



51st Nissen Cup 2022
Junior Competition
Trampoline
Arosa – Switzerland
1st & 2nd July 2022



APPENDIX TO THE DIRECTIVES

Version 1.0 - 23rd March 2022

1. In Trampoline Individual (13-14 and 15-16) and Synchronized (13-16) no Q2 is organized.
2. In Trampoline Individual (13-14 and 15-16) and Synchronized (13-16) the Qualifying Round will consist of 1 (one) exercise with special requirements and without difficulty score, plus 1 (one) voluntary exercise.
3. For the different age groups in Trampoline Individual and Synchronized, the following limitations to the difficulty in a single element will be applied:

FIG TRA Junior Ages	
13-14 years	15-16 years
1.8 pts	1.8 pts

4. For all age groups, quadruple somersaults are prohibited. Any abuse of this rule will result in the disqualification of the gymnast.
5. First routine with special requirements
Trampoline Individual (13–14 and 15-16) and Synchronized (13-16):

The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
 1. one (1) element to front or back,
 2. one (1) element from front or back – in combination with requirement N°1,
 3. one (1) double front or back somersault with or without twist and
 4. one (1) element with a minimum of 540° twist and minimum 360° somersault rotation.
6. Tie-break Rules Trampoline Individual (13-14 and 15-16):
In case of a tie, the ranking will be determined by the following criteria:
 1. The highest sum of T-score of both exercises
 2. The highest sum of H-score of both exercises
 3. The highest D-score of the second exercise
 4. The highest sum of all E-scores of both exercises
7. Tie-break Rules Trampoline Synchronized (13-16):
In case of a tie, the ranking will be determined by the following criteria:
 1. The highest sum of S-score of both exercises
 2. The highest sum of H-score of both exercises
 3. The highest D-score of the second exercise
 4. The highest sum of all E-scores of both exercises