



Gymnastics Federation of India
Technical Rules for
Trampoline and Tumbling Gymnastics
2025-2028

Prepared by

Trampoline technical Committee

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GYMNASTICS FEDERATION OF INDIA
Code of Conduct - Rules for Trampoline
2025-2028



Competition format – Trampoline Gymnastics

1. INDIVIDUAL COMPETITION (TRA)

QUALIFICATION ROUND

- a. The Starting order of the Gymnasts / Team is decided by draw having up to 12 gymnasts per group.
- b. **Seniors-Qualification Round:** - Is composed by two voluntary exercises for seniors. The highest score of the two exercises will determine the qualification to the Final.
- c. **Mini Group, Sub Junior and Junior - Qualification Round:** - is composed of two exercises in the Qualifying Round, both counting for the total score of the gymnasts. 1 Qualifying Routine with Special Requirements and no difficulty + 1 Voluntary Routine with Difficulty and No Special requirements.
- d. Each group performing their two exercises prior to the next group starting the Qualifying Round.
- e. No Qualifying round will be conducted if there are less than 8 Gymnast and the entire gymnast will be directly performing finals.

FINALS

- a. Participation in Finals will be limited to a maximum of 2 gymnasts per unit as per their qualifying score. If directly qualified without qualification round all gymnasts will participate in finals.
- b. Any withdrawal in final, the next highest qualifying score will be competing in the finals.
- c. The starting order for Finals is decided by a draw where Gymnasts ranked 5th to 8th after qualifying will be drawn for the starting order positions 1 to 4 and Gymnasts ranked 1st to 4th after qualifying will be drawn for the starting order positions 5 to 8.
- d. In Finals, the eight (8) gymnasts will perform one (1) voluntary exercise.

WINNERS

- a. The winner is the gymnast with the highest score in Finals (maximum 2 gymnasts per unit on podium).
- b. In case of any tie, then tie break rules will apply (see TR - FIG).
- c. Merit certificates will only be awarded in there are 6 or above gymnast competition in any round

2. TEAM COMPETITION

- a. A team is composed of a minimum of three (3) and a maximum of four (4) gymnasts per event (men's or women's competition).
- b. Team Finals will be conducted from Qualifying round.
- c. The team score is calculated after Qualifying round using the sum of the three (3) highest scores produced by team members across both exercises in Qualifying. For seniors, only one exercise from each gymnast is counted towards the team score. While in other age groups Summation of 3 best scores from R1 and R2 will be considered.
- d. The winner is the team with the highest scores produced by team members.
- e. Merit certificates will only be awarded in there are 5 or above teams in Qualification round.

3. ALL AROUND TEAM FINAL

- For the All-Around Team Final, the qualification scores of the best gymnast from each team in all 4 events (Trampoline Men, Trampoline Women, Tumbling Men, and Tumbling Women) will be used.
- The top five (5) teams from the Qualification Round (Q1) will advance to the All-Around Team Final. In the Final, teams will earn ranking points based on their placement in each event as follows: 1st place – 10 points, 2nd place – 8 points, 3rd place – 6 points, 4th place – 5 points, and 5th place – 4 points. The team with the highest total ranking points across all events in the Final will be declared the winner.
- **Subsequently extending this to Double Mini Trampoline (DMT) and Synchronized Trampoline scores.**



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	Mini Group (Under 12)	Sub Junior (Under 14)	Junior (Under 16)	Senior (Above 16)
Competition Format				
Qualification	1 Qualifying Routine with Special Requirements and no difficulty + 1 Voluntary Routine with Difficulty and No Special requirements	1 Qualifying Routine with Special Requirements and no difficulty + 1 Voluntary Routine with Difficulty and No Special requirements	1 Qualifying Routine with Special Requirements and no difficulty + 1 Voluntary Routine with Difficulty and No Special requirements	2 Qualifying Voluntary Routine with no requirements
Top eight gymnast from qualifying	Addition of 2 Routines.	Addition of 2 Routines.	Addition of 2 Routines.	Best score counts out of 2 Routines
Finals	1 Voluntary Routine	1 Voluntary Routine	1 Voluntary Routine	1 Voluntary Routine
Number of elements	10	10	10	10
Special Requirement -1	one (1) element landing on the front of the body	Any Element with 270° rotation landing on the front or back.	Any Salto element starting after landing on the front or back with 450° rotation	
Special Requirement -2	one (1) element landing on the back of the body	one (1) element from front or back – in combination with requirement N°1 with 450° rotation	Any Double Salto (forward or backward) with or without turn	
Special Requirement -3	One (1) element with a minimum of 180° twist and 360° of rotation.	One (1) element with a minimum of 360° twist and 360° of rotation.	One (1) element with a minimum of 540° twist and 360° of rotation	
Special Requirement -4	10 Different Skills	10 Different Skills	10 Different Skills	
Remarks	Each element meeting the requirement must be marked with an asterisk (*) on the competition card for qualifying routine.			
Scoring	DD+Exe+ToF+HD-Pen			
Difficulty (DD)	As per FIG Code (See Table of Difficulties)			
Execution (Exe)	Execution score from 10.00 will be awarded for completing the number of elements prescribed in the age group. Any number of missing elements will deduct 1.00 for each missing element from maximum E score (10.00) from each judge. Middle scores of 2 out of 4 or 6 Judges. Maximum score = 20.00.			
Time of Flight (ToF)	As per FIG rules using the electronic Time of Flight device			
Horizontal Displacement (HD)	As per FIG Code manually by HD Judge (Out of 10.00)			
Penalties (Pen)	a. Missing Special Requirement – 2.00 Points for each missing requirement b. Extra Element – As per latest FIG code c. Other penalties as per FIG Code			
Repetition Rules	a. An element is considered repeated when used in the same routine more than once. b. In voluntary routine, if an element is repeated, there will be no penalty and no Difficulty will be awarded for repetition. c. In qualifying routine penalty of 2.00 for each repetition.			



