TAKE OFF!

Trampoline Gymnastics

NEWSLETTER – N° 31 – July 2025

LAUSANNE (SUI), July 31, 2025

Dear Friends,

The new Olympic cycle (2025-2028) is underway for Trampoline Gymnastics and, this newsletter will provide you with information that will help with your planning for the remainder of your 2025 season and beyond.

After just three World Cups, we can see that our sport is evolving with promising developments across all our disciplines.

In trampoline, the revised difficulty calculation system is leading to higher scores. The men have achieved scores of 65.0 or more at recent World Cups, while the ladies are delivering strong performances too with scores above 57.0. The introduction of mixed synchro has proved to be a popular addition to our competitions, with exciting events at the World Cups in Baku and Riccione. The increased number of entrants in the DMT and tumbling events in Italy and Azerbaijan show that these disciplines are growing, and the competitions were thrilling to watch too.

We are excited to see how our disciplines develop throughout 2025, in the upcoming World Cups, from Cottbus (GER) and Varna (BUL) to Antibes (FRA), and the World Championships in Pamplona (ESP).





Looking ahead, the 2026 World Championships will be held in Nanjing (CHN) from 5 to 8 November. The World Age Group Competitions (WAGC) will be held 12 to 15 November, and will include the 3rd Junior World Championships.

This is a change from the previously published information. It follows the decision by the FIG Executive Committee to allow the Junior World Championships to run alongside every WAGC, beginning in 2025.

1. 2025 Judges courses - Evaluation

The Intercontinental Judges Course was held in Lausanne (SUI) from 28 November to 1 December. In addition, nine International Judges Courses have been completed during early 2025.

For the first time, all candidates attended every lecture across the three disciplines, helping with further integration across the sport. The results are presented in the following tables:

	TRAMPOLINE - TOTAL SCORE					
Course	Fail	CAT 4	CAT 3	CAT 2	CAT 1	TOTAL
Lausanne (SUI)	2	3	18	19	48	90
Atlanta (USA)	1	7	7	3	3	21
Baku (AZE)	15	17	19	10	20	81
Tbilisi (GEO)	7	7	13	4	13	44
Gold Coast (AUS)	4	3	6	0	2	15
Hong Kong (HKG)	11	4	5	3	6	29
Boksburg (RSA)	3	8	3	0	1	15
Bogota (COL)	3	3	4	4	5	19
Tokyo (JPN)	6	3	5	2	2	18
Abuja (NGR)	0	0	3	0	0	3
TOTAL	52	55	83	45	100	335

	TRAMPOLINE - TOTAL SCORE					
Course	Fail	CAT 4	CAT 3	CAT 2	CAT 1	TOTAL
Lausanne (SUI)	2,2	3,3	20,0	21,1	53,3	100,0
Atlanta (USA)	4,8	33,3	33,3	14,3	14,3	100,0
Baku (AZE)	18,5	21,0	23,5	12,3	24,7	100,0
Tbilisi (GEO)	15,9	15,9	29,5	9,1	29,5	100,0
Gold Coast (AUS)	26,7	20,0	40,0	0,0	13,3	100,0
Hong Kong (HKG)	37,9	13,8	17,2	10,3	20,7	100,0
Boksburg (RSA)	20,0	53,3	20,0	0,0	6,7	100,0
Bogota (COL)	15,8	15,8	21,1	21,1	26,3	100,0
Tokyo (JPN)	33,3	16,7	27,8	11,1	11,1	100,0
Abuja (NGR)	0,0	0,0	100,0	0,0	0,0	100,0
TOTAL	15,5	16,4	24,8	13,4	29,9	100,0

	TUMBLING - TOTAL SCORE					
Course	Fail	CAT 4	CAT 3	CAT 2	CAT 1	TOTAL
Lausanne (SUI)	0	5	9	12	35	61
Atlanta (USA)	0	3	9	3	5	20
Baku (AZE)	7	6	14	4	14	45
Tbilisi (GEO)	4	2	6	9	9	30
Gold Coast (AUS)	1	0	5	2	4	12
Hong Kong (HKG)	7	3	6	7	2	25
Boksburg (RSA)	1	2	4	7	3	17
Bogota (COL)	2	1	6	4	4	17
Tokyo (JPN)	2	3	2	1	3	11
Abuja (NGR)	0	1	1	0	1	3
TOTAL	24	26	62	49	80	241

