

BUCS TRAMPOLINE REGULATIONS

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TRM i The BUCS Trampoline Championships shall be conducted in accordance with the following BUCS sport specific regulations, the BUCS general regulations, and the FIG (International Gymnastics Federation) Code of Points (2025-2028). Technical rules shall be according to the FIG Code of Points (2025-2028), except where modified by these regulations, the Entry Information, or the Competition Structure. Tie-break rules for all disciplines shall be per the FIG Code of Points. Further event specific requirements, rules, and regulations will be contained within the entry and pre-event information for each Championship.

TRM ii In the event that these regulations contradict the BUCS general regulations, these BUCS sport specific regulations will supersede, unless specifically stated otherwise.

TRM iii In the event that these regulations contradict the FIG (International Gymnastics Federation) Code of Points (2025-2028), these BUCS sport specific regulations will supersede, unless specifically stated otherwise.

TRM iv The gender eligibility criteria for the BUCS Trampoline Championships will be determined as per [REG 4.3](#).

TRM 1 Championships BUCS will host annually a Trampoline and Double Mini Trampoline Championships. The programme shall include the events listed in Appendix 1 ('BUCS Competition Offer and Associated BUCS Points'), subject to entry numbers. All competition specific event information will be available in the event entry information and pre-event information.

TRM 2 Appeals, disputes and inquiries

TRM 2.1 Disputes In line with REG 7.7, should a dispute not covered by TRM 2.2 occur at an event, the event appeal panel for Trampoline and Double Mini Trampoline shall comprise of a BUCS staff member and members of the Event Management Group.

TRM 2.2 Superior Jury

TRM 2.2.1 There shall be a Superior Jury, comprised of at least two of: the BUCS Event Lead, the BUCS Trampoline and Double Mini Trampoline Chair, and a senior judge representative.

TRM 2.2.2 Appeals or inquiries should be taken to the Chair of Judges in the first instance. Further appeals may be made to the Superior Jury only once the Chair of Judges has made a decision. Appeals must be made, in a polite manner, before the end of the respective flight to which the appeal relates, and in any event, as soon as possible.

TRM 2.2.3 Appeals may only be made in respect of the difficulty score or time of flight/synchronisation/horizontal displacement score. No inquiries may be made in respect of execution scores.

TRM 2.2.4 The Superior Jury shall not overrule the decision of the Chair of Judges if it does not have sufficient evidence and/or information to come to an informed decision.

TRM 2.2.5 The decision of the Superior Jury shall be final.

TRM 3 Individual Trampoline

TRM 3.1 All Individual Trampoline levels will comprise a qualification round and a final round for each level.

TRM 3.2 There shall be ten levels of individual competition, with male and female categories for each:

- BUCS Disability Levels 1–2
- BUCS Levels 1–7
- BUCS FIG Level

TRM 3.3 Competitors in Levels 3–7 and Disability Levels 1–2 may choose which compulsory exercise they wish to perform from the options listed. Competitors in BUCS Level 1, BUCS Level 2 and FIG Level may perform a first exercise(s) of their own construction, which must satisfy the specified requirements.

TRM 3.4 BUCS has the right to issue an automatic disqualification without the right to an appeal to any competitor from any Individual Trampoline level if BUCS forms the reasonable opinion that the gymnast has demonstrated an ability to compete at a higher level in any way.

TRM 3.4.1 Competitors must comply with the entry matrices in the event Entry Information. For categories with crossover between multiple categories in other structures, reference should be made to the highest difficulty attempted in competition and the difficulty levels of the corresponding categories.

TRM 3.5 Failure to meet requirements or the minimum difficulty in an exercise shall result in a 2.0 penalty per occurrence in that exercise. For compulsory exercises, deviation shall be deemed an interruption.

TRM 3.6 Final round

TRM 3.6.1 The top eight ranked competitors in each category (or less, if there are fewer than eight) from the qualification round shall qualify to the final round, subject to them having met the minimum difficulty requirements in the qualification round. For FIG Level gymnasts, the minimum difficulty must be met in at least one of their attempts in the qualification round. The final round applies to all categories and will consist of one exercise. The final round exercise shall be of any construction within the second exercise requirements for each level (Disability Levels 1–2 and BUCS Levels 1–7).

