



TRAMPOLINE GYMNASTICS

2025-2026 Technical Regulations

December 2025

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SECTION 1: GENERALITIES

1.1 Our Mission

Gymnastics NL is a provincial leader in the delivery of diverse foundational and high-performance gymnastics programs and services that foster a lifelong love of the sport.

1.2 Purpose of this document

All technical rules and regulations for trampoline and tumbling gymnastics in Newfoundland and Labrador are under the jurisdiction of GNL's Technical Director in consultation with the Trampoline Technical Committee (TTC). Trampoline Gymnastics refers to the four disciplines of individual trampoline (TRI), synchronized trampoline (TRS), double mini trampoline (DMT), and power tumbling (TUM).

All trampoline and tumbling gymnastics programs and competitions sponsored or sanctioned by GNL shall be governed by the rules and regulations established in this manual, by Gymnastics Canada (GymCan) and/or the International Gymnastics Federation (FIG).

1.3 Abbreviations and Acronyms

CAC – Coach Association of Canada
CJP – Chair of the Judging Panel
CoP – Code of Points
CWG – Canada Winter Games
DMT – Double Mini Trampoline
FIG – International Gymnastics Federation
GNL – Gymnastics Newfoundland and Labrador
GymCan – Gymnastics Canada
HD – Horizontal Displacement
NCCP – National Coaching Certification Program
P – Provincial, refers to level of competition
PP – Pre-Provincial, refers to level of competition
PSO- Provincial Sport Organization
T & T – Trampoline and Tumbling
TD – Technical Director
TG – Trampoline
ToF – Time of Flight
TOR – Terms of Reference
TRI – Individual Trampoline
TRS – Synchronized Trampoline
TTC – Trampoline Technical Committee
TUM - Tumbling

1.4 GNL Trampoline Technical Committee (TTC)

The TTC is composed of up to two members from each registered club (one for Trampoline and one for Tumbling) with competitive members.

Clubs appoint member(s).

Each club is entitled to one vote.

Chair will be the GNL Technical Director who is a non-voting member unless needed to break a tie.

Committee Decision Making Process – Strive for consensual decision making but vote if consensus is not reached in a timely manner. A 2/3 vote in favour is required to pass.

SECTION 2: GNL's COMPETITIVE TRAMPOLINE AND TUMBLING PROGRAMS

Only gymnasts, coaches and judges who are registered members in good standing of GNL are eligible to take part in GNL programs and competitions in and/or out of province.

GNL offers programs for trampoline and power tumbling gymnastics in recreational and competitive categories. The following policies have been developed and will apply to pre-competitive and competitive trampoline and tumbling programs in Newfoundland & Labrador.

The competitive program in Newfoundland & Labrador follows the Canadian system, with slight modifications, as published by GymCan and implemented across Canada. GNL currently offers three of the four Canadian programs:

- Tumbling (TUM)
- Individual Trampoline (TRI)
- Synchronized Trampoline (TRS)

One club has recently begun introducing Double Mini-Trampoline (DMT); however, DMT programming will not be offered at the 2026 Provincial Championships. If an athlete demonstrates readiness and meets qualification standards for Eastern Championships, the Trampoline Technical Committee will revisit the selection criteria and determine whether a DMT team will be sent to Easterns.

2.1 Competitive Program Levels

GNL and Gymnastics Canada have instituted several different levels of competition to provide safe and enjoyable competition opportunities for gymnasts of various levels of ability and commitment. In Newfoundland and Labrador, competitions, training, testing and/or talent identification programs are offered for the Pre-Provincial, Provincial, and National levels.

Pre-Provincial Level (PP1 & PP2) Individual Trampoline and Tumbling

The Pre-Provincial program provides a way for recreational athletes to showcase their progress in the sport of trampoline and tumbling. It also allows athletes who may be interested in advancing to the competitive program a way to experience competition in a friendly, less stressful environment.

*Required Skills and Routines:***Pre-Provincial Trampoline:**

PP1 and PP2 athletes will compete two routines; a compulsory and optional. The compulsory routine for both PP1 and PP2 is as follows:

Pre-Provincial TG (PP1)
Pike Jump
Seat Drop
½ Turn to Seat Drop
½ Turn to Feet
Tuck Jump
Front Drop
To Feet
Straddle Jump
Back Drop
To Feet

PP1 athletes are prohibited from performing any somersaults/inversions.

PP2 athletes must perform a minimum of 1 inversion in their optional routine.

Pre-Provincial Tumbling:

PP1 and PP2 athletes will compete two passes as follows:

Pre-Provincial TUM (PP1)
Pass 1 Power Hurdle (starts from 2 feet) Round-off Back Handspring Straight Jump Pass 2 Round-off Back Handspring Straight Jump
Pre-Provincial TUM (PP2)
Pass 1 (one of these two passes) Round-off Round-off Back Handspring Back Handspring Back Handspring Back Tuck Straight Jump Pass 2

Round-off
Back Handspring
Back Handspring
Back Handspring
Straight Jump

PP1 athletes are prohibited from performing any somersaults.

PP2 athletes are permitted to somersault.