	TUMBLING - TOTAL SCORE					
Course	Fail	CAT 4	CAT 3	CAT 2	CAT 1	TOTAL
Lausanne (SUI)	0,0	8,2	14,8	19,7	57,4	100,0
Atlanta (USA)	0,0	15,0	45,0	15,0	25,0	100,0
Baku (AZE)	15,6	13,3	31,1	8,9	31,1	100,0
Tbilisi (GEO)	13,3	6,7	20,0	30,0	30,0	100,0
Gold Coast (AUS)	8,3	0,0	41,7	16,7	33,3	100,0
Hong Kong (HKG)	28,0	12,0	24,0	28,0	8,0	100,0
Boksburg (RSA)	5,9	11,8	23,5	41,2	17,6	100,0
Bogota (COL)	11,8	5,9	35,3	23,5	23,5	100,0
Tokyo (JPN)	18,2	27,3	18,2	9,1	27,3	100,0
Abuja (NGR)	0,0	33,3	33,3	0,0	33,3	100,0
TOTAL	10,0	10,8	25,7	20,3	33,2	100,0

	DMT - TOTAL SCORE					
Course	Fail	CAT 4	CAT 3	CAT 2	CAT 1	TOTAL
Lausanne (SUI)	13	14	13	10	19	69
Atlanta (USA)	1	2	4	5	11	23
Baku (AZE)	19	16	12	8	9	64
Tbilisi (GEO)	3	2	10	6	8	29
Gold Coast (AUS)	1	3	1	5	3	13
Hong Kong (HKG)	15	3	4	2	5	29
Boksburg (RSA)	8	3	0	1	2	14
Bogota (COL)	3	7	4	2	1	17
Tokyo (JPN)	8	5	3	0	0	16
Abuja (NGR)	1	0	0	0	0	1
TOTAL	72	55	51	39	58	275

	DMT - TOTAL SCORE					
Course	Fail	CAT 4	CAT 3	CAT 2	CAT 1	TOTAL
Lausanne (SUI)	18,8	20,3	18,8	14,5	27,5	100,0
Atlanta (USA)	4,3	8,7	17,4	21,7	47,8	100,0
Baku (AZE)	29,7	25,0	18,8	12,5	14,1	100,0
Tbilisi (GEO)	10,3	6,9	34,5	20,7	27,6	100,0
Gold Coast (AUS)	7,7	23,1	7,7	38,5	23,1	100,0
Hong Kong (HKG)	51,7	10,3	13,8	6,9	17,2	100,0
Boksburg (RSA)	57,1	21,4	0,0	7,1	14,3	100,0
Bogota (COL)	17,6	41,2	23,5	11,8	5,9	100,0
Tokyo (JPN)	50,0	31,3	18,8	0,0	0,0	100,0
Abuja (NGR)	100,0	0,0	0,0	0,0	0,0	100,0
TOTAL	26,2	20,0	18,5	14,2	21,1	100,0

After combining the results with the experience accumulated by judges during the previous Olympic cycle, the FIG judges are composed as follows:

	Cat. 1	Cat. 2	Cat. 3	Cat. 4	TOTAL
TRA	44	35	126	85	290
TUM	18	11	124	73	226
DMT	14	12	103	84	213

Note: Judging experience requirements can be completed during 2025 and 2026, so there are still opportunities to upgrade some categories.

There will be more opportunities to join the FIG judging community announced soon. Online Exams will be offered at the continental level in October and November. Candidates for these exams will only be able to achieve a Category 4. A retest course will be held after the 2025 World Championships. This will be the last chance to obtain a brevet or upgrade (Cat. 2-4) this cycle.

2. Clarification about judges' eligibility to 2028 Olympic Games

The selection criteria for judges for the LA2028 Olympic Games are published on the FIG website.

After receiving questions, the FIG Trampoline Technical Committee (TRA-TC) would like to clarify the eligibility requirements. They are:

a) hold a FIG brevet on trampoline (any category) for at least two Olympic cycles

b) be a Category 1 or Category 2 judge during the current cycle (2025-2028).

