



53rd Nissen Cup 2026
Junior Competition Trampoline
Arosa – Switzerland
25th to 27th June 2026



APPENDIX TO THE DIRECTIVES

Version 1.0 – 10th November 2025

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	
AG2: 13-14 years	Junior: 15-16 years
2.1 pts	2.1 pts

4. For all age groups, quadruple somersaults are prohibited. Any abuse of this rule will result in the disqualification of the gymnast.
5. No bonuses for several multiple somersaults in one exercise will be applied in any category at the Individual and Synchronized Trampoline event.
6. 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 maximum 450° somersault rotation.
7. 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
 8. 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