



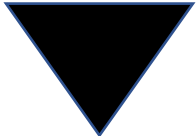
Trampoline Help Sheet

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 	V-Open Routine 2 symbol 	V-Open Routine 3 symbol 
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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 
V-Tramp Routine 2 Symbol 
V-Tramp Routine 3 Symbol 

*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.





Double Mini Trampoline Help Sheet

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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 All Passes



V-Tramp Age
Group DMT symbol
All Passes



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 Pass 1&2



V-Open Tumbling Pass 3&4



V-Tramp Tumbling Pass 1&2



V-Tramp Tumbling Pass 3



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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.





Trampette Help Sheet

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Category	Who is eligible?	What are the criteria?	Prizes	V-Tramp Trampette Pass 1 Pass 2 Pass 3    V-Tramp Trampette Stream 1 Stream 2  
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.	

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.

V-Tramp Disabilities

Routine 1



Routine 2



Routine 3



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.

V-Tramp Synchronised

Routine 1



Routine 2



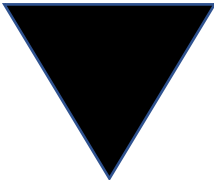
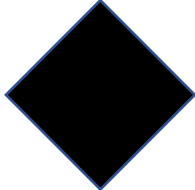
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Zero Score	1) Incomplete routines/passes/run that do not have the required number of elements 2) The same video file has been uploaded more than once.





Symbol Summary Help Sheet

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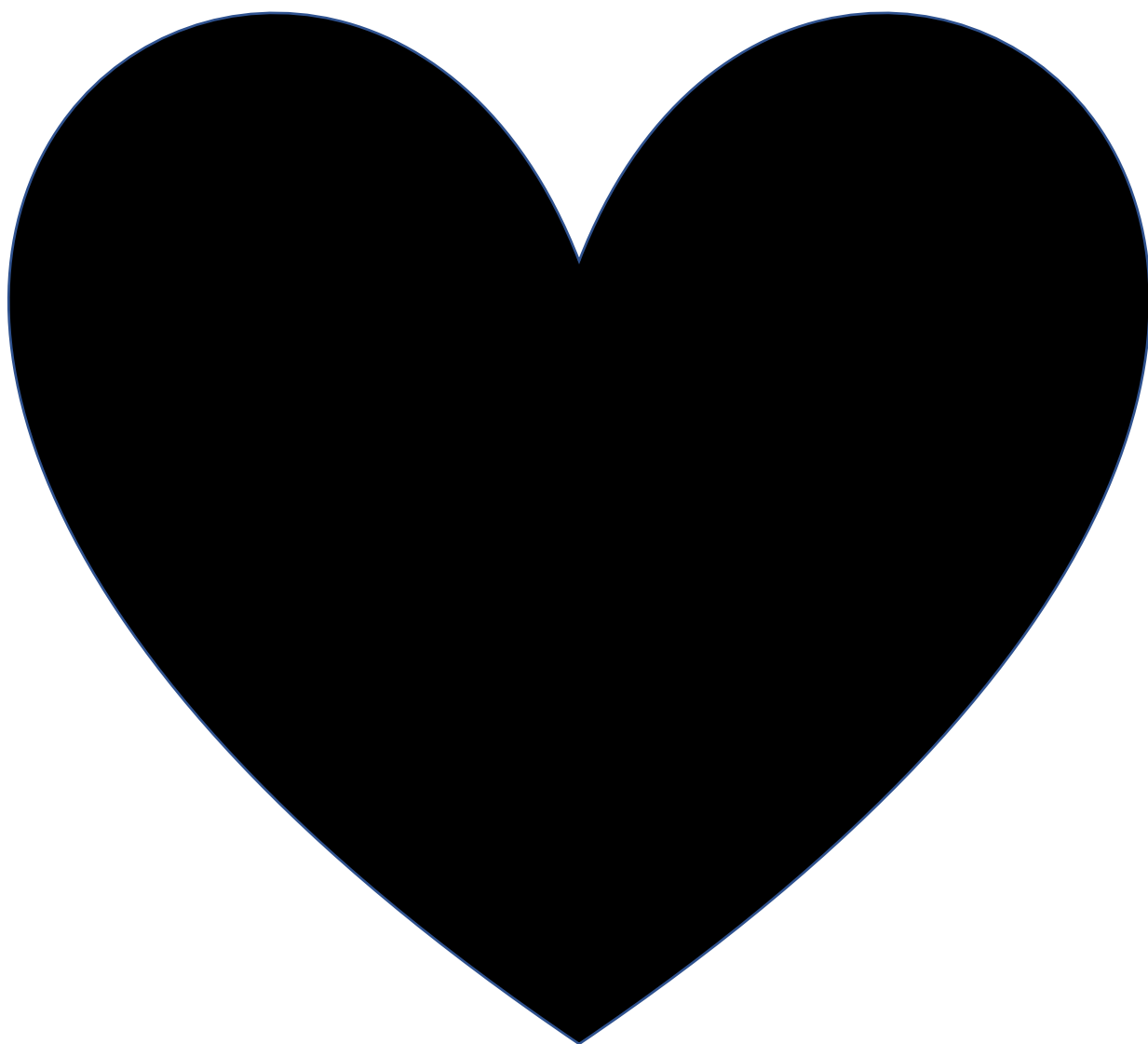
Symbol	Eligible Groups
	Trampoline & Disabilities Age Group – Routine 1 DMT Age Groups – All Passes Tumbling Age Groups – Pass 1 & 2 Synchronised – Routine 1 Trampette – Pass 1
	Trampoline & Disabilities Age Group – Routine 2 Synchronised – Routine 2 Trampette – Pass 2
	Trampoline & Disabilities Age Group – Routine 3 Trampette – Pass 3 Tumbling Age Groups – Pass 3
	Trampoline Open – Routine 1 DMT Open – All Passes Tumbling Open – Pass 1 & 2 Trampette – Stream 1
	Trampoline Open – Routine 2 Trampette – Stream 2
	Trampoline Open – Routine 3 Tumbling Open – Pass 3 & 4

