



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-Elite	Age groups are 9-12 mixed gender. 13-16 and 17+ are both male and female categories.	A gymnast must compete three passes. Two passes must contain at least a double somersault.	Medals for podium places. Certificates for winning teams.
V-Club	Age groups are 9-12 mixed gender. 13-16 and 17+ are both male and female categories.	A gymnast must compete three passes. One of the passes must contain a somersault. Only single somersaults are permitted.	Medals for podium places. Certificates for winning teams.
V-Base	Age groups are 9-12 mixed gender. 13-16 and 17+ are both male and female categories.	A gymnast must compete three passes. Passes cannot contain somersaults.	Medals for podium places. Certificates for winning teams.

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Category	Who is eligible?	What are the criteria?	Prizes
Streaming V-MINI 1	Age groups are 9-12 mixed gender. 13-16 and 17+ in both male and female categories. All members must have entered the individual V-Club event.	V-Club criteria apply. Three members to a stream. Same three members compete in each pass. Each member must compete the same pass in the first round.	Medals for podium places.
Streaming V-MINI 2	Age groups are 9-12 mixed gender. 13-16 and 17+ in both male and female categories. All members must have entered the individual V-Elite event.	V-Elite criteria apply. Three members to a stream. Same three members compete in each pass. Each member must compete the same pass in the first round.	Medals for podium places.



Disabilities Trampoline Help Sheet

Category	Who is eligible?	What are the criteria?	Prizes
V-Para 1	Age groups are 9-12, 13-16, 17+ in both male and female categories.	The first routine must contain 10 elements of which only a maximum of 2 may be somersaults. The 2 nd and final routine is capped at a 1.9 DD	Medals for podium places.
V-Para 2	Age groups are 9-12, 13-16, 17+ in both male and female categories.	The first routine must contain 10 elements & have a minimum DD of 2.0. 2 nd & final routines must have a minimum DD of 2.0	Medals for podium places.

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Synchronised Trampoline Help Sheet

Category	Who is eligible?	What are the criteria?	Prizes
V-Sync	Any pair of gymnasts that has entered an individual V-Tramp trampoline event. Age groups are 9-12, 13-16 and 17+. All mixed or same gender pairings.	Two tariffed routines - each has 10 somersaulting skills. The highest scoring routine of the two is ranked in the event.	Medals for podium places.

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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.

