

PORTIMÃO, JUNE 7th TO 9th, 2024

Portimão
Trampoline
Open 2024



TRI - TRS - DMT - TUM

SUMMARISED TECHNICAL REGULATIONS (V.1.1)

J (BASIC LEVEL)

U (INTERMEDIATE LEVEL)

M (PERFORMANCE LEVEL)

P (FIG LEVEL)

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LEVEL J

Basic Level

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AGE GROUPS

INDIVIDUAL TRAMPOLINE SYNCHONISED TRAMPOLINE DOUBLE-MINITRAMPOLINE TUMBLING	U10	Born in 2014 or later
	11-12	Born in 2012-2013
	13-14	Born in 2010-2011
	15-16	Born in 2008-2009
	17+	Born in 2007 or earlier

QUALIFYING (there will be no finals on Level J)

INDIVIDUAL TRAMPOLINE SYNCHONISED TRAMPOLINE	ALL AGE GROUPS	<ul style="list-style-type: none"> * Multiple somersaults are prohibited VOLUNTARY 1 * 10 different technical elements
	U10	<ul style="list-style-type: none"> VOLUNTARY 1 * 1 skill with front landing or one skill with back landing * 1 full twist (rotation of 360° on the longitudinal axis) * 1 seat landing
	11-12	<ul style="list-style-type: none"> VOLUNTARY 2 * In any skill, the maximum difficulty will be 0.6 * Total difficulty tariff shall be 2.5 or less
	13-14	<ul style="list-style-type: none"> VOLUNTARY 2 * In any skill, the maximum difficulty will be 0.7
	15-16	<ul style="list-style-type: none"> * Total difficulty tariff shall be 3.0 or less
	17+	<ul style="list-style-type: none"> VOLUNTARY 2 * In any skill, the maximum difficulty will be 0.8 * Total difficulty tariff shall be 3.5 or less
DOUBLE-MINITRAMPOLINE	ALL AGE GROUPS	<ul style="list-style-type: none"> * Multiple somersaults are prohibited VOLUNTARY 1 and VOLUNTARY 2 * Total difficulty tariff shall be 0.7 or less
TUMBLING	ALL AGE GROUPS	<ul style="list-style-type: none"> * Multiple somersaults are prohibited * Front handsprings and cartwheels can be performed, and the tumbler can finish their exercise on the track with no penalty * There is no obligation to end the routine with a somersault * The routine consists of 3 elements
	U10	<ul style="list-style-type: none"> * In any skill, the maximum difficulty will be 0.6 * Total difficulty tariff shall be 0.8 or less ELEMENTS ALLOWED Cartwheel, Round-off, Front handspring, Flic-flac, Tuck Back Somersault, Pike Back Somersault, Straight Back Somersault
	11-12	<ul style="list-style-type: none"> * In any skill, the maximum difficulty will be 0.6 * Total difficulty tariff shall be 0.9 or less ELEMENTS ALLOWED Cartwheel, Round-off, Front handspring, Flic-flac, Whipback, Tuck Back Somersault, Pike Back Somersault, Straight Back Somersault
	13-14	<ul style="list-style-type: none"> * In any skill, the maximum difficulty will be 0.9 * Total difficulty tariff shall be 1.2 or less ELEMENTS ALLOWED Cartwheel, Round-off, Front handspring, Flic-flac, Whipback, Tuck Back Somersault, Pike Back Somersault, Straight Back Somersault, Full Twist Back
	15-16	<ul style="list-style-type: none"> * In any skill, the maximum difficulty will be 0.9 * Total difficulty tariff shall be 1.2 or less ELEMENTS ALLOWED Cartwheel, Round-off, Front handspring, Flic-flac, Whipback, Tuck Back Somersault, Pike Back Somersault, Straight Back Somersault, Full Twist Back
	17+	<ul style="list-style-type: none"> * In any skill, the maximum difficulty will be 0.9 * Total difficulty tariff shall be 1.2 or less ELEMENTS ALLOWED Round-off, Front handspring, Flic-flac, Whipback, Tuck Back Somersault, Pike Back Somersault, Straight Back Somersault, Full Twist Back



