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**NEW BRUNSWICK GYMNASTICS
ASSOCIATION**



**TRAMPOLINE GYMNASTICS
TECHNICAL MANUAL
(2019-2020)**

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I. TRAMPOLINE GYMNASTICS (TG) TECHNICAL COMMITTEE

The TG Technical Committee (TTC) focuses on the development and coordination of the TG program within the province. It is comprised of one representative from each TG club and is responsible for:

- a. Ensuring and maintaining the quality of the TG program.
- b. Developing technical directives and regulations for the TG program.
- c. Developing a budget for approval by the Executive Committee.
- d. Creating a four-year strategic plan for athlete and coach development.
- e. Voting in a TG Technical Chairperson to a two-year term, for ratification at the AGM. This position will be elected in a year ending in an even number.

II. TG TECHNICAL CHAIRPERSON

The TG Technical Chairperson oversees the TTC and is responsible for:

- a. Providing leadership for the TG program that is consistent with the purpose, values, objectives, and powers of the NBGA.
- b. Developing, coordinating, and supervising various activities for the TG program (e.g., clinics, camps, team travel), in collaboration with the TTC.
- c. Representing the province at Atlantic, Eastern, and National technical meetings, or designating a representative to attend.
- d. Chairing the TTC meetings.
- e. Liaising with TG coaches, the TTC, the TG Judging Chairperson, the Executive Committee, the NBGA, and Atlantic, Eastern, and National committees, and ensuring that all information pertinent to the TG program is circulated to concerned parties.
- f. Leading the TTC in the development of a calendar of events, an annual budget, and a strategic plan for the TG program, and presenting these items to the Executive Committee.
- g. Maintaining all correspondence of the TTC.

III. TG JUDGING COMMITTEE

The TG Judging Committee (one vote per TG judge registered with the NBGA) focuses on the training of TG judges and the development of the TG judging program within the province; it is responsible for:

- a. Developing criteria for the selection of TG judges for out-of-province competitions.
- b. Developing and promoting training opportunities for TG judges.
- c. Developing a budget for approval by the Executive Committee.
- d. Voting in a TG Judging Chairperson to a two-year term, for ratification at the AGM. This position will be elected in a year ending in an odd number.

IV. TG JUDGING CHAIRPERSON

The TG Judging Chairperson oversees the TG Judging Committee and is responsible for:

- a. Providing leadership for the TG judging program that is consistent with the purpose, values, objectives, and powers of the TG program and the NBGA.
- b. Developing, coordinating, and supervising various activities for the TG judging program (e.g., clinics, exams), in collaboration with the TG Judging Committee.
- c. Representing the province at the Provincial/Territorial Judging Chairpersons' meetings, or designating a representative to attend.
- d. Chairing the TG Judging Committee meetings.
- e. Liaising with TG judges, the TG Judging Committee, the TTC, the Executive Committee, the NBGA, and Atlantic, Eastern, and National committees, and ensuring that all information pertinent to the TG judging program is circulated to concerned parties.
- f. Leading the TG Judging Committee in the development of a calendar of events, an annual budget, and a strategic plan for the TG judging program, and presenting these items to the Executive Committee.
- g. Maintaining all correspondence of the TG Judging Committee.
- h. Creating the TG judging panels for all NBGA qualifying competitions and Provincial Championships.
- i. Maintaining yearly certification and activity records for all TG judges.
- j. Developing and implementing programs to recruit and train new TG judges, in collaboration with the TG Judging Committee.

V. TECHNICAL DIRECTIVES AND REGULATIONS FOR CANADIAN PATHWAY AND NB REGIONAL CATEGORIES

For the 2019-2020 season, the TTC has adopted the Canadian Competition Rules and the Canadian Pathways for competition, as administered by Gymnastics Canada (GymCan). The TTC has also developed Regional Routines to provide an additional category that meets the skill development and competitive needs of athletes in the province. In New Brunswick, the regional program serves as a developmental pre-competitive program with an emphasis on participation and enjoyment. Any club hosting a trampoline competition must apply to the NBGA for sanction and must comply with the directives and regulations outlined below.

a. ATHLETE ELIGIBILITY

- i. In order to be eligible to compete in any event sanctioned by the NBGA, an athlete must:
 1. Be registered with the NBGA as per the registration package,
 2. Be a member in good standing with the NBGA,
 3. Be registered with the NBGA in the level in which they intend to compete at least 14 days prior to the competition.