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Symbol Print Out



Eligible Groups

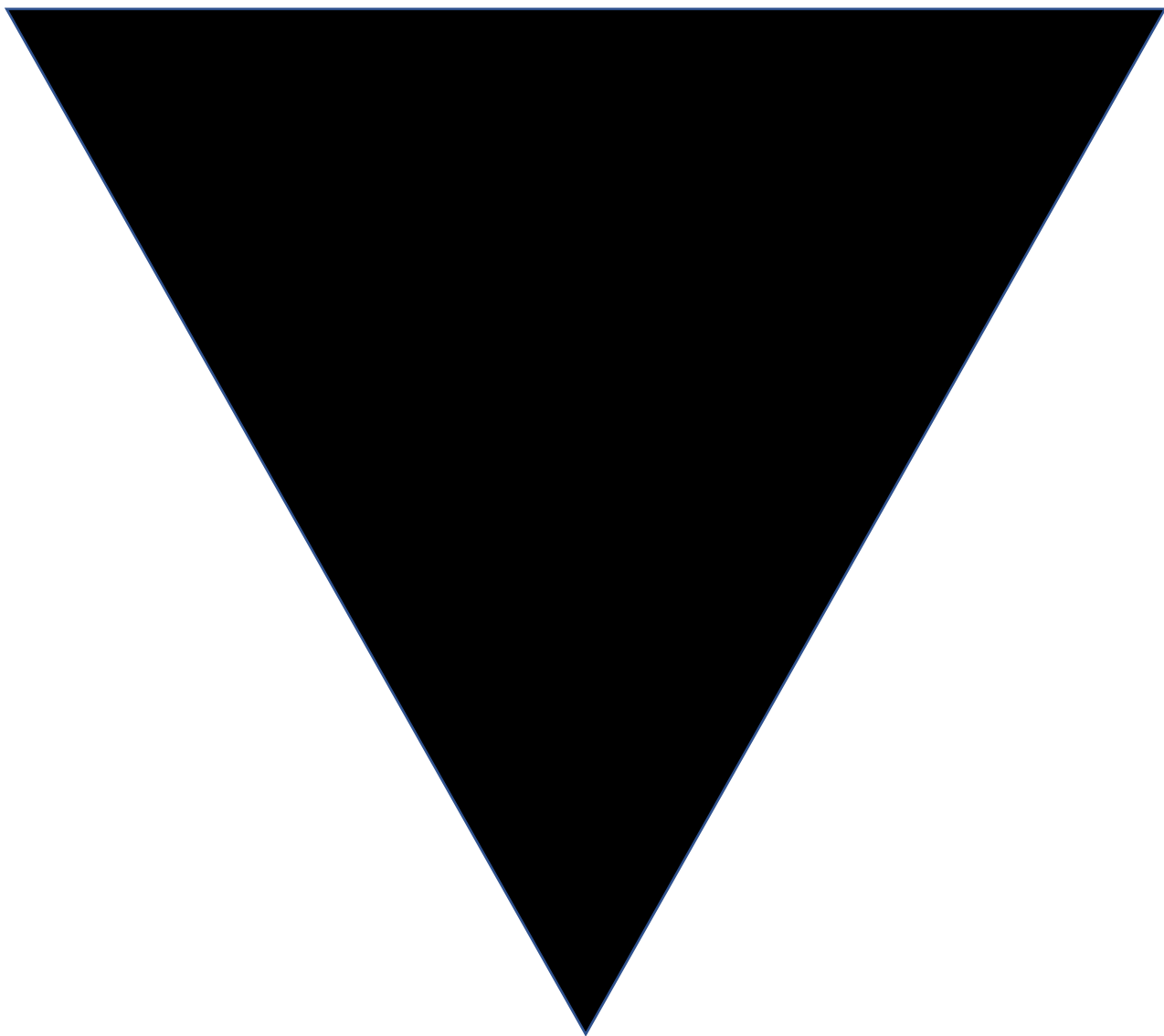
Trampoline & Disabilities Age Group – Routine 1
DMT Age Groups – All Passes
Tumbling Age Groups – Pass 1 & 2
Synchronised – Routine 1
Trampette – Pass 1

