

2026

# Trampoline Gymnastics Whānau Guide

A guide to the national  
competitive programme.



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## Introduction

This handbook sets out the national trampoline gymnastics competitive programme in New Zealand.

Trampoline gymnasts compete in one of four categories; individual trampoline, synchronised trampoline, double mini trampoline and tumbling.

## Gymnastics New Zealand

As an International Gymnastics Federation member, Gymnastics NZ is the national governing body for gymnastics in New Zealand. We look after the sport across all codes from grassroots, through to high-performance athletes.

Our codes include both men's and women's artistic gymnastics, rhythmic, aerobics, trampoline, and GNZ parkour, and work with technical committees to outline the New Zealand rules and regulations for each one of these codes.

Gymnastics NZ staff support clubs in the operational and technical delivery of the sport, through relationship managers, education, international tours, and head office.

Clubs are required to be a member of Gymnastics NZ to compete in the national competitive programmes.

## Strategic Plan 2024-2030

This is the road map outlining what our priorities will be and why.

### **Our Vision – To be New Zealand's First Choice Sport.**

This is a vision that we can measure and be inspired by. Gymnastics is a core foundational sport, whether we are your first sport, or your forever sport. And we believe that gymnastics sets you up for life.

### **Our Purpose – To Enable Positive Gymnastics Experiences for Everybody.**

This purpose both guides and motivates us. Our athletes, volunteers, clubs, officials, and people are the reason we are here. We believe that everybody involved in our sport deserves a positive, enjoyable, fun, experience at every level of sport.

### **Our Values**

These are the key behaviours we believe the organisation needs in order to achieve success for our sport, and should underpin everything that we do. They were designed by our team, based on community feedback and interactions.





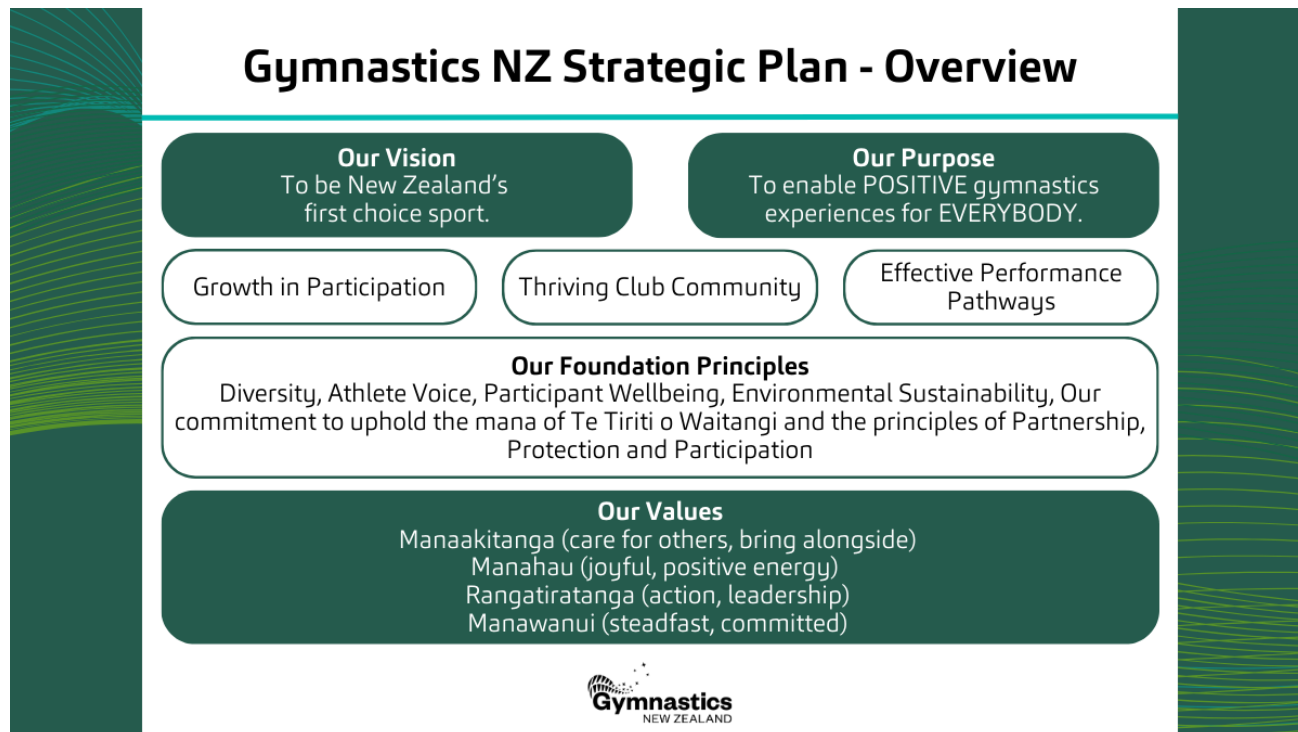
## Our Strategic Priorities

These are the key outcomes we are looking to achieve by 2030. These outcomes were set by the Board after careful consideration, and feedback from the community through our club hui.

- Growth in participation.
- Thriving club communities.
- Established performance pathways.

We believe these are the three areas of focus that will deliver on our vision to be New Zealand's first choice sport.

[You can find the full strategic plan on our website.](#)



## Safe Sport

Gymnastics NZ is committed to creating a positive culture within the sport of gymnastics that prioritises the safety and wellbeing of all involved, with particular emphasis on children and young people. This includes both the prevention of harm within gymnastics as well as recognising and responding to concerns, disclosures, and allegations both within and outside of the sport.

Those involved in the delivery of gymnastics including coaches, judges, administrators and committee/board members should be familiar with the [Gymnastics NZ Safeguarding and Child Protection Policy](#) and abide by the expectations and processes outlined within it.

