



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 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 .	Current FIG Senior Rules. The highest 4 tariff skills in the first routine not repeated in the second routine will be awarded difficulty. No restriction on the final round.	Prize money and medals for podium places. Certificates for winning teams

V-Open Routine 1 symbol will appear here on the 2 nd October 2021	V-Open Routine 2 symbol will appear here on the 2 nd October 2021	V-Open Routine 3 symbol will appear here on the 2 nd October 2021
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Category	Who is eligible?	What are the criteria?	Prizes
V-Elite	Age groups are 11-12, 13-14, 15-16, 17-21 and 17+ in both male and female categories.	Current FIG WAGC routine requirements. These requirements can be found on the FIG website under rules/trampoline/WAG Rules. The 17+ will follow the FIG senior rules above.	Medals for podium places. Certificates for winning teams.
V-Club	Age groups are 9-12, 13-14, 15-16, 17+ in both male and female categories.	Requirements are the same for each age group. The first routine must contain 10 different elements with at least 8 somersaults. A minimum of one of these somersaults must land on the front or back and one somersault must have a minimum of a full twist or be a double somersault. The 2nd and 3rd routines are capped at 8.0 difficulty	Medals for podium places. Certificates for winning teams.
V-Base	Age groups are 9-10*, 11-12, 13-14, 15-16, 17+ in both male and female categories.	Requirements are the same for each age group. The first routine must contain 10 different elements with at least 6 somersaults. A minimum of one of these somersaults must land on the front or back. The 2nd and 3rd routines are capped at 6.5 difficulty.	Medals for podium places. Certificates for winning teams.
V-Start	Age groups are 9-10*, 11-12, 13-14, 15-16, 17+ in both male and female categories.	Requirements are the same for each age group. The first routine must contain 10 different elements with exactly 3 somersaults. The 2nd and 3rd routines are capped at 3.0 difficulty.	Medals for podium places. Certificates for winning teams.

V-Tramp
Routine 1 symbol will appear here on the 2nd October 2021

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

V-Tramp
Routine 3 symbol will appear here on the 2nd October 2021

*Where less than 20 gymnasts enter a gender group V-Tramp will combine 9/10 & 11/12 age groups.

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.

