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# VIRTUAL TRAMPOLINE COMPETITION

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Handbook

Contents

Competition Information and Rules..... 2

Competition Disciplines..... 2

Competition Dates..... 2

Eligibility ..... 2

Officials Requirements ..... 2

Entry Fee..... 2

Competition Ability Levels & Age Groups ..... 3

Routine Submission ..... 3

Judging of Submissions..... 3

Competition Password Symbol ..... 3

Filming Rule ..... 4

Discipline Specific Film Requirements..... 4

Discipline Specific Requirements ..... 0

## Competition Information and Rules

For a competitor to be scored, all Virtual Competition rules are mandatory and **must** be followed. All Coaches, Competitors and Judges, are advised to read this document which can also be downloaded from our website.

## Competition Disciplines

Individual Trampoline (TRI)

## Competition Dates

Competition Entry is completed via the IGA membership portal.

### *Competition Entry window*

Entries will open at midnight on 01/03/2022

Entries will close at midnight on 31/03/2022

*Please note, late entries will not be accepted.*

### *Video Submission window*

Video Submissions begin on 01/04/2022

Video Submissions end on 30/04/2022

*Please note, late video submissions will not be accepted.*

It is the intention to have results during June 2022.

## Eligibility

Clubs and gymnasts entering this virtual competition **must** be registered and hold active membership with IGA. Gymnasts entering **must** be aged 9 years or older when entries open.

## Officials Requirements

Judging will be conducted remotely, and all judges are required to have access to the internet to be able to view competitors' submissions, as well as Microsoft Excel to be able to record the scores.

Each Club are required to submit at least 1 judge for each 10 entries with a maximum of 5 judges.

All judges nominated will be contacted to confirm if they have been selected as a judge and subsequently will be provided with judging instructions.

## Entry Fee

£10.00 per competitor

## Competition Ability Levels & Age Groups

There will be three levels for the competition, these will be Level 3, 2, 1. Clubs should enter gymnasts into the level which best reflects their abilities. Male and Female categories are offered in all levels.

Each level will be broken into the following age groups:

- Ages 9/10
- Ages 11/12
- Ages 13/14
- Ages 15/16
- Ages 17/18
- Ages 19+

In the event there are less than 10 entries in both the 9/10 & 11/12 age group, IGA reserves the right to combine these groups into a 9-12 age group for the respective level.

## Routine Submission

Competitors will submit video footage, for both their preliminary rounds as well as their final round(s) and **must** be submitted at the same time. It is requested that the video be provided in MP4 format and be clearly audible. When videos are submitted a service such as WeTransfer or Dropbox Transfer should be used.

## Judging of Submissions

Each competitor will have their preliminary routines judged. Once the preliminary routines have been judged, the top 8 ranked competitors in each group will compete in the final round(s).

## Competition Phrase/Password

Once the video submission window begins, clubs will be issued with a competition phrase or password which will be emailed to the individuals who completed the initial competition entries.

Competitors routines for submission may only take place after the submission window opens. To enable to prove the authenticity of filming, the phrase or password **must** be applied to **ALL** submissions, this will be done, by having the phrase or password clearly printed on white paper and held up to the camera by the competitor at the end of their routine and **must** take place in one continuous recording. It can not be added to the video

## Filming Rule

When filming competitors routines:

- It is required that filming take place indoors, under coach supervision,
- It is the responsibility of the club to ensure that permission has been granted for those visible to have their image used and published. Those under 18, permission **must** be sought from their parents/guardians. ***IGA will not accept any responsibility for misuse of image rights.***
- All competitors **must** be correctly attired for the competition. *See FIG website for specifications.*
- Submitted videos, **must** not include any audible or visual identification relating to the competitor or the club. Doing so may result in a points deduction or disqualification from the competition. Please note this will be at the discretion of the Head Judge, whose decision will be final.

## Specific Film Requirements

The following requirements have been set for each video submissions and must be adhered to.

- Submitted videos may not exceed one minute in duration.
- Videos must begin with the competitor presenting to the videographer.
- Routines must be filmed from the side of a trampoline, in a central position and a minimum of 5 meters from the trampoline.
- Those filming must be raised to a minimum height of 1 meter from the floor and a maximum of 2 meters from the floor.
- The enter routine must be captured by the camera in its entirety whilst remaining stationary.
- A competitor's head, at the top of each element as well as their feet at the bottom of the trampoline bed, **must** be always visible in the frame.
- Filming **must** continue until the routine has concluded and the competitor has presented the competition phrase or password.

## Discipline Specific Requirements

All entry routines **must** be comprised of 10 elements. Gymnasts will submit all three routines for judging.

<i>Level</i>	<i>Round 1</i>	<i>Round 2</i>	<i>Round 3</i>
TRI Level 3	Gymnasts <b>must</b> include 1 element with 360° of somersaulting rotation.	Gymnasts may include a maximum of 2 elements with 360° of somersaulting rotation.	Gymnasts may include a maximum of 2 elements with 360° of somersaulting rotation.
TRI Level 2	Gymnasts <b>must</b> include 3 elements with 360° of somersaulting rotation.	Gymnasts may include a maximum of 4 elements with 360° of somersaulting rotation.	Gymnasts may include a maximum of 4 elements with 360° of somersaulting rotation.
TRI Level 1	Gymnasts <b>must</b> include 5 elements with 360° of somersaulting rotation.	Gymnasts may include a maximum of 6 elements with 360° of somersaulting rotation.	Gymnasts may include a maximum of 6 elements with 360° of somersaulting rotation.

**Gymnasts must not exceed the number of elements listed in each round.**

Should you require clarification on any of the discipline specific requirements, please email [graham.williams@igauk.com](mailto:graham.williams@igauk.com)