LEVEL U

Intermediate Level

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AGE GROUPS

INDIVIDUAL TRAMPOLINE SYNCHONISED TRAMPOLINE DOUBLE-MINITRAMPOLINE TUMBLING	U10	Born in 2014 or later
	11-12	Born in 2012-2013
	13-14	Born in 2010-2011
	15-16	Born in 2008-2009
	17+	Born in 2007 or earlier

QUALIFYING

INDIVIDUAL TRAMPOLINE SYNCHONISED TRAMPOLINE	ALL AGE GROUPS	* Triple somersaults, with or without twists, are prohibited
	U10	* In any skill, the maximum difficulty will be 0.6 VOLUNTARY 1 * 10 different technical elements * 1 skill of at least 270 ° rotation on the transverse axis VOLUNTARY 2 * Total difficulty tariff shall be 3.5 or less
	11-12	* In any skill, the maximum difficulty will be 1.1 VOLUNTARY 1 * 10 different technical elements * 2 skills of at least 270 ° rotation on the transverse axis VOLUNTARY 2 * Total difficulty tariff shall be 4.5 or less
	13-14	* In any skill, the maximum difficulty will be 1.3 VOLUNTARY 1 * 10 different technical elements * 3 skills of at least 270 ° rotation on the transverse axis VOLUNTARY 2 * Total difficulty tariff shall be 5.0 or less
	15-16	* In any skill, the maximum difficulty will be 1.5 VOLUNTARY 1 * 10 different technical elements * 4 skills of at least 270 ° rotation on the transverse axis VOLUNTARY 2 * Total difficulty tariff shall be 6.0 or less
	17+	* In any skill, the maximum difficulty will be 1.6 VOLUNTARY 1 * 10 different technical elements * 5 skills of at least 270 ° rotation on the transverse axis VOLUNTARY 2 * Total difficulty tariff shall be 8.0 or less
	DOUBLE-MINITRAMPOLINE	U10
11-12		VOLUNTARY 1 and VOLUNTARY 2 * The minimum total difficulty of a routine will be 0.5. * Total difficulty shall be 1.3 or less.
13-14		VOLUNTARY 1 and VOLUNTARY 2 * The minimum total difficulty of a routine will be 0.7. * Total difficulty shall be 1.7 or less.
15-16		VOLUNTARY 1 and VOLUNTARY 2 * The minimum total difficulty of a routine will be 0.7. * Total difficulty shall be 2.4 or less.
17+		VOLUNTARY 1 and VOLUNTARY 2 * The minimum total difficulty of a routine will be 0.7. * Total difficulty shall be 2.4 or less.

