



Double Mini Trampoline Help Sheet

This sheet is designed to assist coaches in understanding a simple version of the rules of V-TRAMP.
For a comprehensive set of rules please access the website – www.v-tramp.org

Category	Who is eligible?	What are the <u>recommended</u> criteria?	Prizes
V-Open	15 years or older in the year of competition in both male and female categories. Gymnasts may enter a V-Elite age group as well as V-Open .	ALL passes should contain at least one double somersault. At least ONE pass per round should contain two double somersaults.	Prize money and medals for podium places. Certificates for winning teams
V-Elite	Age groups are 9-12, 13-16, 17+ in both male and female categories.	ALL passes should contain either a double somersault or somersault skills with 1 ½ twists.	Medals for podium places. Certificates for winning teams.
V-Club	Age groups are 9-12, 13-16, 17+ in both male and female categories.	Each round should contain a pass with either a double somersault or a somersault skill with a full twist.	Medals for podium places. Certificates for winning teams.
V-Base	Age groups are 9-12, 13-16, 17+ in both male and female categories.	Each skill should be a somersault and at least one pass per round should contain a skill with a twist.	Medals for podium places. Certificates for winning teams.

V-Open
DMT symbol will
appear here on
the 2nd October
2021

V-Tramp
DMT symbol will
appear here on
the 2nd October
2021



Tumbling Help Sheet

Category	Who is eligible?	What are the <u>recommended</u> criteria?	Prizes
V-Open	15 years or older in the year of competition in both male and female categories. Gymnasts may enter a V-Elite age group as well as V-Open .	Gymnasts should execute their 8 th element of their run with at least a double somersault or a double full twisting somersaulting skill.	Prize money and medals for podium places. Certificates for winning teams
V-Elite	Age groups are 9-12, 13-16, 17+ in both male and female categories.	Gymnasts should execute their 8 th element of their run with at least a double somersault or a double full twisting somersaulting skill.	Medals for podium places. Certificates for winning teams.
V-Club	Age groups are 9-12, 13-16, 17+ in both male and female categories.	Gymnasts should execute their 8 th element of their run with a single somersault containing no more than a double full twist. Difficulty is capped at 3.5 per run.	Medals for podium places. Certificates for winning teams.
V-Base	Age groups are 9-12, 13-16, 17+ in both male and female categories.	Gymnasts should execute their 8 th element of their run with a single somersault without twist. Difficulty is capped at 2.7 per run.	Medals for podium places. Certificates for winning teams.

V-Open
Tumbling symbol first
runs will appear here on
the 2nd October 2021

V-Open
Tumbling symbol second
runs will appear here on
the 2nd October 2021

V-Tramp
Tumbling symbol first
runs will appear here on
the 2nd October 2021

V-Tramp
Tumbling symbol second
runs will appear here on
the 2nd October 2021

Deductions	Infraction
0.6	1) The video is not good quality – blurry or out of focus 3) The video is filmed in portrait 2) The video has no audio 4) The gymnasts leaves the screen during the routine/pass/run
1.0	1) A 2021 V-Tramp symbol has been used for the WRONG routine/pass/run
3.0	1) Routines/passes/runs are recorded showing NO or OLD V-Tramp symbols.
Zero Score	1) Incomplete routines/passes/run that do not have the required number of elements 2) The same video file has been uploaded more than once.