TRM 3.6.2 Guests may qualify for and compete in the final round but will not displace a student competitor (i.e. they will compete in the final in addition to the top eight student competitors) and cannot medal.

TRM 3.6.3 There shall be no 'reserve' places in the final round.

TRM 3.6.4 All finals will start from a zero score unless there are eight or fewer competitors in the qualifying round on the day of competition, in which case scores will be cumulative from the qualifying round for that category.

TRM 3.7 Applications to downgrade to a different level need to be submitted in writing to BUCS no later than the entry closing date. Please ensure that each competitor has been entered at the appropriate level at the time of submission.

TRM 3.8 Each exercise must fulfil the criteria of the respective level.

TRM 3.9 Prior to the start of each group, each performer must submit their competition card to the appropriate judging panel. This applies to competitors in all levels.

TRM 3.9.1 All competition cards should be presented in British Gymnastics/FIG notation only.

TRM 3.10 Each institution/Playing Entity shall supply appropriately qualified coaches. Coaches are required to sign all competition cards for their competitors and indicate their level of coaching qualification.

TRM 3.11 All competitors are required to present themselves in the correct competition attire, which follows the British Gymnastics Competition Attire at Events for Gymnasts policy in conjunction with the FIG Code of Points.

TRM 3.11.1 Only competition attire will be allowed on the trampoline, including during warm-up.

TRM 3.11.2 Competitors must wear foot-coverings.

TRM 3.11.3 Underwear should not be visible.

TRM 3.11.3.1 In the event that it is not possible to adequately cover underwear (in compliance with TRM 3.11.3), a dress penalty shall not be applied if the visible underwear does not create a large contrast with the colour of the leotard.

TRM 3.11.4 Competitors who do not adhere to regulations TRM 3.11.1 – TRM 3.11.3 may be disqualified at the discretion of the organisers/Chair of Judges.

TRM 3.12 Order of performance

TRM 3.12.1 Qualification Round – The order of performance shall be drawn at random and published in advance of the competition.

TRM 3.12.2 Final Round – The order of performance shall be drawn at random and published in advance of the final round.

TRM 3.13 Time of Flight (ToF) and Horizontal Displacement (HD)

TRM 3.13.1 If for any reason there is a breakdown of the electronic timing system, the ToF and HD scores will be determined through an analysis of the official video. In the event of failure of the backup system, a re-jump may be allowed. In this instance the ToF and or HD *only* will be judged. The original scores for the first attempt will be retained, regardless of the number of skills present. The score(s) obtained in the re-jump will only be attributed to the number of skills performed in the original first attempt of that exercise.

TRM 3.13.2 ToF will not be included for Disability Levels 1–2 in the Individual Trampoline competition but will be included for the calculation of the scores for the team categories and to assess a competitor's eligibility to qualify to BUCS Knockout.

TRM 4 Synchronised Trampoline

TRM 4.1 There shall be four levels of mixed-gender competition:

- Synchronised Level 4: Pairs of competitors in BUCS Levels 6–7

- Synchronised Level 3: Pairs of competitors in BUCS Levels 4–5
- Synchronised Level 2: Pairs of competitors in BUCS Levels 2–3
- Synchronised Level 1: Pairs of competitors in BUCS FIG Level and BUCS Level 1

TRM 4.1.1 BUCS Disability competitors should enter the synchronised level that corresponds to the equivalent individual level requirements of their individual competition exercises.

TRM 4.2 Pairs will perform two exercises. The first exercise must be a first exercise as per the Individual Trampoline structure. The second exercise must be a second exercise as per the Individual Trampoline structure, and shall include difficulty.

TRM 4.2.1 Pairs of BUCS FIG Level competitors may perform two of the same, or two different exercises, provided that the minimum difficulty is met in each exercise. Difficulty will be awarded for the second exercise only.

TRM 4.2.2 Difficulty shall only be awarded in the second exercise for all levels.