Provincial Program Levels 1-4

GNL's Provincial Program follows the TG Canadian Pathways which is under the jurisdiction of GymCan, GNL follows all age restrictions (with slight modification), recommended age splits and requirements outlined in GymCan's [TG Canadian Pathways Document](#).

Age Modification – Athletes born in 2018 may compete at GNL sanctioned competitions, but are ineligible to compete at Provincial Championships. The minimum birth year to compete at Provincial Championships is 2017.

Within the Provincial program there are four competitive categories for trampoline and tumbling.

Level 1 – this level is designed for beginner competitive and developing gymnasts who have limited training experience.

Level 2 – this level is designed for gymnasts who are ready to progress to more difficult skills. Basic somersaulting skills are often linked together throughout the routine.

Levels 3 and 4 – These levels are designed for gymnasts who are prepared for higher level competition with a greater degree of difficulty. Advanced somersault skills are performed and double somersaulting skills are introduced and can be performed.

Required Skills and Routines:

For a list of compulsory routines and skill requirements by level refer to [GymCan's TG Canadian Pathways Document](#).

National Program (Trampoline Only): Level 5, Open, Developmental, and Senior

GNL's National Program follows the TG Canadian Pathways National Program which is under the jurisdiction of GymCan and the International Gymnastics Federation (FIG). GNL will follow all age restrictions, recommended age splits and requirements outlined in GymCan's TG [Canadian Pathways Document](#).

These levels of competition are designed for gymnasts selected to compete at national levels with optional and/or compulsory routines with increased difficulties.

SECTION 3: GENERAL COMPETITIVE REQUIREMENTS

3.1 Athlete Registration

Only athletes who are residents of Newfoundland and Labrador* and registered members in good standing of GNL are eligible to take part in GNL programs and competitions in and/or out of province.

*Specific exception: athletes who reside in Fermont, Quebec – who live nearby and are registered with and train at Snowbirds Gymnastics.

All gymnasts must be registered in a Trampoline or Tumbling competitive program with a member club in-province and with GNL by October 15th of the competition year. New athletes must be registered with a member club in-province and with GNL by the 15th of each month. Provincial level athletes can be registered in any level subject to their coach's discretion and providing they are within the recommended minimum and maximum age. However, all gymnasts wishing to make Provincial team must declare their level of competition within 48 hours from the last competition before Provincial Championships. GNL must also be notified if the athlete's declared level has changed from the original level they registered in back in October.

Demonstration for gymnasts age ineligible or not registered in a category is not permitted. These gymnasts must be redirected towards different programs.

3.2 Age Groups

As per GymCan's Provincial Pathways Program document, the recommended minimum and maximum ages per level are as follows:

Level	Minimum Age	Maximum Age
1-4	8+	
5	11+	
Junior	11-16 (rec 13-16)	16
6	17+	
7	17+	
Senior	17+	

Age eligibility is determined by the athlete's age as of December 31st of the competition year.

3.3 Athlete Confirmation of Competitive Level

Providing they are within age recommendation as stated above, Provincial level athletes can be registered in any level subject to their coach's discretion.

An athlete may not register or compete in a lower age category.

A recreational athlete may be deemed a competitive athlete by registering for a GNL sanctioned competition by the deadline indicated on the meet entry form and provided the athletes membership with GNL is upgraded to the competitive category. Any additional registration or upgrading fees as well as upgrading fee for the club if it is not already registered as a competitive club will apply.

Moving up levels

Athletes should follow the normal progression going from a lower level toward a higher level. An athlete may move up a level at any time providing they are within the recommended minimum and maximum age outlined in GymCan's Canadian Pathways document and that they have notified GNL and made the necessary upgrade in Uplifter.

Athletes who take part in any pre-provincial events or competitions must be registered as competitive athletes with GNL.

An athlete may only compete in one level within the same discipline. For example, an athlete can not compete level 1 TRI and level 2 TRI at the same competition.

National level athletes must meet mobility standards as set out in the [Canadian Competition Rules](#) (subject to age and skill requirements). (need to link but document isn't available yet)

Moving down levels

Movement to a lower category is only permitted if it is prior to or within 48 hours from the time results are verified of the last GNL sanctioned competition prior to Provincial Championships. GNL must be notified and their membership level updated in Uplifter and, if applicable, in the Provincial Championship's registration. After such time, the athlete may not move down a competitive level.

3.4 Coach Registration

Only coaches who are registered members in good standing of GNL are eligible to take part in GNL programs and competitions in and/or out of province.

All competitive coaches must be registered with a member club and with GNL by the 15th of the month from when they start coaching.

To maintain the privilege of membership in GNL, all coaches shall act in accordance with the established GNL, Gymnastics Canada, and Coaching Association of Canada's Code of Conduct.

3.5 Coach NCCP Certification

All GNL registered coaches and those participating in a GNL sanctioned event must be trained or certified through the NCCP and comply with all coaching requirements outlined in the [GNL's Coach Education Handbook](#).

Coach registration for any GNL sanctioned event is mandatory.

For all GNL sanctioned events, the host club is responsible to submit the list of registered coaches a minimum of one week prior to the event start date. GNL will verify that all registered coaches have met the minimum training requirements.