All judges meeting these two requirements will be included in the selection process. The 2025 World Championships in Pamplona will be the first qualifying event in this process.

3. Changes on tie-breaking rules

Following similar decisions from MAG, WAG and RG, the FIG Council has approved changes to the tie-break rules for JWCh and WACG Finals:

- **Art. 4.4 - General Tie-breaking rules:**

  These tie-breaking rules define how to determine which gymnast or team should prevail in the case of equal points**, except for JWCh Finals and WAGC Finals, where no tie-break rules will be applied (only for F2 for TUM and DMT. Ties will be broken in F1).**

- **Art. 4.4.1 Individual Trampoline:** At Junior and WAGC events (except 17-21 age group), tie-break rules will be applied only to the **voluntary (second) exercise**.

- **Art. 4.4.2 Synchronised Trampoline:** At Junior events, tie-break rules will be applied only to the **voluntary (second) exercise.**

4. Clarification of rules for Judges for 2025 World Cups

If a national federation (NF) is participating in two or three disciplines at one FIG competition and enters less judges than events that they are participating in, the Technical Delegate (TD) will assign that NF's judges to the events with less available judges. For example:

- NF ABC is competing in TRA and DMT
- NF ABC registers one judge for both events
- There are more available judges in TRA, but there are less than needed for DMT.
- If necessary, the TD will assign the NFABC judge to DMT, instead of TRA, regardless the preference expressed by the NF ABC.

5. New rules for Judges for 2026 World Cups

Each federation must provide judge(s) for the discipline(s) in which they participate, according to the requirements in force. In order to help NFs, judges' participation can be combined as follow:

N° of disciplines	N° of Judges requested
1	1
2	2
3	min 2 */ max 3 *(*) With valid brevets in 3 disciplines, among the 2 judges*

Failure to do so will result in a fine of CHF 2,000.

6. Code of Points – Clarifications

A new version of the Code of Points has been released. Its content is available here: [LINK]

The main changes are listed below:

TRAMPOLINE

13.2 The position of the body is evaluated taking as references the angles between the ankle/knee, hip and shoulder (central point of each joint).

15.1.9.1 If one of the gymnasts has clearly taken off to an element while his partner has clearly not landed from the preceding element, they will be deemed to have performed different elements. The synchronise device will identify interruption when there is a difference in landing of 0.400 seconds or more.

17.1.7 Certain exercises will receive an additional value (bonus) provided they meet the following conditions:

ADDED: Women and mixed SYN – Exercise with more than 2 different elements with 1080° or more of somersault rotation, each additional element of 1080° of somersault rotation or more 0.3 pts

19.11 Decide about penalties as per §5.5, §5.7, §11.3, §12.2, §12.4 and 16.6, and input accordingly.

20.1 Evaluate the execution in the range 0.0 to 0.5 points as per §20.2 and register their deductions.

20.1.1 For single somersault, execution judges should evaluate the element from the beginning of the take-off up to the remaining 90° (before landing).

20.1.2 For multiple somersaults, execution judges should evaluate the element after take-off from:

Backward somersault: 90° up to the remaining 90° (before landing)

Forward somersault: 135° up to the remaining 90° (before landing)

20.2.1.1 Position of the arms

- All these deductions are added up to a maximum of **-0.10** points.

20.2.1.2 Position of the legs

- Bent knees in pike and straight positions during the flying phase **-0.10** - **-0.20** pts
- Feet not together, knees not together and/or toes not pointed **-0.10** pts

 All these deductions are added up to a maximum of **-0.30** points.

20.2.1.3 Opening of the element

- A tuck or pike element is considered as open when the angle between legs and the upper body reaches an angle greater than 170º and less than or equal to 190º. This straight position must be showed at the latest, at 1 o'clock
- If this angle is reached between 1 o'clock and 2 o'clock, then the element will receive a **-0.10** points deduction.
- If this angle is reached between 2 o'clock and 3 o'clock, then the element will receive a **-0.20** points deduction.
- If this angle is reached after 3 o'clock or is never reached, then the element will receive a **-0.30** pts deduction.
- A straight element is not expected to be opened, as the flying phase meets the greater than 170º requirement.