- ii. Prior to the competition, the host club will submit a list of registered athletes to the NBGA, who will verify that all athletes have met the eligibility criteria. Any athlete who does not meet the eligibility criteria may be disqualified from the competition.

b. AGE

- i. The age regulations for competition are laid out in GymCan’s TG Canadian Pathways document. Please refer to this document for clarification on ages for Level 5+.
- ii. Level 1 athletes in all disciplines will be split into two age categories as per the table below. There will be no age-group split in Level 2+ unless the number of athletes registered in a given level exceeds 20. In such a case, the level will be split according to the following table:

Level 1	Level 2	Level 3	Level 4
12 & Under (2008-2012)	13 & Under (2007-2012)	14 & Under (2006-2012)	15 & Under (2005-2012)
13+ (2007 & before)	14+ (2006 & before)	15+ (2005 & before)	16+ (2004 & before)

c. MOBILITY

- i. Athletes in Levels 1-3 may move up levels at any point within the competition season. They must register with the NBGA in their new level at least 14 days prior to the competition at which they intend to move up.
- ii. Athletes in Levels 1-4 wishing to move down a level within a competition season must petition to the TTC for permission. The petition must be received within a reasonable timeframe to allow the TTC to review and approve the request and for the athlete to register with the NBGA in the new level (at least 14 days prior to the competition at which they intend to move down).
- iii. Any review of movement petitions shall follow the philosophy of acting in the best interests of the athlete.
- iv. Athletes in Level 4+ must achieve the mobility standards as determined by GymCan in order to move up levels in the national stream.

d. RULES AND REGULATIONS

- i. NBGA TG Regional Routines (2019-2020)
- ii. GymCan TG Canadian Pathways (2019-2020)
- iii. GymCan Canadian Competition Rules (last update: January 2019)
- iv. FIG Code of Points (2017-2020)
- v. Any relevant updates to the above programs/documents as distributed by FIG, GymCan and/or the NBGA throughout the 2019-2020 season.

e. WARM-UP

	General Warm-Up	Event Warm-Up	
		Time/Athlete	Minimum Touches/Athlete
Level 1	15 minutes	30 seconds	2
Level 2		45 seconds	2
Level 3		60 seconds	3
Level 4		90 seconds	4
Level 5		120 seconds	5
Level 6			

f. COMPETITION ATTIRE

- i. Expectations for competition attire are as per the rules and regulations governing competitions.
- ii. A female athlete competing in Level 1-3 may wear shorts without incurring a deduction.
- iii. A female athlete competing in Level 4+ may wear shorts but will incur the 0.1 deduction as per FIG. If a female athlete wearing shorts misses the mobility score by less than 0.1, the infraction will not be noted on the official results sent to GymCan but will be applied in the ranking of athletes for award ceremonies.

g. PROVINCIAL CHAMPIONSHIPS

- i. Provincial Championships will take place on March 28, 2020 at Kingswood Gymnastics. There is no qualifying score for Provincial Championships.
- ii. Athletes are not required to participate in any NBGA Provincial Cups in order to be eligible to compete at Provincial Championships, however they are encouraged to participate in at least one of the following.
 1. 1st Provincial Cup: Chocolate River Classic, February 2, 2020 (Beausejour).
 2. 2nd Provincial Cup: Spring Cup, February 29, 2020 (Kingswood).

h. QUALIFYING SCORES FOR EASTERN CHAMPIONSHIPS

	DMT	TRI	TUM
Level 1	56.400 (two passes)	72.600	54.500
Level 2	57.600 (two passes)	77.000	55.000
Level 3	58.400 (two passes)	80.200	50.900
Level 4	117.200 (four passes)	83.200	51.100