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Competition format – Tumbling Gymnastics

1. INDIVIDUAL COMPETITION (TUM)

QUALIFICATION ROUND

- a. The Starting order of the Gymnasts / Team is decided by draw having up to 12 gymnasts per group.
- b. **QUALIFICATION ROUND** is composed by two voluntary exercises for all age groups. The total score of the two exercises will determine the qualification to the Final
- c. Each group performing their two exercises prior to the next group starting the Qualifying Round.
- d. No qualifying round will be conducted if there are less than 8 Gymnast and the entire gymnast will be directly performing finals.

FINALS

- a. Participation in Finals will be limited to a maximum of 2 gymnasts per unit as per their qualifying score. If directly qualified without qualification round all gymnasts will participate in finals.
- b. Any withdrawal in final, the next highest qualifying score will be competing in the finals.
- c. The starting order for Finals is decided by a draw where Gymnasts ranked 5th to 8th after qualifying will be drawn for the starting order positions 1 to 4 and Gymnasts ranked 1st to 4th after qualifying will be drawn for the starting order positions 5 to 8. If directly qualified for finals, then the starting order will be decided by draw.
- d. Finals are divided into two (2) rounds with applicable repetition rules.
- e. In F1, the eight (8) gymnasts will perform one (1) voluntary exercise. Gymnasts start F1 with a score of zero. The best four (4) gymnasts will qualify to F2, while the remaining four (4) will be ranked from 5th to 8th position according to their results in F1.
- f. In F2, four (4) gymnasts will perform one (1) voluntary exercise and compete for the title (gold medal) and the remaining places (2nd to 4th). Gymnasts start F2 with a score of zero.

WINNERS

- a. The winner is the gymnast with the highest score in F2 (maximum 2 gymnasts per unit on podium).
- b. In case of any tie, then tie break rules will apply (see TR - FIG).
- c. Merit certificates will only be awarded in there are 6 or above gymnast competition in any round

2. TEAM COMPETITION

- a. A team is composed of a minimum of three (3) and a maximum of four (4) gymnasts per event (men's or women's competition).
- b. Team Finals will be conducted from Qualifying round.
- c. The team score is calculated after qualifying round using the sum of the three (3) highest scores produced by team members across both exercises in Qualifying. Only one exercise from each gymnast is counted towards the team score
- d. The winner is the team with the highest scores produced by team members.
- e. Merit certificates will only be awarded in there are 5 or above teams in Qualification round.



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	Mini Group (Under 12)	Sub Junior (Under 14)	Junior (Under 16)	Senior (Above 16)
Competition Format				
Qualification	2 Qualifying Passes			
Qualifying Score	Total score of Both Routine			
Final 1	1 Voluntary Routine Top eight gymnast from qualifying			
Final 2	1 Voluntary Routine with applicable repetition rules. Top 4 Gymnast from Final 1			
Number of elements	6	8	8	8
Scoring	DD+Exe-Pen			
Difficulty (DD)	As per FIG Code (See Table of Difficulties)			
Execution (Exe)	Execution score from 10.00 will be awarded for completing the number of elements prescribed in the age group. Any number of missing elements will deduct 1.00 for each missing element from maximum E score (10.00) from each judge. Middle scores of 2 out of 4 or 6 Judges Maximum score = 20.00.			
Penalties (Pen)	1. Extra Element – As per FIG code 2. Repetition – No D score of repeated skills will be rewarded 3. Other penalties as per FIG Code 4. All completed exercises must end with a somersault, otherwise there will be a penalty of 2.0 points by the CJP			
Repetition Rules	1. An element is considered repeated when used in the same routine more than once. If an element is repeated in second pass of qualifying or finals, there will be no penalty and no Difficulty will be awarded for repetition. 2. No repetition of elements except round-offs, flic-flacs, front handsprings, whip backs. 3. Full twist backs can be performed a maximum of three times per exercise; otherwise, the difficulty of any extra full twist back will not be counted. 4. Full twist back can be performed only in one of the two exercises of Q1 and F1 + F2 as the eighth element; otherwise, the difficulty of the second full twist back as a last element will not be counted.			

Note: -

1. The rules and regulations outlined in this Code of Points are in accordance with the Gymnastics Federation of India (GFI) Code of Conduct. However, any rules or guidelines not explicitly mentioned here will be superseded by the International Gymnastics Federation (FIG) Code of Conduct and the Age Group Code of Conduct. Please ensure that you are familiar with these documents, as they will take precedence in cases of any omissions in this Code of Points.

2. In 2025, Double Mini Trampoline (DMT) and Synchronized Trampoline (SYN) will be introduced in trial mode, without official competitions. Their inclusion in the Code of Points will be determined later based on athlete participation and performance. Further guidelines will be shared as the trial progresses.