

**INTERNATIONAL OPEN CUP 2015 GALICIA
TRAMPOLINE GYMNASTICS**





INTERNATIONAL OPEN CUP 2015 GALICIA TRAMPOLINE GYMNASTICS

REGULATIONS

DATES OF CELEBRATION

- **24-25-26 April 2015**
- Venue: Pabellón Polideportivo Manuel Coto Ferreiro A Estrada (Pontevedra)

REGISTRATION DATES

- Preliminary Registration: 15 March 2015. (Appendix I (G. Trampoline)).
- Final registration: 1 April 2015 (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 (April 1, 2015).

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 (April 1, 2015).*
- There will be a single classification which will include all participants (Open). 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.



INTERNATIONAL OPEN CUP 2015 GALICIA TRAMPOLINE GYMNASTICS

TECHNICAL REGULATIONS

MODALITIES

Trampoline (Eurotramp)

Dobleminitramp (Eurotramp)

Tumbling (Speeth)

CATEGORIES / AGE OF GYMNASTS

CATEGORY	AGES
Level 1	2005, 2006, 2007
Level 2	2003, 2004
Level 3	2001, 2002
Level 4	2000, 1999
Level 5	Fig B – Junior Cat (in the year of competition)
Level 6	Fig A - Senior Cat (in the year of competition)

TECHNICAL PROGRAM:

- LEVEL 1: REGULATION ELITE 4 NATIONAL RFEG

TRAMPOLINE

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



DOBLEMINITRAMP

Only be allowed to take an item without transverse rotation at each pass. If the two elements without transverse rotation were made, the note of the pass will be zero.

TUMBLING

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

The first pass of the preliminary phase will be: Round- - Flic- Flac Flic -flac - free element.

The free element can never be a straight dive. If do so, there would be evaluated.

The second pass will be a free exercise of four elements, which may not be equal to the first pass. If the two countries are equal , the difficulty value of elements repeated in the second pass, with the exception of flic- Flacks , whipbacks (Tempos) and round- offs (thin slices) will not be counted .

The two passes of the final phase will be free. The second pass can not be equal to first. If the two countries are equal , the value of diffi - culty of repeated elements in the second pass, with the exception of flic- Flacks , whipbacks (Tempos) and round- offs (thin slices) will not be counted .

It is not mandatory end passes with a somersault.

Each 180° rotation longitudinal elements without transverse rotation will be worth 0.1 points of difficulty.

- LEVEL 2, 3 and 4: AGE GROUP REGULATIONS

- LEVEL 5: FIG B REGULATIONS

- LEVEL 6: FIG A REGULATIONS

- More than 10 gymnasts in the Preliminary: only 8 will compete in the finals.
- 9 or 10 gymnasts in Preliminary: 6 will compete in the finals.
- If there are 8 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.