Any coach who wishes to coach at a GNL sanctioned event but who does not meet all coaching requirements must apply to GNL for a [coach exemption](#).

In addition to the above, all GNL registered coaches participating at the Atlantic, Eastern, Elite Canada, Canadian Championships, and/or representing Team NL at any out-of-province event must also comply with any further coaching requirements as outlined in the current event directives or manuals and be minimum 19 years of age.

3.6 Competitive Attire

Dress for gymnasts, coaches, and spotters will follow the [Canadian Competition Rules](#) and the current [FIG Code of Point regulations](#).

Athlete Competitive Attire

The following dress codes apply to all Provincial and National Level gymnasts at any GNL sanctioned competition including Provincial Championships.

- All athletes must dress in their club's current team competitive attire, unless prior approval from the TTC has been given. If a finals round is in effect, athletes have the right to choose their competition attire in the finals round. Exception: Pre-Provincial competitors may wear black shorts and a white or solid colour tee shirt or tank top. Athletes from the same club must all wear the same colour shirt.
- As per the TG Canadian Competition regulations, any violation of the dress codes may result in a penalty of 0.2 points applied by the CJP, which will be deducted from the total score of any of the exercises where the violation occurs. Major violation may result in disqualification from the round in which the offence occurs. This decision is made by the CJP.

The following are reminders related to dress regulations:

All gymnasts

- Trampoline gymnasts - white trampoline shoes and/or foot covering OR of the same colour as the competition longs (male athletes).
- Silicone socks/shoes are not permitted.
- No jewelry may be worn by competitors, spotters or coaches acting as spotters. Taping of jewelry is not adequate. Medic alert bracelets as well as Blood Glucose Sensors can be worn but must be taped.
- Bandages or support pieces must not create big contrast with the skin colour.
- Underwear must not be visible.
- Head covering may be worn (must be skin-tight).

- For reasons of safety, covering of the face is not allowed.
- All hair should be secured close to the head. Loose hair is at the gymnast's own risk. It can cause safety problems and may result in an interruption.

Female gymnasts

- Leotard or unitard with or without sleeves (must be skin tight).
- Long tights may be worn (must be skin-tight).
- Gym Shorts may be worn. Shorts must be no longer than mid-thigh, skin-tight, and same colour as the leotard or BLACK (should coordinate with the uniform). Athletes who choose to wear shorts from the same club must all have the same brand, with no obvious logos.

Male gymnasts

- Sleeveless or short sleeves singlet.
- Gym shorts or trousers. Length of shorts must not be longer than mid-thigh. Shorts or trousers must be of a single colour (no patterns or designs).

Synchro Attire

- Synchro pairs must match each other.
- A female synchro pair must match and either choose to both either wear or not wear shorts.
- A male synchro pair must choose to both either wear shorts or longs.
- A mixed synchro pair must wear similar attire (either club or Provincial Team uniform)

Pre-Provincial Athletes

- Pre-Provincial competitors may wear black shorts and a white or solid colour tee shirt or tank top. Athletes from the same club must all wear the same colour shirt.

Team NL Athlete Competitive Attire

Athletes selected to Team NL are required to wear the current competitive year's Provincial Team uniform/dress. If they do not have Provincial Team attire their spot on the team may be revoked.

When warm-up is conducted in the competition gym all competitors and coaches must dress in competition attire.

Athlete Attire at GymCan Events ([refer to GymCan's 2025 Competition Rules](#))

At Elite Canada, athletes must wear their club competition attire in Preliminaries.

At Canadian Championships, athletes must wear their provincial competition attire in preliminaries. Full details may be found in the [GymCam Canadian Competition](#) requirements.

National Identification or Federation emblem – gymnasts

National identification or emblem must be worn and must adhere to the FIG Rules for Clothing & Publicity; otherwise, there will be a penalty of 0.2 points applied by the CJP, which will be deducted from the total score of any of the exercises where the violation occurred.

Coach & Spotters Attire

As per Canadian Competition Rules, at all GNL sanctioned events, to maintain a professional image, coaches are required to abide by the following regulations for attire while on the competition floor during warm-up and competition: T-shirt, polo or long-sleeved sportswear tops, track pants or leggings and appropriate indoor footwear.

Hats, shorts, midriff tops, ripped & torn clothing or similar are **not** permitted.

Hats or caps are **not** allowed.

Team NL Coach Competitive Attire

All coaches representing Team NL at any event must wear the current competitive year's Provincial Team Coach attire which will consist of either a T-shirt, Polo, $\frac{3}{4}$ zip, or long sleeve sportswear tops, and/or Team NL sports jacket with track pants or leggings and appropriate indoor sport footwear. Every effort should be made for all team NL coach to coordinate attire.

SECTION 4: PROVINCIAL COMPETITION STRUCTURE

The competition structure for Provincial Championships will follow GymCan's Canadian Pathways structure, with slight modifications (as per table below).

