

**INTERNATIONAL OPEN CUP 2018 GALICIA
TRAMPOLINE GYMNASTICS**





INTERNATIONAL OPEN CUP 2018 GALICIA TRAMPOLINE GYMNASTICS

REGULATIONS

DATES OF CELEBRATION

- **March 08-09-10, 2018**
- Place: Pazo dos Deportes Paco Paz (Ourense)

REGISTRATION DATES

- Preliminary Registration: January 08, 2018. (Appendix I (G. Trampoline)).
- Final registration: February 01, 2018 (Appendix II (G. Trampoline)).

FEES

- Registration fees are € 10.00 per gymnast to be paid in Banco Sabadell Atlántico National transfers: 0081 5290 79 0001039008 - International Transfers: IBAN ES34 0103 7900 5290 0081 9008 - BIC: BSABESBB . The deposit will be made along with final and named registration (February 01, 2018).

GENERAL RULES

- All participants must comply with the General Competition Rules and Regulations FGX Licensing into force.
 - All gymnasts must be in possession of a valid federation licence. Should they belong to another Federation they shall attach along with the registration form, a certificate of the Federation containing licence number of the registered gymnast.
 - Registration is limited to 5 male and 5 female gymnasts by Club, category and modality.
 - Each club will have to register a number of international judges for modality according to the following:
 - 2-10 gymnasts = 1 judge
 - 11 – or more gymnasts = 2 judges
- Failure to comply with this rule will be penalized with a payment of 300.00 € to be deposit in the bank account 0081 5290 79 0001039008 along with registration (February 01, 2018).*
- All competitors will receive a participation certificate. Trophy for the first three classified of each category.
 - The Galician Federation reserves the right to suspend the competition in those modalities in which there is no a minimum number of participants.
 - In those cases not covered by these technical regulations the provisions of the Trampoline Code of Points of the International Gymnastics Federation (FIG) shall apply.



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TECHNICAL REGULATIONS

MODALITIES

Trampoline and Synchro

Dobleminitramp

Tumbling

CATEGORIES / AGE OF GYMNASTS

| CATEGORY | AGES |
|----------|---|
| Level 1 | 8-9-10 years (2008, 2009, 2010) |
| Level 2 | 11-12 years (2006, 2007) |
| Level 3 | 13-14 years (2004, 2005) |
| Level 4 | 15-16-17 years (2001, 2002, 2003) |
| Level 7 | 17 and more years (2000 and previous years) |

TECHNICAL PROGRAM:

TRAMPOLINE

- LEVEL 1: REGULATION ELITE 4 NATIONAL RFIG

The competition will consist of a preliminary phase, in which each gymnast perform two full years, and a free pass to the finals.

The first pass of the preliminary phase, which will consist of ten elements different, must include the following elements:

- Three elements have at least 360 ° of rotation transverse
- An item with falling chest or back
- An element leaving from breast or from back
- open tent or tent closed

The second pass of the preliminary phase will be free, with minimal difficulty of 1.6 punishment; otherwise, each execution judge deducted 0.5 points per tenth missing up to 1.6 points required.

The pass finals will be free, with minimal difficulty of 1.6 points; otherwise, each execution judge deducted 0.5 points per tenth missing to reach 1.6 points

- LEVEL 2 and 3: AGE GROUP REGULATIONS

- LEVEL 4: FIG B REGULATIONS (JUNIOR)

- LEVEL 5: FIG A REGULATIONS (SENIOR)



SYNCHRO

Only Junior (level 4) and Senior (level 5) categories.

DOBLEMINITRAMP & TUMBLING

- LEVEL 1: REGULATION ELITE 4 NATIONAL RFIG

➤ DOBLEMINITRAMP:

All categories will follow the FIG Code.

Only one element without transverse rotation in each pass will be allowed. If the two elements were made without transverse rotation, the note of the pass will be zero.

➤ TUMBLING:

Two passes in the preliminary phase and two passes in the final phase of 4 elements.

The first pass of the preliminary phase will be as follows:

Round - Flic-flac -Flic-flac - Free element.

The free element can never be a stretched jump. If done, it would not be valued.

The second pass will be a free exercise of four elements, which can not be equal to the first pass. In case the two passes are equal, the difficulty value of the repeated elements in the second pass will not be counted, with the exception of flic-flac, whipbacks (Tempos) and round-offs (rounds).

The two passes of the final phase will be free. The second pass may not be equal to the first. In case the two passes are equal, the difficulty value of the repeated elements in the second pass will not be counted, with the exception of flic-flac, whipbacks (Tempos) and round-offs (rounds).

It is not mandatory to finish the passes with a somersault.

Each 180° of longitudinal rotation in elements without transverse rotation will have a value of 0.1 points of difficulty.

- LEVEL 2 and 3: AGE GROUP REGULATIONS

- LEVEL 4: FIG B REGULATIONS (JUNIOR)

- LEVEL 5: FIG A REGULATIONS (SENIOR)

FINALS:

- More than 10 registered gymnasts in the Preliminary: only 8 will compete in the finals.
- 9 or 10 registered gymnasts in Preliminary: 6 will compete in the finals.
- If there are 8 registered gymnasts or less: final classification will be obtained from the preliminary.
- The winner will be the one who gets the highest mark adding preliminary and finals scores.