

Rules for Old Bridge Cup 2023

1. Age group structure

- 10 years and younger (born 2013 and after)
- 11 – 12 years old (born 2011 and 2012)
- 13 – 16 years old (born between 2007 and 2010)
- 17 years and older (born 2006 or before)

2. Competition rules for age group

The FIG Code of Point for Trampoline Gymnastic will apply with the following variations:

- In the group 10 years and younger, the competitions will consist of 1 (one) exercise with special requirements and 1 (one) voluntary exercise. Double somersault are prohibited.
- In the group 11-12 years, the competitions will consist of 1 (one) exercise with special requirements and with difficulty score that can be at least 1,5 points and at most 3,5 points (not less than 1,5 and more than 3,5), plus 1 (one) voluntary exercise. Triple somersault are prohibited.
- In the group 13-16 years, the competitions will consist of 1 (one) exercise with special requirements and with difficulty score that can be at least 2,0 points and at most 6,0 points (not less than 2,0 and more than 6,0 points) , plus 1 (one) voluntary exercise. Quadruple somersault are prohibited.
- In the group 17 and older, the competitions will consist in 2 (two) voluntary exercise. Quadruple somersault are prohibited.

3. First routine with special requirements

3.1 10 years and younger

The routine consist of 10 different elements

- one (1) element landing on the front of the body
- one (1) one element landing on the back of the body

3.2 11 – 12 years

The routine consist of 10 different elements

- one (1) element landing on the front of the body
- one (1) one element landing on the back of the body

3.3 13-16 years

The routine consist of 10 different elements

For any missing required element(s) or requirement(s) will result in a penalty of 2,0 points by the Diffilculty Judges.