Category	Discipline	Age Requirement	Age Splits	Mobility Requirements/Notes
Pre-Provincial PP1	TRI, TRS TUM	9 (2017)	12U, 13+	PP1 & PP2 has special considerations & exceptions allowed
Pre-Provincial PP2	TRI, TRS, TUM	9 (2017)	12U, 13+	
Level 1	TRI, TRS, TUM	9 (2017)	12U, 13+	Athletes of any gender identity of the same age and category in L1-L4 may compete in the same flight/event but will be ranked separately by gender for awards. PP1-Level 1 athletes are ranked separately by gender and by two age splits. May only move to L5 if mobility requirements are met in L4.
Level 2	TRI, TRS, TUM	9 (2017)	none	
Level 3	TRI, TRS, TUM	9 (2017)	none	
Level 4	TRI, TRS, TUM	9 (2017)	none	
Level 5	TRI, TRS	11 (2015)	14U, 15-16, 17+	Athlete must meet L5 mobility requirements in TRI to enter. National level athletes will be separated into male and females for competitions and awards. TRS - both athletes must be Level 5 in TRI. Mixed Level 5 TRS - neither athletes can be Senior in TRI, and neither athlete can compete in any other TRS event.
Junior	TRI, TRS	11 (2015) Recommend 13-16	none	
Level 6	TRI, TRS	17+	none	TRS- at least one athlete must be level 6, 7,. Or Junior in TRI. The other athlete can be Level 5, 6, 7, or Junior in TRI.
Level 7	TRI, TRS	17+	none	
Senior	TRI, TRS	17+	none	TRS - both athletes must be Level 7 or Senior in TRI. Mixed TRS - both athletes must be Senior in TRI and Athletes may compete in both Mixed Senior and Senior TRS.

Age eligibility is determined by the athlete's age as of December 31st of the competition year.

Athletes born in 2018 will be ineligible to compete at Provincial Championships, they may however compete at Invitationals. To compete at Provincial Championships, athletes must be min. 8 years old, turning 9 by Dec 31, 2026 (minimum birth year is 2017).

Synchronized trampoline (TRS) –

For Level 1-4 synchronized trampoline may be offered at Provincial Championships but it is for demonstration purposes only. It is not judged for anything more than synchronicity, which is measured by the ToF machine. Certificates may be given, but awards in the form of medals or ribbons are not given.

National level athletes wishing to compete synchro at Nationals, must have competed synchro with their partner at a Provincial Cup or Championships, therefore GNL will judge synchronized trampoline for L5+ athletes/synchro pairs at Provincial Championships, unless they have already made score at a prior GNL sanctioned event.

Athletes of any gender identity of the same age category in L1 may compete in the same event, but will be ranked separately by gender for awards.

For L2-L4 athletes there is no age split and athletes of any gender identity will compete in the same event, but will be ranked separately by gender for awards.

National level athletes will be separated into male and female for competitions and awards.

With the exception of Provincial Championships, host clubs of GNL sanctioned competitions may choose to incorporate more age splits and/or gender splits based on registration numbers.

Pre-Provincial Program – Special Considerations

Events for athletes participating in the Pre-Provincial program are structured as close to an actual competition with the following exceptions:

- fewer judges are required – two or three judges is sufficient
- video recording is recommended but not required

Athletes may participate in one of two levels:

Pre-level 1 - athletes are prohibited from performing somersaults

Pre-level 2 - athletes may perform somersaults

Judging Considerations

Trampoline – Intermediate straight jumps or performing more than 10 skills will not be judged as an interruption but will receive a 0.2 penalty per occurrence applied by the CJP.

Tumbling – A full stop between skills will not be judged as an interruption of pass but will receive a 0.3 penalty applied by the CJP AND, straight jumps will not be judged for execution but are a required skill, omitting a straight jump will result in a 3.0 penalty applied by the CJP.

4.1 General Competition Guidelines

The following documents should all be read in conjunction with this document:

- Equipment Requirements - Refer to [FIG Apparatus Norms](#) document.
- Routines/Passes by category – Refer to [GymCan's 2025 TG Canadian Pathways](#)

- Judging Rules and General competition guidelines – Refer to [2025-2028 FIG TRA CoP & GymCan's 2025 Competition Regulations](#)

4.2 Competition Equipment Requirements

Refer to GNL's sanctioned event hosting manual for more information on general equipment requirements.

Refer to the [FIG Apparatus Norms](#) for details on apparatus specific equipment requirements for events sanctioned in Newfoundland and Labrador.

4.3 General Competition Procedure

Competitions in NL consist of an individual competition and can be comprised of a preliminary round and a finals round only if numbers warrant it. Unless dictated by the Canadian Competition Rules, a finals round for events not covered under the Canadian Rules is the decision of the host of the event and must be declared prior to the start of the event.

For Provincial Championships the decision to have finals for any level will be determined based on registration numbers and communicated to clubs as soon as registration closes.

4.4 Competition Warm-Up

General warm-up

All competitors shall have the right to a minimum general warm-up period of 20 minutes. Gymnasts may not start the general warm-up on the warm-up or the competition floor before the set time. Once general warm-up starts, gymnasts may warm-up on the artistic gymnastics floor, the tumbling strip and runway only. They may **not** use the trampolines for any reason during the general warm-up. During general warm-up, the artistic floor and tumbling strip may only be used for performing tumbling skills without flight on the artistic floor and tumbling strip any Acro tumbling skills without flight and single saltos.