20.2.1.4 End of twisting

- Elements including twisting rotation until the landing will receive a **-0.30** pts deduction.

20.2.2.1.2 Step(s) or bounce(s) or sliding **-0.10** each one

TUMBLING

19.2.1.6 Deductions to be applied during the exercise:

Loss of speed **-0.10** - **-0.20** pts

Deviation from the central axis of the track **-0.10** pts

19.2.1.1 Position of the arms

Linking elements (cartwheel, round off, flic flac, whipback) can be performed without arms close to the body without deduction.

19.2.1.4 End of twisting

Elements where the gymnast twists until the landing will receive a **-0.20** pts deduction.

19.2.1.5.1 This deduction will not be applied to elements performed in the middle of the exercise (linking elements)

JUDGING OF ELEMENTS WITH SPLIT LEGS - TUMBLING

Decisions taken by D-judges:

12.3 An angle greater than 60º between the two legs must be reached for this element to be considered as different to the straight position.

Decisions taken by E-judges:

- Angle between legs is more than 60º and less than or equal to 90º **-0.20** pts deduction
- Angle between legs is more than 90º and less than or equal to 135º **-0.10** pts deduction
- Angle between legs is greater than 135º No deduction

DMT

13.5 Elements or exercises from the Q1 may be repeated in any other competition phase

16.1.2 Elements without twist or somersault rotation (tuck jump, pike jump, straddle jump) will have a difficulty value of 0.1 pts

PART II

Some adjustments were included in the sections detailing the examples of calculation and rounding (Part II – Appendices)

CLARIFICATIONS FOR QUESTIONS RECEIVED FROM NFS AND JUDGES

QUESTION: Interruptions – Touching outside the bed or track: If a gymnast lands on the TRA/DMT pad or touches outside the TUM track, the exercise will be interrupted, and no credit will be given to the element where the infraction occurs.

ANSWER: If the gymnast lands with the feet on anything other than the bed/track, then the element will not be counted.

An element is considered as completed when the gymnast lands on the bed or track. After landing, if the gymnast touches something else than the bed or track with any part of the body, then the exercise will be interrupted, but the element will be counted.

CJP are allowed to use (exclusively) the official technical video to make the decision.

Note: All the judges must keep writing down their deductions and D-values, even if they think an exercise should be interrupted, as this decision is in hands of the CJP.

CLARIFICATION: The World Games - In TUM and DMT events, Semifinals are considered as F1, and the Gold and Bronze medal finals are considered as F2, so no repetition of elements is allowed between these two exercises.

QUESTION: CoP TRA #15.1.2. Interruption of an Exercise: "Does not use the elasticity of the bed after landing for the immediate continuation of the next element". The doubt here is whether the element before the landing should be counted or not, or instead this only applies to the "failed" element afterwards which should not be counted.

ANSWER: The element before the interruption should be counted, as that element is considered as completed.

QUESTION: CoP DMT #3.1 and #3.2: If a straight mounting element is done without simultaneous contact of both feet on the DMT, does this lead to a final score of zero, *OR* because this is still not an element, this should be disregarded? In other words, do we consider that the exercise has not started yet?

ANSWER: A straight jump is not considered as an element.

The exercise will be considered as started when the first element initiates, regardless of how the feet landed in the straight jump before the spotter element.

QUESTION: In TUM / DMT: If the gymnast lands on the landing zone (TUM) or Zone A (DMT), and crosses all the reception area to the floor, EXE judges give 1.0 deduction and CJP gives 0.2 for changing zone, correct?

ANSWER: In TUM, yes.

In DMT, there is no CJP penalty to be applied when a gymnast steps from any landing zone (A, B or C) directly to the floor without touching any other zone.

CLARIFICATION: TRA

20.2.2.3	after landing, touching on anything other than the trampoline bed with any part of the body	-0.50 pts
20.2.2.5	landing or falling outside the trampoline bed, leaving the trampoline area, or performing an additional somersault to avoid a fall	-1.00 pt

***NOTE:** Landing is considered as stopping movement after either the 10th element or the out bounce.*

QUESTION: In Tumbling, #19.2.1.4 (end of twisting) states the following: "Elements including twisting rotation until the landing time will receive a -0.2 points deduction".

