	5.9
Triple back	/	6.1
Half in Triple ("arabian")	O	5.1
Half in Triple ("arabian")	<	5.9
Full in Triple	O	5.7
Full in Triple	<	6.5
Quadruple back	O	8.0
Full Full Full	O	8.1



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Difficulty Double Mini-Trampoline - examples

Forward elements			
Front somersault	(4 -)	O	0.5
Front somersault	(4 -)	<	0.6
Front somersault	(4 -)	/	0.6
Barani	(4 1)	O	0.7
Barani	(4 1)	<	0.7
Barani	(4 1)	/	0.7
Rudolph	(4 3)		1.2
Randolph	(4 5)		1.9
Adolph	(4 7)		2.8
Half out	(8 - 1)	O	2.4
Half out	(8 - 1)	<	2.8
Half out	(8 - 1)	/	3.2
Half in	(8 1 -)	O	2.4
Half in	(8 1 -)	<	2.8
Half in	(8 1 -)	/	3.2
Full in Half out	(8 2 1)	O	3.2
Full in Half out	(8 2 1)	<	3.6
Full in Half out	(8 2 1)	/	4.0
Rudy out	(8 - 3)	O	3.2
Rudy out	(8 - 3)	<	3.6
Rudy out	(8 - 3)	/	4.0
Full in Rudy out	(8 2 3)	O	4.0
Full in Rudy out	(8 2 3)	<	4.4
Full in Rudy out	(8 2 3)	/	4.8
Randy out	(8 - 5)	O	4.0
Randy out	(8 - 5)	<	4.4
Half out Triffis	(12 - - 1)	O	5.1
Half out Triffis	(12 - - 1)	<	5.9

Backward elements			
Back somersault	(4 -)	O	0.5
Back somersault	(4 -)	<	0.6
Back somersault	(4 -)	/	0.6
Back ss with 1/1 twist	(4 2)		0.9
Back ss with 2/1 twist	(4 4)		1.5
Back ss with 3/1 twist	(4 6)		2.3
Back ss with 4/1 twists	(4 8)		3.3
Back ss with 5/1 twists	(4 10)		4.5
Double back somersault	(8 - -)	O	2.0
Double back somersault	(8 - -)	<	2.4
Double back somersault	(8 - -)	/	2.8
Half in half out	(8 1 1)	O	2.8
Half in half out	(8 1 1)	<	3.2
Half in half out	(8 1 1)	/	3.6
Full in	(8 2 -)	O	2.8
Full in	(8 2 -)	<	3.2
Full in	(8 2 -)	/	3.6
Full out	(8 - 2)	O	2.8
Full out	(8 - 2)	/	3.6
Full in Full out	(8 2 2)	O	3.6
Full in Full out	(8 2 2)	/	4.4
Half in Rudy out	(8 1 3)	O	3.6
Half in Rudy out	(8 1 3)	<	4.0
Half in Rudy out	(8 1 3)	/	4.4
Full in Double-full out	(8 2 4)	O	4.4
Full in Double-full out	(8 2 4)	/	5.2
Half in Randy out	(8 1 5)	O	4.4
Half in Randy out	(8 1 5)	<	4.8
Double-full in Double-full out	(8 4 4)	O	5.2
Double-full in Double-full out	(8 4 4)	/	6.0
Triple back	(12 - - -)	O	4.5
Triple back	(12 - - -)	<	5.3
Triple back	(12 - - -)	/	6.1
Full in Triple	(12 2 - -)	O	5.7
Full in Triple	(12 2 - -)	<	6.5
Half in Half out Triffis	(12 1 - 1)	O	5.7
Half in Half out Triffis	(12 1 - 1)	<	6.5
Full Full Full	(12 2 2 2)	O	8.1



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FIG numeric system - Trampoline & DMT

Although the FIG Trampoline Technical Committee accepts the traditional terminology as described in Part III K), for the completion of the competition cards, some may prefer to use the FIG numeric system described below.

- The first digit describes the number of somersaults, in quarters (¼)
- Subsequent digits describe the distribution and quantity of twist in each somersault

The shape of the element is described at the end using a 'o' or leaving blank for tucked; '<' for pike and '/' for straight	¼ saltos	½ twists			Shape	Diff. TRA	Diff. DMT
Element							
Half out Triffis, tucked	12	-	-	1	o	1.6	5.1
Half in Rudy out, piked	8	1	3		<	1.6	4.0
Full in Half out, straight	8	2	1		/	1.5	4.0
Half in Rudy out, tucked	8	1	3		o	1.4	3.6
Double back, tucked	8	-	-		o	1.0	2.0
Half out, tucked	8	-	1		o	1.1	2.4
Rudy	4	3	-			0.8	1.2
Double-full	4	4	-			0.9	1.5
Half in 1 ¾ back, tucked	7	1	-		o	0.9	---
Half out double ball out, piked	9	-	1		<	1.4	---

FIG symbols - Tumbling

For the completion of the competition cards in tumbling the FIG symbol system whose principles are described below should be used:

Special elements	
Round off	(
Flic-Flac or Handspring	-
Whipback (tempo salto)	^
Single somersaults	
Salto tucked	o
Salto pike	<
Salto straight	/
Barani	.1
Back with ½ twist	1.
Full twist backwards	2.
1 ½ twist backwards	3.
Double-full backwards	4.

Double somersaults	
Double tucked	oo
Double pike	<<
Double straight + pike	/<
Full in tucked	2o
Full in pike	2<
Full in Full out tucked	22o
Full in Full out straight	22/
Miller straight	24/
Triple somersaults	
Triple tucked	ooo
Triple pike	<<<
Full in Triple tucked	2oo

Side skills = marked with an additional x
 Front or backwards = if necessary marked with a dot: .1 = Barani or 1. = back with ½ twist