Hosts should take into consideration the number of gymnasts competing when establishing warm-up times. Competition warm-ups may not begin prior to 8:00am and competitions may not go later than 10:00pm.

Apparatus warm-up

The following touch warm-ups are permitted:

Pre-Provincial Level 1 & 2 (PP1 & PP2)	1 minute per gymnast
Levels 1 & 2	1 minute per gymnast
Levels 3 & 4	1 minute per gymnast, min 3 touch
Level 5	1.5 minutes per gymnast, min 4 touch

Level 6	2 minutes per gymnast, min 5 touch
Level 7 & Junior	2.5 minutes per gymnast, min 5 touch
Senior	3 minutes per gymnast, minimum 8 touch

For all GNL sanctioned competitions warm-up times may vary depending on the number of athletes competing in each flight. Flights should contain no more than 10-12 athletes. In flights where there are 8 or more athletes the minimum apparatus warm-up will be 15 minutes for levels PP1-P4 and 20 minutes for levels P5+.

4.5 Mobility Scores

GNL follows GymCan's rules for mobility. These can be found in [GymCan's 2026 TG Canadian Pathways](#) document.

2.2 MOBILITY SCORES

The mobility requirements are detailed in the charts below, but may consist of a total score, a difficulty standard, and/or required skills. All of the mobility requirements for a level must be met at the same time. If any rules are changed or not followed, mobility will not be granted.

			TRI				
			Women		Men		
From Level	To Level	Based On	Score	DD	Score	DD	Requirement
4	5	Prelim (including bonus)	89.6	7.7	89.6	7.7	Double Salto
5	Junior or 6	Prelim	85.8	9.2	87.2	10.1	—
Junior	6	By Age (17+)	—	—	—	—	—
Junior or 6	7	2 nd Voluntary or Final	49.0	10.8	51.0	12.3	—
Junior	Senior	2 nd Voluntary or Final	50.9	12.7	53.7	14.5	—
7	Senior	Any Routine					—

Athletes in Level 7 in 2024 will automatically be registered in Level 6 in 2025. Athletes who achieve the following mobility score at any mobility opportunity in 2024 may instead register in the new 2025 Level 7.

			Women		Men		
From Level	To Level	Based On	Score	DD	Score	DD	Requirement
Junior or 7 (2024)	7 (2025)	Any Voluntary Routine	48.7	10.3	50.6	11.9	–

			TUM				
			Women		Men		
From Level	To Level	Based On	Score	DD	Score	DD	Requirement
4	5	Prelim	34.9	2.1	34.9	2.1	Skill of 1.1 DD+
5	Junior or 6	Prelim	39.2	6.0	41.0	7.8	Skill of 2.0 DD+
Junior	6	By Age (17+)	—	—	—	—	—
Junior or 6	Senior	Prelim	41.6	7.2	43.6	10.6	Double Salto in each Prelim Pass

4.6 Other Competition Procedures

Preliminary Round

The preliminary round consists of a set number of compulsory and/or optional passes. The start order should be randomly drawn however ordering by club draw is permitted.

Finals Round

At GNL sanctioned events, a finals round is not mandatory unless specified in the Canadian Technical Regulations. At Provincial Championships a finals round will be required only if there are more than 10 athletes in the age and/or gender split of a particular category or if it is stated as mandatory as per Canadian Technical Regulations.

Athletes with the top ten scores from the preliminary round will compete in finals. Starting order will be based on merit, the athlete with the lowest score from the preliminary round will compete first. Athletes competing in finals will have fresh starts.

Winners

The winner is the competitor with the highest overall score.

Tie Breaking

For all GNL sanctioned events, the Tie Breaking Rules designated by GymCan's Canadian Competition Rules shall apply.

For Eastern, Elite and National Championships, tie breaking rules outlined in the event directives and/or manuals will apply and/or will follow the GymCan's Canadian Competition Rules.

Tie-Breaking Rules for Individual Trampoline

In preliminaries, in case of a tie at any place, the ranking will be determined by the following criteria:

Note: For Senior, it is the counting routine that will be used to determine the tie break.

1. The gymnast with the higher T-score of the Voluntary (optional) exercise prevails.
2. The gymnast with the higher H-score of the Voluntary (optional) exercise prevails.
3. The gymnast with the higher D-score of the Voluntary (optional) exercise prevails.
4. The gymnast with the higher E-score of the Voluntary (optional) exercise prevails.

In finals, in case of a tie at any place, the ranking will be determined by the final score:

1. The gymnast with the higher T-score prevails.
2. The gymnast with the higher H-score prevails.
3. The gymnast with the higher D-score prevails.
4. The gymnast with the higher E-score prevails.
5. If there is still a tie, the tie will not be broken.

Tie-Breaking Rules for Tumbling

In preliminaries and final, in case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the D-scores of both exercises prevails.
2. The gymnast with the higher sum of all the E-scores of both exercises prevails.
3. The gymnast with the lower sum of all the CJP penalties of both exercises prevails.
4. The gymnast with the higher D-score of one exercise prevails.
5. If there is still a tie, the tie will not be broken.