TRM 4.3 A synchronised pair consists of two gymnasts.

TRM 4.4 A gymnast may only compete in one synchronised pairing.

TRM 4.5 Pairs may be made up of competitors of mixed levels and genders within the level ranges specified for each level.

TRM 4.5.1 Pairs must compete the exercises (or requirements) of the level of the lowest competing member of the pair. For example, in Synchronised Level 1, a pair of a BUCS FIG Level competitor and a BUCS Level 1 competitor must perform BUCS Level 1 exercises.

TRM 4.5.2 If an exercise other than those possible under TRM 4.5.1 is performed, the exercise will be deemed interrupted, or the appropriate penalty applied as per TRM 3.5. If an exercise higher than that of the level of the lower competitor is performed, the pair will be disqualified and the appropriateness of the lower competitor's entry into the Individual Trampoline levels will be assessed (if applicable). Any pair may also be disqualified if BUCS forms the reasonable opinion that the gymnast(s) has/have demonstrated an ability to compete at a higher level in any way.

TRM 4.6 Prior to the start of each flight, each pair must submit their competition card to the appropriate judging panel per the requirements of TRM 3.9. This applies to pairs in all levels. All competition cards should be presented in British Gymnastics/FIG notation only.

TRM 4.7 Each institution/Playing Entity shall supply appropriately qualified coaches. Coaches are required to sign all competition cards for their pairs and indicate their level of coaching qualification.

TRM 4.8 Attire rules shall follow TRM 3.11 and there shall be no penalty for non-matching attire.

TRM 4.9 Order of performance The order of performance shall be drawn at random and published in advance of the competition.

TRM 5 BUCS Knockout

TRM 5.1 There shall be one level of competition, consisting of three head to head rounds (Quarter Final, Semi Final, Final).

TRM 5.2 All competitors entered into any individual trampoline category will be automatically eligible to compete in BUCS Knockout.

TRM 5.2.1 All individual trampoline competitors will be ranked by their single highest scoring exercise from the qualifying round and the top eight male and top eight female competitors will be invited to compete in separate BUCS Knockout competitions. Disability Level competitors will only have Time of Flight (ToF) will be included for competitors in Disability Levels 1–2 to assess their eligibility to qualify to BUCS Knockout.

TRM 5.2.2 A limit of one competitor per institution will be applied for each Knockout competition. If a competitor has someone from the same institution qualify ahead of them, or a competitor does not accept their invitation into BUCS Knockout, their position will be offered to the next competitor in the list who satisfies the criteria.

TRM 5.2.3 Guest competitors are not eligible for BUCS Knockout.

TRM 5.3 The eight qualifying competitors will be seeded to compete against each other in the Quarter Final with the top ranking competitor competing against the 8th ranked competitor, 2nd against 7th, 3rd against 6th and 4th against 5th.

TRM 5.4 The exercise requirements for each round will be as follows

TRM 5.4.1 Quarter Final: 2 elements

TRM 5.4.2 Semi Final: 2 elements

TRM 5.4.3 Final: 5 elements

TRM 5.5 If an element is repeated within the same exercise, it shall be deemed an interruption. There are no restrictions on repeating elements between exercises. There is no minimum or maximum difficulty for any exercise.

TRM 5.6 The lowest ranked competitor will compete first out of each pair.

TRM 5.7 The score for each exercise will consist of Execution, Difficulty, Time of Flight and Horizontal Displacement. Landing deductions will not be taken by Execution judges.

TRM 5.8 In all rounds, exercises must start on the feet, but they may finish in any recognised landing position. A push-in mat may be used for the landing of the outbounce following a complete exercise without penalty.

TRM 5.9 The competitor with the highest scoring exercise from each head to head will proceed to the next round. In the event of a tie, the highest ranked competitor will proceed to the next round, except in the final where both competitors will rejump.

TRM 5.10 Attire rules shall follow TRM 3.11.

TRM 5.11 No BUCS Points will be awarded for the BUCS Knockout.