TUMBLING	ALL AGE GROUPS	<p>VOLUNTARY 1 and VOLUNTARY 2</p> <ul style="list-style-type: none"> * Multiple somersaults are prohibited. * Front handsprings and cartwheels can be performed and the tumbler can finish their exercise on the track with no penalty ONLY on the U10 group. * All exercises must end compulsorily on the landing zone, with the exception of the U10 group (referred to in the preceding paragraph) or in case of the last skill being executed in the reverse way. * Completed exercises must end with a somersault, except for the U10 group. Otherwise a penalty of 2.0 points will be applied.
	U10	<ul style="list-style-type: none"> * The Routine consists of 4 elements <p>VOLUNTARY 1 and VOLUNTARY 2</p> <ul style="list-style-type: none"> * In any skill, the minimum difficulty will be 0.6 * Total difficulty tariff shall be 0.9 or less <p>ELEMENTS ALLOWED</p> <ul style="list-style-type: none"> * Cartwheel, Round-off, Front handspring, Flic-flac, Whipback, Tuck Back Somersault, Pike Back Somersault, Straight Back Somersault
	11-12	<ul style="list-style-type: none"> * The Routine consists of 4 elements <p>VOLUNTARY 1 and VOLUNTARY 2</p> <ul style="list-style-type: none"> * In any skill, the minimum difficulty will be 0.9 * Total difficulty tariff shall be 1.4 or less <p>ELEMENTS ALLOWED</p> <ul style="list-style-type: none"> * Round-off, Flic-flac, Whipback, Tuck Back Somersault, Pike Back Somersault, Straight Back Somersault, Full
	13-14	<ul style="list-style-type: none"> * The Routine consists of 5 elements <p>VOLUNTARY 1 and VOLUNTARY 2</p> <ul style="list-style-type: none"> * In any skill, the minimum difficulty will be 0.9 * Total difficulty tariff shall be 1.6 or less <p>ELEMENTS ALLOWED</p> <ul style="list-style-type: none"> * Round-off, Flic-flac, Whipback, Tuck Back Somersault, Pike Back Somersault, Straight Back Somersault, Full
	15-16	<ul style="list-style-type: none"> * The Routine consists of 6 elements <p>VOLUNTARY 1 and VOLUNTARY 2</p> <ul style="list-style-type: none"> * In any skill, the minimum difficulty will be 1.3 * Total difficulty tariff shall be 1.8 or less <p>ELEMENTS ALLOWED</p> <ul style="list-style-type: none"> * Round-off, Flic-flac, Whipback, Tuck Back Somersault, Pike Back Somersault, Straight Back Somersault, Full, Double Full
	17+	<ul style="list-style-type: none"> * The Routine consists of 6 elements <p>VOLUNTARY 1 and VOLUNTARY 2</p> <ul style="list-style-type: none"> * In any skill, the minimum difficulty will be 1.3 * Total difficulty tariff shall be 2.2 or less <p>ELEMENTS ALLOWED</p> <ul style="list-style-type: none"> * Round-off, Flic-flac, Whipback, Tuck Back Somersault, Pike Back Somersault, Straight Back Somersault, Full, Double Full

FINALS

INDIVIDUAL TRAMPOLINE DOUBLE-MINITRAMPOLINE TUMBLING	U10	<ul style="list-style-type: none"> * If in the qualifying round there are: <ul style="list-style-type: none"> - 8 trampolinist or less - there will be no finals - 9 to 30 trampolinists – there will be a final event between the 8 trampolinists that scored highest in the qualifying round - 31 trampolinists or more – a semi-final event will be held between the 16 trampolinists with the highest scores, and the 8 semi-finalists with the highest scores will compete in a final * Both in the semi-final and in the final rounds, the trampolinists' score will start from 0.
	11-12	
	13-14	
	15-16	
	17+	
SYNCHONISED TRAMPOLINE	U10	<ul style="list-style-type: none"> * If in the qualifying round there are: <ul style="list-style-type: none"> - 8 pairs or less - there will be no finals - 9 pairs or more - A final round will take place, competing the 8 pairs of trampolinists that scored the highest. * Both in the semi-final and in the final round, the trampolinists' score will start from 0.
	11-12	
	13-14	
	15-16	
	17+	



LEVEL M

Performance Level

TRI and TRS only

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AGE GROUPS

INDIVIDUAL TRAMPOLINE SYNCHONISED TRAMPOLINE	U10	Born in 2014 or later
	11-12	Born in 2012-2013
	13-14	Born in 2010-2011
	15-16	Born in 2008-2009
	17+	Born in 2007 or earlier

QUALIFYING

INDIVIDUAL TRAMPOLINE SYNCHONISED TRAMPOLINE	U10	* In any skill, the maximum difficulty will be 1.6 VOLUNTARY 1 * 4 skills with at least 270 ° rotation on the transverse axis
	11-12	* In any skill, the maximum difficulty will be 1.6 VOLUNTARY 1 * 5 skills with at least 270 ° rotation on the transverse axis
	13-14	* In any skill, the maximum difficulty will be 1.8 VOLUNTARY 1 * 6 skills with at least 270 ° rotation on the transverse axis
	15-16	* In any skill, the maximum difficulty will be 1.8 VOLUNTARY 1 * 6 skills with at least 270 ° rotation on the transverse axis
	17+	* In any skill, the maximum difficulty will be 1.8 VOLUNTARY 1 * 7 skills with at least 270 ° rotation on the transverse axis