Competition Scheduling

The following chart provides the recommended time per athlete to use when creating a schedule for an event. This competition warm-up format will be used at all GNL sanctioned competitions.

INDIVIDUAL AND SYNCHRONIZED TRAMPOLINE – FOR 2 TRAMPOLINES		
	WARM-UP	COMPETITION
LEVELS 1-3	1.25 minutes per athlete	2.75 minutes per athlete (includes one-touch before each flight) 1.5 minutes for Finals Round
LEVELS 4 +	1.75 minutes per athlete	2.75 minutes per athlete (includes one-touch before each flight) 2.0 minutes for Finals Round
TUMBLING		
	WARM-UP	COMPETITION
LEVELS 1-2	1 minute per athlete	1.5 minutes per athlete

Team Competition

GNL's current trampoline and tumbling numbers do not warrant team competition. There will be no team competition for any GNL sanctioned events, including Provincial Championships.

Competition Cards (DD sheets)

GNL sanctioned events and Provincial Championships

For all GNL sanctioned events, competition cards may or may not be required. It is at the discretion of the Chair of the Judging Panel in consultation with the assigned difficulty judges. If required, competition cards are to be handed in, prior to the start of the competition, for both preliminaries (and finals) at the time and place specified by the events organizing committee. The skills for each pass or routine must be written using FIG notation or it may not be accepted. Acceptance is at the discretion of the Head Judge for the competition.

Competition Cards for Eastern, Elite, and National Championships

For Eastern, Elite and National Championships GNL will follow the Competition Card process outlined in Section 6 of the [FIG Code of Points \(2025-2028\)](#).

4.6 Coach Inquiries, Protests and Appeals Process

Stage 1: Inquiries

If the coach has a question regarding an exercise, they may ask the CJP, who will discuss with the appropriate judges. A coach may only inquire about the ToF, bonus or penalties applied, and/or a difficulty score of their own their own/club athlete.

A coach may also inquire about a change to the technical organization (e.g. order of passage, warm-up procedures, etc.) with the CJP. A coach must IMMEDIATELY voice any concerns and have the concerns addressed BEFORE the changes are carried through otherwise, the coach will not have the option to protest or appeal the change later during the competition.

Response to an inquiry must not in any way delay the competition.

Stage 2: Protests

A protest is the second stage when the coach is not satisfied with the information provided at the Inquiry stage and seeks a formal review. A coach may make a judging protest or a technical protest for their own athlete/club during any Provincial, National or HP competition in province.

A **technical protest** is allowed on:

1. Equipment failure (gymnastics or audio)
2. Special occurrences related to the organization that alter the competition conditions (like the order of passage, warm-up procedures, etc.)
3. Deductions/penalties for athlete conduct as listed by the FIG Code of Points, the GymCan Program Manuals or other TG program documents: non-identical attire, incorrect uniform, incorrect advertising, jewelry, padding, non-observance of warm-up time and order, non-observance of competition order, signals, verbal commands and similar, unexcused delay or interruption of the competition, unauthorized leaving of the competition area, unsportsmanlike behavior.
4. Any other deductions/penalties for coach conduct as listed by the FIG Code of Points or GymCan's TG documents: attire, unexcused delay or interruption of the competition, number of coaches on the floor, number of coaches near the apparatus, signals, verbal commands, and similar, unsportsmanlike behavior.

Protest Process

The appropriate protest form ([Appendix A](#)) per athlete, per event, must be completed by the coach and submitted to the CJP or designate. The form must be submitted to the CJP, no later than 15 minutes after

the completion of the flight. In the case of the last flight, the coach has 5 minutes after the completion to file a protest.

In the case of an unsuccessful protest, GNL will invoice the club in question the fee (\$20) after the event. This fee is waived if the protest is granted.

The respective judging panel may at its discretion and depending on the nature of the protest:

- use video(s) provided by the designated host club or GNL video system, where video recording was required (videos from the crowd/parents or coaches, will not be accepted for a protest. In the case that no video is formally collected, judges will be led in discussions by the CJP,
- hear from the coach who submitted the protest,
- attempt to reach a decision on the protest by consensus,
- provide the rationale for their decision in writing on the protest form.

Following a protest, when a change is made to the D Score/ToF/Final Score the following will occur:

1. The CJP will make a copy of the form, return the protest form and fee to the coach, and inform the Chief Scorer of the change.
2. The new score will be posted with all other scores but will not be re-flashed in the competition area.

Stage 3: Appeals

Within GNL sanctioned events, there are NO appeals for judging or technical protests.

SECTION 5: PROVINCIAL CHAMPIONSHIPS

GNL will annually offer a Provincial Championships competition during which Provincial Champions will be declared, where applicable, for the levels and age categories outlined in the Provincial Competition Structure (*Section 4*)

5.1 Provincial Championships Registration

Clubs are responsible to submit their athlete registrations for Provincial Championships into Sportzsoft. Registration will be sent out no less than 60 days prior to the event.

