

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



**Rules for
Junior and World Age Group
Competition (WAGC)
2025 – 2028**



Trampoline Gymnastics

V 1.0 – May 2024

1. FIG categories and age group structure

1.1 The following categories and age groups will be available:

- AG1 11 - 12 years old in the year of competition
- AG2 13 - 14 years old in the year of competition
- Junior category: 13 - 16 years old in the year of competition
 - For FIG Junior World Championships, participation will be limited to 15-16 years.
- AG3 17 - 21 years old in the year of competition

1.2 No gymnast shall compete in other than his/her age group in any discipline (SYN included).

2. Competition rules for Junior World Championships

The FIG Code of Points for Trampoline Gymnastics will apply with the following variations:

2.1 At the Individual and Synchronized Trampoline events, Q1 consists of two exercises.

2.1.1 The first exercise will meet special requirements and will not have difficulty score.

2.1.2 The second exercise will be voluntary with counting difficulty.

2.1.3 The special requirements will be described by the TRA-TC at least one year prior to the next WAGC.

2.2 Limits of D-value per element will be applied in all events.

2.3 The following table is presented as a synthesis of the Junior events' competition format:

Competition Phase	Category	TRA		TUM	DMT
		Individual	Synchro		
Q1	JUNIOR: 15-16	1 exercise with requirements and 1 voluntary exercise	1 exercise with requirements and 1 voluntary exercise	2 exercises	2 exercises
Q2		1 exercise (according to nominative entries)			
FINAL		1 exercise	1 exercise	No	No
F1		No	No	1 exercise	1 exercise
F2		No	No	1 exercise	1 exercise

3. Competition rules for World Age Group Competition

The FIG Code of Points for Trampoline Gymnastics will apply with the following variations:

3.1 No Q2 is organized. The eight (8) finalists will come from the ranking list of the Qualifying Round.

3.2 At the Individual Trampoline events, Q1 consists of two (2) exercises.

3.2.1 The first exercise will meet special requirements.

3.2.1.1 At AG1 and AG2, the first exercise will not have difficulty score.

3.2.1.2 At AG3, two elements of the first exercise will receive a difficulty score.

3.2.2 The second exercise will be voluntary with counting difficulty

3.2.3 The special requirements will be described by the TRA-TC at least one year prior to the next WAGC.

3.4 At the Synchronized Trampoline events, the Qualifying Round consists of one (1) voluntary exercise.

3.4 Limits of D-value per element will be applied in all events.

3.5 The following table is presented as a synthesis of the WAGC events' competition format:

Competition Phase	Age Group	TRA		TUM	DMT
		Individual	Synchro		
Q1	All AGs	1 exercise with requirements and 1 voluntary exercise	1 voluntary exercise	2 exercises	2 exercises
Q2		NO Q2			
FINAL		1 exercise	1 exercise	No	No
F1		No	No	1 exercise	1 exercise
F2				1 exercise	1 exercise

4. Difficulty scoring

4.1 For difficulty in all disciplines, the FIG Code of Points will apply, but the following limitations to the difficulty in a single element will be applied:

	Category			
	AG 1 (11-12)	AG2 (13-14)	Junior (15-16)	AG3 (17-21)
TRA	1.7 pts	2.1 pts	2.1 pts	2.2 pts
TUM	2.8 pts	4.3 pts	4.3 pts	4.5 pts
DMT	4.0 pts	4.6 pts	4.6 pts	5.2 pts

4.2.1 For AG1, triple somersaults are prohibited.

4.2.2 For all categories, quadruple somersaults are prohibited.

4.2.3 Any abuse of 3.2.1 or 3.2.2 will result in the disqualification of the gymnast.

4.3 No bonuses for several multiple somersaults in one exercise will be applied in any category at Individual and Synchronized Trampoline events.

5. Special requirements for Individual and Synchronised Trampoline events

The following special requirements will apply to Junior and WAGC events since 1 January 2025.

5.1 AG1 (11-12 years)

The first exercise consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the three requirements below 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 landing on the front of the body,
2. one (1) element landing on the back of the body,
3. one (1) element with a minimum of 360° twist and a minimum of 360° somersault rotation.

5.2 AG2 (13-14 years), and Junior category (15-16 years)

The first exercise consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the four requirements below 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 a maximum of 450° somersault rotation.

5.3 AG3 (17-21 years)

The first exercise consists of 10 different elements, all of them with at least 270° of somersault rotation. Each element meeting the two requirements below 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,

According to 3.2.1.2, two (2) elements in the first exercise will be counted for D-scoring in this age group:

- 5.3.1 These two (2) elements must include the D-values in the competition cards; otherwise, no difficulty score will be entered.
- 5.3.2 If any of these two (2) elements is performed in the second exercise as well, the repeated element will not have difficulty value.

5.4 Repetition of an element

The repetition of an element during the first exercise will result in a penalty of 2.0 points applied by the Difficulty Judges, for each repetition.

6. Staging of the Junior World Championships and WAGC

- 6.1 The FIG Junior World Championships and WAGC must be held in the same year as the World Championships.
- 6.2 Junior World Championships and WAGC will be organized during the same week.
- 6.3 National Federations making an application for organizing the Senior World Championships may also apply for the Junior World Championships and WAGC.

7. Conditions of entry in the Junior World Championships and WAGC

- 7.1 Only entries made by affiliated federations of the FIG will be accepted. Any entry not so received must be returned to the sender.
- 7.2 A maximum entry of 96 participating gymnasts per federation is permitted. A maximum of four (4) gymnasts [two (2) pairs in synchro] per federation may enter per each age group and event in each discipline.
- 7.3 Gymnasts who have competed in a discipline at a World Championship may not compete in the same year in that discipline at WAGC.

8. Age Groups and Apparatuses

Individual competitions in Trampoline, Double Mini-Trampoline, Tumbling and Synchro Trampoline will take place in the following age groups:

- AG1: 11-12 year-old boys
- AG1: 11-12 year-old girls
- AG2: 13-14 year-old boys
- AG2: 13-14 year-old girls
- Junior: 15-16 year-old boys
- Junior: 15-16 year-old girls
- AG3: 17-21 year-old boys
- AG3: 17-21 year-old girls

Additionally, a mixed Synchro event (pairs composed by one boy and one girl) will be organized in AG1 (11-12 years).

8. Tie-break Rules

All ties will be broken according to FIG Technical Regulations (Article 4.4), except for Individual Trampoline Qualification Round, where the following tie-break rules will apply:

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

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