i. SELECTION OF ATHLETES FOR TEAM NB

i. Eastern Championships

1. Prior to the beginning of the competition season, the TTC will determine the process and criteria for selection of athletes to Team NB for Eastern Championships.
2. Clubs are responsible for educating athletes and parents about the process and criteria for Team NB selection.
3. Team NB selection will take place immediately following the competition at Provincial Championships. A maximum of one representative from each TG club may be present at the selection meeting.
4. All athletes considered during the selection process outlined below must have achieved the qualifying score detailed in Section V-h at either Provincial Championships or at another competition in New Brunswick or Nova Scotia during the current season. Athletes who have not achieved the qualifying score will not factor into any Team NB selection discussion.
5. For each discipline, a team of up to four athletes in each Level 1 age division and up to eight athletes in all other categories will be selected to attend Eastern Championships, as per the Eastern Championships Policy Manual.
6. In each category, 50% of the team will be filled by the top finishers at Provincial Championships provided they have achieved the qualifying score at Provincial Championships. The remaining spots on each team will be filled based on the remaining eligible athletes' highest score achieved in the current competition season.
7. If prior to departure for Eastern Championships an athlete has to withdraw, another athlete may be selected to replace her, provided there remains a reasonable amount of time for preparation. A decision as to who will be selected as the replacement will be made following the same selection process outlined above.

- ii. Canadian Championships
 1. Qualification to Canadian Championships for athletes in Level 5+ is as per the GymCan eligibility and mobility requirements laid out in the TG Canadian Pathways document, however any athlete wishing to represent Team NB at Canadian Championships must be a member in good standing with the NBGA.
 2. Generally, Provincial Championships will serve as the cut-off event at which athletes can achieve mobility to attend Canadian Championships as a member of Team NB.
 3. If an athlete achieves mobility before the registration deadline for Canadian Championships but after team travel arrangements have been finalized, they may only attend Canadian Championships as a member of Team NB if it is both financially and logistically feasible to arrange on short notice. Such a situation will be reviewed on a case-by-case basis by the NBGA, and the athlete will be responsible for any additional costs associated with late bookings.

j. COACH QUALIFICATION REQUIREMENTS FOR NBGA COMPETITIONS

- i. Any coach on the competition floor during NBGA sanctioned competitions must possess the appropriate certification relative to the skill level of the athletes they are coaching, and hold valid First Aid, CPR, and Respect in Sport certification
- ii. For more details, see the NBGA Coaching Policies and Guidelines.

k. SELECTION OF COACHES FOR TEAM NB

- i. The NBGA will make every effort to fund two coaches per team (one team coach and one assistant coach) to travel to each competition, provided it is financially viable.
- ii. Coaches for each team will be named according to a point system determined by the order in which the athletes are named to the team (e.g., for a team of four, 4 points for the first named athlete, 3 points for the next named athlete, etc.).
- iii. The club with the most points will select the team coach from among its coaching staff. The club with the next most points will select the assistant coach from among its coaching staff. In the case of a tie, the club with the most athletes on the team will select the coach; in the case of a further tie, the club of the athlete with the higher placing at Provincial Championships will select the coach.
- iv. If a club has earned a team/assistant coach position but does not wish to name a coach from among its coaching staff, the club with the next most points will select the team/assistant coach. If no other club has earned points, the TTC may appoint a team/assistant coach by a majority vote.

- v. If a team consists of athletes from one club only, that club may name both a team coach and an assistant coach, provided there are at least 4 athletes on the team and that it is financially viable to fund a second coach.
- vi. One wildcard coach position may be named for Eastern Championships to serve as a developmental opportunity.
- vii. Club-selected coaches must be approved by the TTC, ensuring that any coach named to Team NB is a member in good standing with the NBGA and has the appropriate coaching certification for the relevant discipline (Trampoline for TRI/DMT and Artistic for TUM).
 - 1. Eastern Championships:
 - a. Certified Level 2 or Competition 1 Trained.
 - b. Certified First Aid and CPR.
 - c. Valid Criminal Record Check within the past 3 years.
 - d. Completion of Respect in Sport, Making Ethical Decisions, and concussion awareness training.
 - 2. Canadian Championships:
 - a. Certified Level 3.
 - b. Certified First Aid and CPR.
 - c. Completion of Respect in Sport and Making Ethical Decisions.
 - d. Additional GymCan requirements:
 - i. Valid Criminal Record Check within the past year.
 - ii. True Sport Clean 101 e-learning course: <http://cces.ca/truesportclean101untracked>
 - iii. NCCP Making Headway e-learning module: <https://www.coach.ca/-p153487>
- viii. The number of coaches clubs may send to a Team NB competition is dependent on the number of athletes they have qualified and the number of teams on which they have athletes competing.

	1-2 Teams	3-4 Teams	5+ Teams
1-4 Athletes	1	2	N/A
5-10 Athletes	2	3	3
11+ Athletes	3	3	4