TRM 6 Individual Double Mini Trampoline (DMT)

TRM 6.1 There shall be seven levels of individual competition, with male and female categories for each:

- BUCS Disability Levels 1–2
- BUCS Levels 1–4
- BUCS FIG Level

TRM 6.2 Competitors in BUCS Levels 2–4 and Disability Levels 1–2 must perform the compulsory exercises specified. Competitors in BUCS Level 1 must perform the compulsory exercises specified in the qualifying round. Competitors in BUCS FIG Level, and the final round of BUCS Level 1, may perform exercises of the gymnast's own construction within the level requirements.

TRM 6.3 BUCS has the right to issue an automatic disqualification without the right to an appeal to any competitor from any Individual DMT level if BUCS forms the reasonable opinion that the gymnast has demonstrated an ability to compete at a higher level in any way.

TRM 6.3.1 Competitors must comply with the entry matrices in the event Entry Information. For categories with crossover between multiple categories in other structures, reference should be made to the highest difficulty attempted in competition and the difficulty levels of the corresponding categories.

TRM 6.4 Failure to meet the minimum difficulty in an optional round shall result in a 2.0 penalty in the second exercise. For compulsory exercises, deviation shall be deemed an interruption.

TRM 6.5 Final round

TRM 6.5.1 The final round shall for each category consist of two phases, Final 1 (F1) and Final 2 (F2), unless there are eight or fewer competitors in the qualifying round on the day of the competition, in which cases there will just be one phase, Final 1 (F1).

TRM 6.5.2 The top eight ranked competitors in each category (or less if there are fewer than eight) from the qualification round shall qualify to F1, subject to them having met the minimum difficulty requirements in the qualification round. Where there is to be an F2 (note TRM 6.5.1), the top four ranked gymnasts from F1 will qualify to F2.

TRM 6.5.3 Guests may qualify for and compete in both phases of the final round but will not displace a student competitor (i.e. they will compete in the final in addition to the top eight/four student competitors) and cannot medal.

TRM 6.5.4 There shall be no 'reserve' places in the final round.

TRM 6.5.5 All finals will start from a zero score unless there are eight or fewer competitors in the qualifying round on the day of competition, resulting in a single phase final as per TRM 6.5.2, in which case scores will be cumulative from the qualifying round for that category.

TRM 6.6 Applications to downgrade to a different level need to be submitted in writing to BUCS no later than the entry closing date. Please ensure that each competitor has been entered at the appropriate level at the time of submission.

TRM 6.7 Prior to the start of each group, each performer must submit their competition card to the appropriate judging panel. This applies to competitors in all levels.

TRM 6.7.1 All competition cards should be presented in British Gymnastics/FIG notation only.

TRM 6.8 Each institution/Playing Entity shall supply appropriately qualified coaches. Coaches are required to sign all competition cards for their competitors and indicate their level of coaching qualification.

TRM 6.9 Attire rules shall follow TRM 3.11.

TRM 6.10 Order of performance

TRM 6.10.1 Qualification Round – The order of performance shall be drawn at random and published in advance of the competition.

TRM 6.10.2 Final Round – The order of performance shall be drawn at random and published in advance of the final round.

TRM 7 Provision of judges

TRM 7.1 Institutions/Playing Entities are required to submit judges as follows:

- 1–5 entries: None required
- 6–10 entries: At least one full-day qualified judge per day
- 11–19 entries: At least two full-day qualified judges per day
- 20+ entries: At least three full-day qualified judges per day

For the avoidance of doubt, these requirements are for full-day judges who must be available on both days of the event (though two different people can judge, one day each). Roles may not be shared between more than one person within a day, and competitor officials must only be selected to officiate on a day they are not due to compete according to the provisional timetable.

TRM 7.2 Institutions/Playing Entities who enter any competitors in Double Mini Trampoline (DMT) must ensure that at least one of their qualified judges provided is qualified or competent to judge DMT.

TRM 7.3 Institutions/Playing Entities who enter any competitors in Individual Trampoline BUCS FIG Level must ensure that at least one of the qualified judges provided on the day of the FIG Level competition (according to the provisional timetable) is a British Gymnastics Regional level judge or higher.