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Eligible Groups

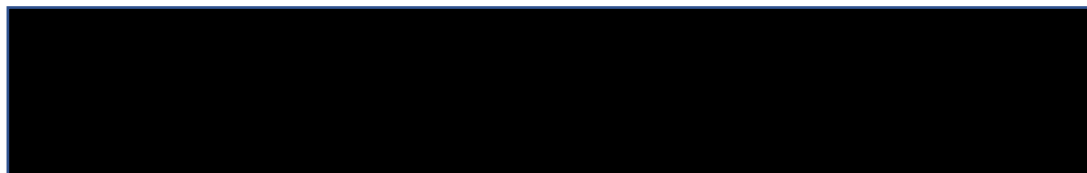
Trampoline & Disabilities Age Group – Routine 2
Synchronised – Routine 2
Trampette – Pass 2

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Eligible Groups

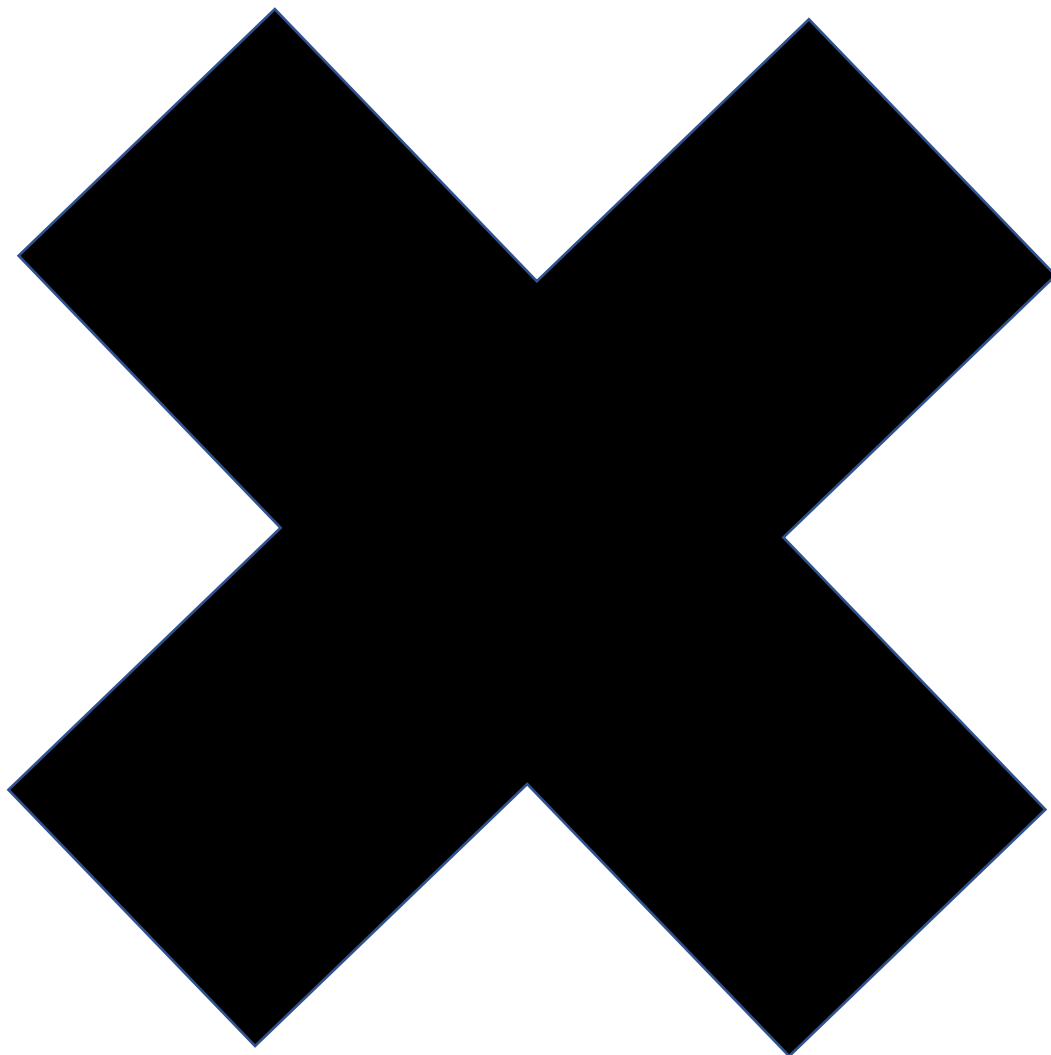
Trampoline & Disabilities Age Group – Routine 3