5.2 Qualification

Provincial Championships is open to all competitors who;

- are registered members in good standing in one of the levels and categories outlined in the Provincial Competition Structure,
- are age eligible (athletes born in 2018 are ineligible to compete at Provincial Championships).

There is NO minimum qualifying score required for Provincial Championships.

5.3 Provincial Championships Awards

For every discipline, each level and age split, as outlined in the Provincial Structure (Section 4) will receive medals for 1st-3rd place and ribbons for 4th-6th.

Provincial Championship awards breakdown

PP1 & PP2: 12U M, 12U F, 13+ M, 13+ F

L1: 12U M, 12U F, 13+ M, 13+ F

L2: Male and female (no age split)

L3: Male and female (no age split)

L4: Male and female (no age split)

Special Provincial Championship Awards

Effective as of the 2023-2024 competition season the following Trampoline special awards were introduced and are awarded annually at Provincial Championships. (currently under review again for 2025-2026 by Awards Committee)

Level 1 Team Award: Awarded to the club with the three best finals scores – cumulative in Level 1.

Level 2 Team Award: Awarded to the club with the three best finals scores – cumulative in Level 2.

Level 3 Team Award: Awarded to the club with the three best finals scores – cumulative in Level 3.

Level 4+ Team Award: Awarded to the club with the three best finals scores – cumulative in levels 4+

(Suggestion that there be a Level 4 Team Award and a level 5+/national level award)

Woolgar Tarrant Award: Awarded to the Level 3 TRI athlete with the highest DD in their optional routine. If a tie breaker is needed then it will go to the athlete with the better execution score.

SECTION 6: PROVINCIAL TEAM (TEAM NL)

Team NL events will include any competition where GNL identifies a team that will represent NL. This includes competitions such as:

- Eastern Canadian Championships
- Canadian Championships
- NL Winter Games
- Canada Winter Games

6.1 Team NL Selection Process & Eligibility

Any gymnast selected to a provincial team for any event must be a resident of NL* and a registered member in good standing with GNL in either a competitive trampoline or tumbling Program.

*Exception: athletes who reside in Fermont, Quebec – who live nearby and are registered with and train at Snowbirds Gymnastics.

Tumbling athletes must have been actively participating in a specific tumbling program with their club to be considered for Team NL selection. Athletes who are registered in a competitive artistic program but who are not registered and participating in a competitive tumbling program by November 15th of the competitive season are not permitted to compete in a tumbling level at Provincial Championships nor will they be considered for Team NL selection.

Immediately following the conclusion of the Provincial Championships competition, the TTC will meet and select teams for Eastern Canadian Championships and Canadian Championships according to the ranking process outlined below.

At each step of the ranking process, to be considered for Team NL, the athlete must also meet the minimum qualifying score for their level and category.

Athletes will be ranked in the following order of steps:

Step #1. Average of an athlete's two best scores from any two GNL sanctioned events, but must have competed at Provincial Championships. Note: They must compete at Provincial Championships but they do not have to use their score from Provincial Championships.

Step #2. If after step #1 the team is not filled, use the average of an athlete's two best scores from any two GNL sanctioned event but who did not compete at Provincial Championships.

Step #3. If after step #2 the team is not filled, use the average of an athlete's two best scores from any two sanctioned Canadian events. Can be a combination of one GNL event and one out-of-province Canadian sanctioned event or it can be two out-of-province Canadian sanctioned events.

Step #4. If after step #3 the team is not filled, use the athlete's one best score from any GNL sanctioned event.

Step #5. If after step #4 the team is not filled, the TTC will consider any petitioned athletes who either have only one score from a Canadian sanctioned event and/or who has not participated in any sanctioned event. Petitions of this nature must be submitted to GNL's TD prior to the first session/day of the Provincial Championships competition.

As per GymCan's TG Canadian Pathways rules all **National level** athletes wishing to compete at Canadians must attend a minimum of one (1) Provincial Cup and/or Provincial Championships in the current competitive season.

In the event of a tie at steps #1-3 of the selection process, the athlete with the highest score from either of their two top scores being averaged will prevail. In the event of a tie at steps 4-5 of the selection process, GNL will follow the tie breaking rules as per GymCan's TG Competition Rules (and outlined above).

Final team selection is the responsibility of the TTC and approved by the TD.

Once the final team is approved by the TTC, GNL will release the names of the team to the public. Alternates are ranked but only named to team if someone on the team does not accept their position.

Minimum Qualifying Scores

The TTC will review the Team NL qualifying standards each year to consider adjustments where/when needed. The standard to be eligible to represent Team NL will be published prior to the upcoming competition season.

	Qualifying Scores	
	Trampoline	Tumbling
L1	75	35.5
L2	77	35.6
L3	80	33.3
L4	80	33.0

Provincial Team Selection – Conditions

All athletes who make team will need to confirm their acceptance by the deadline set by GNL. The registration deadline for Eastern Championships and/or Canadian Championships dictates how much time athletes are given to confirm their acceptance.

All members of Team NL must complete and return all requested waivers and medical forms by the set deadline.