TRM 7.4 All judges provided must have a Cycle 16 (2025-2028) British Gymnastics judging qualification/revalidation certificate.

TRM 7.5 Details of judges to be provided must be supplied as required, and by the deadline stated, in the Entry Information for each Championships. The details which must be provided shall include each judge's qualification level and their role preference from the options of Chair of Judges, Execution Judge and Difficulty Judge.

TRM 7.6 Any institution/Playing Entity struggling to meet the judging requirements should contact BUCS who will put them in contact with an available independent judge. The number of independent judges is subject to availability, and they will be allocated to institutions/Playing Entities on a first come, first served basis.

TRM 7.7 Failure to provide the necessary details by the required deadline as per TRM 7.5, or any judges whose details were provided subsequently not attending the event without a suitable replacement being provided, may result in an institution/Playing Entity's entries being invalidated without refund.

TRM 8 Team categories

TRM 8.1 Overall Team (Individual Trampoline)

TRM 8.1.1 There shall be separate Male and Female Overall Team categories.

TRM 8.1.2 In each category the three highest total scores from the qualification round (first exercise plus second exercise) by competitors from the same institution/Playing Entity, from all Individual Trampoline categories (TRM 3.2), will be added together to produce an Overall Team score.

TRM 8.1.2.1 FIG Level competitors will have the score of their best exercise in the qualifying round doubled to be counted for the purpose of the Overall Team categories, with the difficulty only counted once.

TRM 8.1.2.2 Time of Flight (ToF) will be included for competitors in Disability Levels 1–2.

TRM 8.1.3 By entering the Individual Trampoline categories (TRM 3.2), competitors are automatically eligible to count for the Overall Team categories, as long as their institution/Playing Entity has at least three competitors in the respective Individual Trampoline categories (TRM 3.2).

TRM 8.2 All-Around Team

TRM 8.2.1 There shall be a combined All-Around Team category.

TRM 8.2.2 All institutions/Playing Entities with at least one competitor, or pair of competitors in the case of Synchronised Trampoline, in each of the following five disciplines will be automatically eligible for the All-Around Team category:

- Male Individual Trampoline (TRM 3.2)
- Female Individual Trampoline (TRM 3.2)
- Male Individual Double Mini Trampoline (DMT) (TRM 6.1)
- Female Individual Double Mini Trampoline (DMT) (TRM 6.1)
- Synchronised Trampoline (TRM 4.1)

TRM 8.2.3 Within each of the five disciplines, the eligible institutions/Playing Entities will be ranked according to their single highest total score for an individual/pair from the qualification round (first exercise plus second exercise) across all the levels. Points will be awarded from the highest scoring individual/pair to the lowest. For example, if there are seven eligible institutions/Playing Entities, seven points will be awarded to the highest scoring individual/pair, six points to the second highest scoring, and so on until the lowest ranked individual/pair is awarded one point. It is possible that a gymnast can win points for their institution/Playing Entity across more than one of the five disciplines.

TRM 8.2.3.1 Individual Trampoline FIG Level competitors will have the score of their best exercise in the qualifying round doubled to be counted for the purpose of the All-Around Team category, with the difficulty only counted once.

TRM 8.2.3.2 Time of Flight (ToF) will be included for competitors in Disability Levels 1–2.

TRM 8.2.4 The points that each institution/Playing Entity is awarded across all five disciplines will be summed to give an All-Around Team score. The institution/Playing Entity with the most points will be the All-Around Team champions, and the gymnasts making up that team will each receive a medal.

TRM 8.2.5 No BUCS Points will be awarded for the All-Around Team category.

TRM 8.3 FIG Code of Points team dress requirements are not applicable to the team categories.

TRM 8.4 Guest competitors are not eligible for the team categories.

TRM 9 Safety policies

TRM 9.1 The Chair of Judges and competition organisers may ask a competitor/pair to remove an element from an exercise which, in the opinion of the Chair or organisers, is deemed to be unsafe. Failure to comply will lead to 'Did Not Start (DNS)' being applied for that exercise.

TRM 9.2 Coaches or other performers are not permitted to stand on the side or on the apparatus to support a performer with a skill during warm up.