Trampette – Pass 3

Tumbling Age Groups – Pass 3

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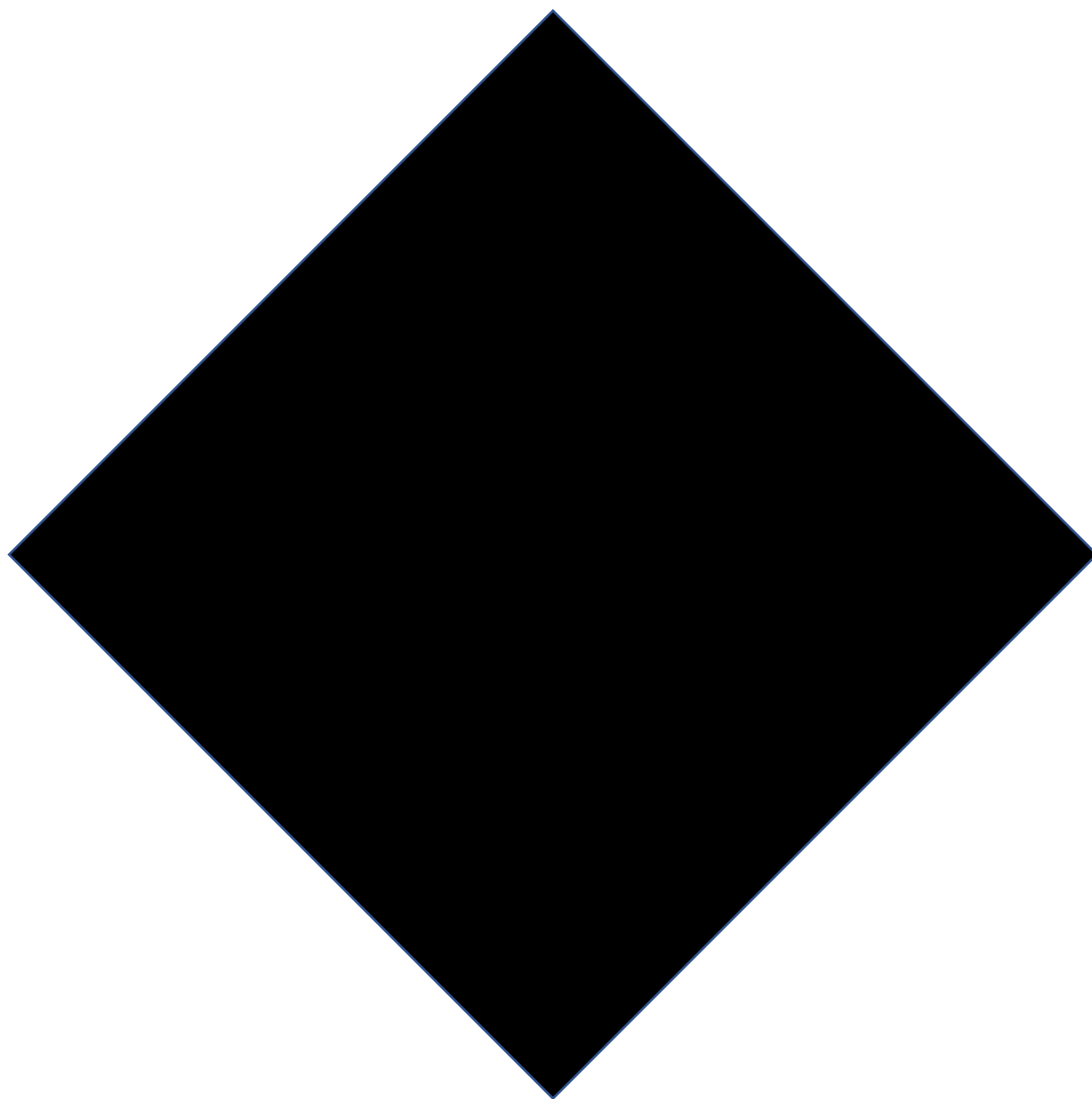
Eligible Groups

Trampoline Open – Routine 1
DMT Open – All Passes
Tumbling Open – Pass 1 & 2
Trampette – Stream 1

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Eligible Groups

Trampoline Open – Routine 2
Trampette – Stream 2

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Eligible Groups

Trampoline Open – Routine 3

Tumbling Open – Pass 3 & 4

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