FINALS

INDIVIDUAL TRAMPOLINE	U10	* If in the qualifying round there are: - 8 trampolinist or less - there will be no finals - 9 to 30 trampolinists –there will be a final event between the 8 trampolinists that scored highest in the qualifying round - 31 trampolinists or more– a semi-final event will be held between the 16 trampolinists with the highest scores, and the 8 semi-finalists with the highest scores will compete in a final * Both in the semi-final and in the final rounds, the trampolinists' score will start from 0.
	11-12	
	13-14	
	15-16	
	17+	
SYNCHONISED TRAMPOLINE	U10	* If in the qualifying round there are: - 8 pairs or less - there will be no finals - 9 pairs or more - A final round will take place, competing the 8 pairs of trampolinists that scored highest. * Both in the semi-final and in the final rounds, the trampolinists' score will start from 0.
	11-12	
	13-14	
	15-16	
	17+	



LEVEL P

FIG Level

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AGE GROUPS

INDIVIDUAL TRAMPOLINE SYNCHONISED TRAMPOLINE DOUBLE-MINITRAMPOLINE TUMBLING	9-10	Born in 2014 -2015
	11-12	Born in 2012-2013
	13-14	Born in 2010-2011
	15-16	Born in 2008-2009
	17-21	Born in 2003-2007
	17+	Born in 2007 or earlier

QUALIFYING

INDIVIDUAL TRAMPOLINE SYNCHONISED TRAMPOLINE	9-10	VOLUNTARY 1 * The routine consists of 10 different skills, with only three 3 skills with less than 270° rotation on the transverse axis allowed. * 1 skill landing on the front of the body. * 1 skill landing on the back of the body.
	11-12	WAGC RULES
	13-14	
	15-16	
	17-21	
	17+	
DOUBLE-MINITRAMPOLINE	9-10	* The 9-10 age group will have the same rules as the 11-12 age group.
	11-12	WAGC RULES
	13-14	
	15-16	
	17-21	
	17+	
TUMBLING	9-10	Voluntary 1 e Voluntary 2 * Multiple somersaults are prohibited * All exercises must end compulsorily on the landing zone, with the exception of the last skill being executed in the reverse way. * There is the obligation to end with a somersault, in all exercises * The Routine consists of 6 elements * In any skill, the minimum difficulty will be 0.9 * Total difficulty tariff shall be 1.6 or less ELEMENTS ALLOWED * Round-off, Flic-flac, Whipback, Front Somersault, Tuck Back Somersault, Pike Back Somersault, Straight Back Somersault, Full.
	11-12	WAGC RULES
	13-14	
	15-16	
	17-21	
	17+	

FINALS

INDIVIDUAL TRAMPOLINE DOUBLE-MINITRAMPOLINE TUMBLING	U10	* If in the qualifying round there are: - 8 trampolinist or less - there will be no finals - 9 to 30 trampolinists – there will be a final event between the 8 trampolinists that scored highest in the qualifying round - 31 trampolinists or more– the 16 trampolinists with the highest scores will compete in a semi-final, and the 8 semi-finalists with the highest scores will compete in a final * Both in the semi-final and in the final round, the trampolinists' score will start from 0.
	11-12	
	13-14	
	15-16	
	17-21	
	17+	
SYNCHONISED TRAMPOLINE	U10	* If in the qualifying round are: - 8 trampolinist or less - there will be no finals - 9 pairs or more - A final round will take place, competing the 8 pairs of trampolinists that scored highest. * Both in the semi-final and in the final rounds, the trampolinists' score will start from 0.
	11-12	
	13-14	
	15-16	
	17-21	
	17+	



TEAMS

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* Only for trampolinists competing in the individual events at levels U, M and P.

* Teams can contain trampolinists of different levels.

* The Age Groups of the competition are those mentioned in the table below .