This rule should also be applied to a full (2.) correct? There was a discussion on this and it was not clear whether this should be only applied to multiple somersault elements such as 22/ or 33/.

ANSWER: Yes, any twisting element.

QUESTION: Is the head judged as part of the body position?

ANSWER: No. The position of the head is part of the position of the body, but there are no specific deductions. Mistakes on the position of the head are connected to the body position.

CLARIFICATION: The position of the body is evaluated using as references the angles between the ankle/knee, hip and shoulder (central point of each joint).

QUESTION: Is there any limitation on the arms' deductions? There are three deductions for arms, can the three of them be applied in one element? Currently, the CoP sets no limit.

ANSWER: A limit of **-0.10** deduction for arms will be included in the CoP.

QUESTION: Is the limit of **-0.10** on arms' deductions the same for TRA, TUM and DMT?

ANSWER: Yes.

QUESTIONS: Y position in TUM requires a clearer description. When does a - - / become a - - Y?

ANSWER: The answer is below

- Split leg angle between 0º to 60º = - - /
- Split leg angle between 61º to 90º = - - Y, with **-0.20** E-deduction for position
- Split leg angle between 91º to 135º = - - Y, with **-0.10** E-deduction for position
- Split leg angle between 136º to 180º = - - Y, with no E-deduction for position

7. Create a catalogue of IT resources for coaching/judging Trampoline Gymnastics

New technologies and resources are being developed to help coaching and judging. To help our community, the TRA-TC is compiling a list of the tools. Please send us information about the tools that you use so that we can create a list with the aim of aiding our gymnasts, coaches and judges.

8. A Trampoline art show will be displayed at Times Square!

Times Square, in New York, is one of the most popular places to visit in the world, and it is a hotspot when it comes to arts and culture. In June 2025, Times Square Arts has partnered with video artist Yuge Zhou for the latest edition of 'Midnight Moment'. Zhou's 'Trampoline Color Exercise' will play every night on the 92 billboards from 41st to 49th Street in Midtown Manhattan.

9. Calendar

ID	DATES	TITLE	CITY	DISCIPLINES
18105	04/07/2025 - 06/07/2025	Coimbra Gym Fest 2025	COIMBRA (POR)	TRA, TUM, DMT
17897	05/07/2025 - 06/07/2025	FIG World Cup 2025	COIMBRA (POR)	TRA, TUM, DMT
18119	10/07/2025 - 12/07/2025	ScalabisCup 2025	SANTAREM (POR)	TRA, TUM, DMT
16882	07/08/2025 - 17/08/2025	The World Games 2025	CHENGDU (CHN)	TRA, TUM, DMT, ACRO, AER, PKSP, PKFS
17900	20/09/2025 - 21/09/2025	FIG World Cup 2025	COTTBUS (GER)	TRA
17875	26/09/2025 - 28/09/2025	International Tournament 2025	VARNA (BUL)	TRA
17905	27/09/2025 - 28/09/2025	FIG World Cup 2025	VARNA (BUL)	TRA
17872	03/10/2025 - 05/10/2025	FIG World Cup 2025	ANTIBES (FRA)	TRA, TUM
18179	17/10/2025 - 18/10/2025	52nd International Competition of Friendship 2025	JABLONEC NAD NISOU (CZE)	TRA
18167	23/10/2025 - 25/10/2025	18th International "Loulé Cup" Competition	LOULE (POR)	TRA, TUM, DMT
17772	06/11/2025 - 09/11/2025	38th FIG Trampoline Gymnastics World Championships	PAMPLONA (ESP)	TRA, TUM, DMT
17773	13/11/2025 - 16/11/2025	2nd FIG Trampoline Gymnastics Junior World Championships and 31st FIG World Age Group Competitions	PAMPLONA (ESP)	TRA, TUM, DMT

10. Contact your TC

If you want to ask a question or comment on anything you consider important for Trampoline Gymnastics, please do not hesitate to contact the TRA-TC Secretary (mvicentem@yahoo.es).

You can also use the following QR code to ask your questions directly to the TRA-TC:

Christophe LAMBERT
President of the Trampoline Gymnastics Technical Committee