



Adult Open Competition 2025 Trampoline Handbook

Entry Instructions

All entries for this competition are made via our website: www.react-club.com. You can find the entry form under the 'competition registration' tab. An online handbook for all disciplines can also be found on our website under this tab.

Categories – Ability Levels

Introductory

For beginners who are capable of performing an exercise of difficulty between 0.5 and 1.1.

Novice

For competitors who are capable of performing an exercise of difficulty between 1.2 and 2.0.

Intermediate

For experienced competitors who are capable of performing an exercise of difficulty between 2.1 and 3.8.

Pro

For experienced competitors who are capable of performing an exercise of difficulty between 3.9 and 6.2.

Open

For experienced competitors who are capable of performing an exercise of difficulty 6.3 or above.

Categories - Age Bands

Each category shall be further subdivided into the following age bands:

18 and over 30 and over 45 and over

Competitors are required to enter the correct level according to their age and ability level.

Age Bonus

All competitors will be given a bonus of 0.1 per two years above the base year of the age group. A competitors' age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score.

Please note: 18, 19 & 20 year olds will not receive any age bonus.

Over 18

Age	18-21	22-23	24-25	26-27	28-29
Age bonus	0	0.1	0.2	0.3	0.4

Over 30

Age	30-31	32-33	34-35	36-37	38-39	40-41	42-43	44
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7

Over 45

Age	45-46	47-48	49-50	51-52	53-54	55-56	57-58	59-60	61-62	62-63	64-65	66-67	68-69	70-71
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3

Age	68-69	70-71	73-73	74-75	76-77	78-79
Age bonus	1.4	1.5	1.6	1.7	1.8	1.9

Exercise Requirements

Each competitor must complete two exercises:

- Compulsory exercise
- Voluntary exercise

If the minimum difficulty isn't met in the voluntary exercise (excluding Introductory), a penalty of 2.0 will be applied for not meeting the requirements. If the maximum difficulty is exceeded in the voluntary exercise, the difficulty applied to the competitor's score will be capped at the maximum for the category.

Introductory:

Competitors must choose a compulsory exercise from the options below:

Option 1	Option 2
½ twist jump	Full twist jump
Straddle jump	Straddle jump
Seat landing	Seat landing
To feet	½ twist to feet
½ twist jump	Pike jump
Pike jump	Seat landing
½ twist to seat	To feet
½ twist to feet	Tuck jump
Tuck jump	Front landing
Full twist jump	To feet

The voluntary exercise must consist of 10 skills (skills may be repeated once) totalling a difficulty value between 0.5 and 1.1. Any repeated skills will not be awarded for difficulty.

Novice:

Competitors must choose a compulsory exercise from the options below:

Option 1	Option 2
Full twist jump	Back s/s (T)
Straddle jump	Straddle jump
Seat landing	Seat landing
½ twist to seat	½ twist to seat
½ twist to feet	½ twist to feet
Pike jump	Tuck jump
Back landing	½ twist to front
½ twist to feet	To feet
Tuck jump	Pike jump
Front s/s (T)	Full twist jump

The voluntary exercise must consist of 10 skills totalling a difficulty value between 1.2 and 2.0.

Intermediate:

Competitors must choose a compulsory exercise from the options below:

Option 1	Option 2
Back s/s (S)	Back s/s (P)
Straddle jump	Straddle jump
Barani (T)	Back s/s (T)
Tuck jump	Pike jump
½ twist jump	½ twist jump
Pike jump	Tuck jump
Back landing	½ twist to front landing
½ twist to feet	To feet
Tuck jump	Tuck jump
Front s/s (T)	Barani (P)

The voluntary exercise must consist of 10 skills totalling a difficulty value between 2.1 and 3.8.

Pro:

Competitors must construct their own compulsory exercise to meet the following requirements:

10 different elements with at least 7 somersaults of at least 270° somersault rotation to include at least one of the following requirements/elements:

- An element of 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation
- Full
- Rudi

The voluntary exercise must consist of 10 skills totalling a difficulty value of between 3.9 to 6.2.

Open:

Competitors must construct their own compulsory exercise to meet the following requirements:

- The exercise must consist of 10 different elements, each with a minimum of 270° somersault rotation.
- Two elements marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be

added to the execution, time of flight and horizontal displacement scores to give a total exercise score.

Neither of these two elements marked with an asterisk in the first exercise may be repeated in the second exercise otherwise the difficulty will not be counted in the second exercise.

The compulsory exercise must consist of 10 skills totalling a difficulty value of at least 6.3.

Teams

Team rules be as per below:

1. A minimum of three gymnasts and maximum of four gymnasts per team
2. All gymnasts within the team must be members of the same club
3. Teams may comprise of members of mixed gender
4. All gymnasts within the team must be entered in the same category

Apparatus Specification

Six 4x4 Ultimate trampolines will be used for the competition

Competition and Technical Rules

Shall be per the FIG Code of Points, except where varied in this document. All competitors shall be judged on Horizontal Displacement (HD), Time of Flight (TOF) will not be recorded or judged at this event.

Median deduction scoring may not be used.