The clubs in which team members are affiliated with must pay the required fees by the set deadline.

Athletes attending a Team NL event, such as Eastern Championships or Canadian Championships, must wear the official Team NL uniform. Uniform orders will take place online early in the competitive season. All orders must be completed by the set date. There will be NO refunds for uniform pieces once the order has been placed with the supplier.

Once a gymnast or alternate has been selected to a Provincial team, they must continue to train at the suitable training level, execute full routines with appropriate content, follow any reasonable requests of the TTC, and notify the TD of any injuries.

If an athlete relinquishes their position on a provincial team, GNL's TD must be notified immediately. There will be no refunds issued if registration for either Eastern or Canadian Championships has already been processed. Whether or not a refund can be issued in case of injury will depend on the event/hosting PSO's refund policy.

Should an athlete be injured and is unable to compete prior to travel and if the host competition allows entry, then said athlete must relinquish their position on the provincial team to the next highest scoring athlete determined from the ranking process.

SECTION 7: SELECTION TO EASTERN CHAMPIONSHIPS

GNL team selection for Eastern Championships is based on a combination of achieving certain technical standards and ranking within categories. The number of athletes selected for each category is determined by the current revision of the Eastern Canadian Championships handbook.

The NL contingent to the 2025-2026 Eastern Canadian Championships shall consist of the following:

TG & TUM Level 1: Up to 4 athletes per gender, per age category; 12 & under, and 13 & over.

TG & TUM Levels 2-4: Up to 8 athletes per gender

TRS Level 1-4: Each PSO can register a maximum of two pairs per level. Level 1 synchro is not broken down into age groups. Pairs can be same or mixed gender but must have competed in TRI event at the same level. For example, a level 2 TRI athlete can not be paired with a L1 TRI athlete for Level 1 or Level 2 TRS event.

7.1 Team Competition- Selection of athletes for Team competition at Eastern Championships

Each team will be composed of a minimum of 3 athletes and a maximum of 4 athletes (i.e., those 4 athletes contributing scores to the team, title must be indicated on the official registration form). Prior to the start of competition an Independent may replace a team athlete only in the event of an injury. Only one (1) Provincial team will be designated to represent each province in each category. In categories where there are more than 4 eligible athletes who have met all other criteria, the TTC will decide which athletes will make-up the team. The TTC will consider previous athlete results, degree of difficulty, routine content, quality and consistency of execution, and overall potential to score well and contribute to the overall team score.

7.2 Selection of athletes for Synchronized Trampoline at Eastern Championships

Each PSO is permitted to enter up to two synchronized pairs per level. Synchronized pairs may be same or mixed gender, but both athletes of the pair must compete at the same level in the individual trampoline event. Pairing of athletes depends on which athletes are named to team and as such can not be determined until after Provincial Championships once the team is selected. The selection of synchronized pairs will be at the discretion of the TTC and in consultation with the attending coaches, who will consider synchro results and pairs from previous competitions, routine content, quality and consistency of execution, training environment and opportunities for potential pairing, and overall potential to score well as a synchronized pair.

SECTION 8: SELECTION TO CANADIAN CHAMPIONSHIPS

The NL contingent to the 2024-2025 Canadian Championships shall consist of an unlimited number of athletes in the following categories:

TRI: L5 (14U), L5 (15-16), L5 (17+), L6 (14U), L6 (15-16), Junior (13-16), L7 (17+), Senior (17+)

TRS: L5 (11+), L6, Senior (15+), Mixed (Following L5 Rules)

Athletes must have met the mobility requirements for their category in order to be eligible to compete at Elite Canada or Canadian Championships.

Eligibility requirements are determined by GymCan.

As per GymCan's TG Canadian Pathways rules all National level athletes wishing to compete at Canadians must attend a minimum of one (1) Provincial Cup and/or Provincial Championships in the current competitive season.

Any petitions to attend Canadian Championships (medical petitions only) must be approved and submitted to GymCan by the PSO for Level 5 through Senior.

Athletes who are unable to attend a minimum of 1 Provincial Cup and/or Provincial Championships who wish to be excused due to conflicting meet schedules OR extenuating circumstances must notify the TTC prior to the entry deadline of the conflicting event in order to be excused. Reasonable exemptions may include athletes assigned by GymCan for an international assignment. All petitions for Junior and Senior National Team Members must be sent directly to GymCan.

The following must also be adhered to:

- Rules in all categories involving mobility must be identical, no exceptions are allowed in these categories, if so, mobility will not be granted.
- Athletes must have met the mobility requirements for their category in order to be eligible to compete at Elite Canada or Canadian Championships.
- Any petitions to enter the sport in a category above Level 4 or to move down a category must be made to GymCan via the athlete's Provincial Trampoline Technical Committee.

Level 4 athletes who have met the GymCan mobility requirements to enter Level 5 at a sanctioned event prior to the registration for Canadians MAY be considered as individual Team NL members for the event for which they have met the mobility requirements.

For additional information, please refer to the GymCan Canadian Pathways document and Canadian Competition Rules. All GymCan requirements must be achieved in the preliminary round as per the most current version of the GymCan TG Canadian Pathways.