INDIVIDUAL TRAMPOLINE SYNCHONISED TRAMPOLINE DOUBLE-MINITRAMPOLINE TUMBLING	U12	Born in 2012 or later
	11-14	Born in 2010-2013
	13-16	Born in 2008-2011
	15-21	Born in 2003-2009
	17+	Born in 2007 or earlier

* Each gymnast can only participate in one team on each apparatus.

* A gymnast can participate in an age group on one apparatus and in another age group on another apparatus.

* Each club can register only two teams per apparatus, per age group.

* Each team is composed of only 3 or 4 elements.

QUALIFYING

* The qualifying round will take place at the same time as the qualifying rounds of the individual competitions.

* The 5 teams with the highest score in the qualifiers will compete in the team final.

* After the qualifying round, the final score of each team will be the sum of the individual scores as follows:

INDIVIDUAL TRAMPOLINE SYNCHONISED TRAMPOLINE	U12	* The top 3 scores of routine 1 and the top 3 scores of routine 2
	11-14	
	13-16	
	15-21	* The scores of the 3 routines with the best score, (V1 or V2), after determining the scores of the best routines of each gymnast of the team.
	17+	
DOUBLE-MINITRAMPOLINE	U12	* The top 3 scores of routine 1 and the top 3 scores of routine 2
	11-14	
	13-16	
	15-21	
	17+	
TUMBLING	U12	* The top 3 scores of routine 1 and the top 3 scores of routine 2
	11-14	
	13-16	
	15-21	
	17+	

FINALS

- * In this final will compete 3 gymnasts of the team and the event will take place in direct confrontation of the gymnasts.
- * 30 min before the start of the event, each team coach will hand the order of competition of their trampolinists to the technical direction.
- * On each round, a gymnast from each team will compete and each team will score from 1 to 5 according to their final score (5 for the highest score, 4 for the second highest, and so on, down to the score of 1 for the lowest one).
- * Points will be accounted at the end of each round.
- * At the end of the 5 rounds, the teams' standings will be the sum of the points earned of the 5 rounds.
- * The team with the highest points wins the event.
- * In the event of a tie, the team with the highest total score of all routines wins.

ALL-AROUND

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ALL-AROUND

- * This competition will be held only for gymnasts who compete at level U, M and P, and in the age groups 15-16, 17-21 and 17+.
- * This competition will be mixed sex, joining together the individual trampoline, synchronized trampoline and double-minitrampoline events.
- * Each club can only register two teams, each with a minimum of 4 (2W and 2M).

QUALIFYING

- * The qualifying round will take place simultaneously with the individual competitions' qualifying rounds.
- * After the qualifying round, the final score of each team will be the sum of the trampolinists' scores, in the individual events, and the pairs' scores in the synchronized trampoline event. (TRI W, TRI M, DMT W, DMT M, TRS W e TRS M).
- * In Individual Trampoline, the best V2 of the gymnasts in the team, of each gender will be considered.
- * In Synchronized Trampoline, the best F2, of the different pairs in the team, of each gender, will be considered.
- * In Double-Minitrampoline, the best final score (F1+F2), of the different gymnasts in the team, of each gender, will be considered.
- * The 5 teams with the highest total scores will compete in the All-around Team Final.
- * Any team composition changes must be communicated to the technical direction up to 30 minutes prior to the commencement of the Finals and may or may not be accepted.
- * This event will only be held if there are at least 5 teams entered.

FINALS

- * The All-around Team Final consists of one routine by trampolinist or pair, in each of the events.
- * There will be three rounds of competition in the Final, in the following manner:
 - 1st Round: TRI W – DMT M
 - 2nd Round: TRI M – DMT W
 - 3th Round: TRS W – TRS M
- * The final ranking in each round is converted into points as follows:
 - 1st place - 5 points
 - 2nd place - 4 points
 - 3th place - 3 points
 - 4th place - 2 points
 - 5th place - 1 points
- * The Team with the highest number of points in the end is declared the winner of the All-Around Team Competition of the Portimão Trampoline Open 2024.
- * In the event of a tie, the team with the highest total score of all series wins.

portimaoopen@algarvegym.org

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