It is important that any concerns regarding child safety and wellbeing are raised as soon as possible. This could involve contacting your Club Safeguarding Lead, the Event Manager (if you are at an event), or by completing a Safe Sport form on the [Gymnastics NZ website](#). Identifying and addressing concerns early and at the appropriate level is an important part of creating a safe and positive culture within the sport of gymnastics.

Please refer to the [Gymnastics NZ website](#) for more information on how concerns and complaints are handled and for the Gymnastics NZ Complaints Policy.

## Gymnastics NZ Code of Behaviour

The [Gymnastics NZ Code of Behaviour](#) applies to anyone involved in the sport of gymnastics in New Zealand, whether they are an athlete or in a paid or unpaid/voluntary capacity with Gymnastics NZ or an affiliated club or organisation.

1. Respect the rights, dignity and worth of every individual athlete as a human being. Treat everyone equally regardless of sex, disability, ethnic origin or religion. Respect the talent, development stage and goals of each athlete to reach their desired potential.
2. Protect athletes from all forms of abuse.  
Refrain from any form of verbal, physical, or emotional abuse towards athletes. Refrain from any form of sexual or racial harassment, whether verbal or physical. Do not harass, abuse, or discriminate against athletes based on their sex, marital status, sexual orientation, religious or ethical beliefs, race, colour, ethnic origins, employment status, disability, or distinguishing characteristics. Any physical contact with athletes should be appropriate to the situation and necessary for the athlete's skill development. Be alert to any forms of abuse directed towards athletes from other sources while in your care. You must raise any concerns you have regarding the treatment of any athlete by another coach, volunteer, parent etc. in accordance with this code or any other relevant policies and procedures e.g. Safeguarding and Child Protection Policy.
3. Provide a safe environment for training and competition.  
Adopt appropriate risk management strategies to ensure the training and/or competition environment is safe. Ensure equipment and facilities meet safety standards. Ensure equipment, rules, training, and the environment are appropriate for the age, physical and emotional maturity, experience, and ability of athletes. Show concern and caution toward sick and injured athletes. Allow further participation in training and competition only when appropriate. Encourage athletes to

seek medical advice when required. Provide a modified training program where appropriate. Maintain the same interest and support toward sick and injured athletes as you would the healthy athletes.

4. Make a commitment to providing a quality service for all athletes.

Seek continual improvement through ongoing education, and other personal and professional development opportunities. Provide athletes with planned and structured input appropriate to their needs and goals. Seek advice and assistance from professionals when additional expertise is required. Maintain appropriate records.

5. Maintain a high standard of integrity.

Operate within the rules of the sport and in the spirit of fair play, while encouraging athletes to do the same. Advocate a sporting environment free of drugs and other performance enhancing substances with the guidelines of the Drug Free Sport New Zealand and World Anti-Doping Code. Do not disclose any confidential information relating to athletes without their prior written consent.

6. Be a positive role model for the sport and athletes and act in a way that projects a positive image.

All athletes are deserving of equal attention and opportunities. Ensure the athlete's time spent with you is a positive experience. Be fair, considerate, and honest with athletes. Encourage and promote a healthy lifestyle – refrain from smoking and drinking alcohol around athletes.

7. Professional responsibilities.

Display high standards in your language, manner, punctuality, preparation, and presentation. Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of sport – this includes opponents, coaches, officials, administrators, media, parents, and spectators. Encourage athletes to demonstrate the same qualities. Be professional and accept responsibility for your actions. You should not only refrain from initiating a sexual relationship with an athlete but should also discourage any attempt by an athlete to initiate a sexual relationship with you, explaining the ethical basis of your refusal. Accurately represent personal qualifications, experience, competence, and affiliation.

# General Information

## Competition Rules

Endorsed events are governed by the 2025-2028 WORLD GYMNASTICS Trampoline Code of Points with the exception of amendment rules within this handbook.

The full format can be found at [www.fig-gymnastics.com](http://www.fig-gymnastics.com) under 'Rules', 'Disciplines', 'Trampoline' – TRA COP 2025-2028. Judges, coaches and athletes should be familiar with these rules.

The disciplines of individual trampoline (TRA), synchronised trampoline (SYN), double mini trampoline (DMT) and tumbling (TUM) may be contested at endorsed competitions.

The Gymnastics Nationals is Endorsed and governed by Gymnastics NZ. Information can be found on the website [www.gymnasticsnz.com](http://www.gymnasticsnz.com). Achievement of the qualification mark at an endorsed qualifying competition is required for eligibility to enter the Gymnastics Nationals.

All endorsed competitions are listed on the approved TRA event calendar found on GNZ Club Portal and [gymnasticsnz.com](http://gymnasticsnz.com). Special trial events may be held during the year as required.

Club events and non-endorsed competitions have no regulated qualification criteria. Clubs are encouraged to run their own events (competitions, badge day, novice challenges, interclub events etc.). This document does **not** govern those events.

## Trampoline Equipment Norms

As outlined by WORLD GYMNASTICS Apparatus Norms ([www.fig-gymnastics.com](http://www.fig-gymnastics.com)), equipment used in Gymnastics NZ endorsed events **must meet an acceptable condition for the safety** and performance of athletes. The exceptions to the WORLD GYMNASTICS rules are as follows:

- Endorsed events must have a minimum of one (1) Ultimate Euro Trampoline or Gaofei. For Endorsed Synchro events – two of the above must be available.
- An Airtrack may be used for Tumble competitions
- Judges Platforms for TRA need to be on a stable surface 1-2 m high and be 5-7m from equipment (if unable to meet this requirement at a domestic event, ensure athlete safety is considered).
- It is recommended and encouraged in New Zealand, to the best of our abilities, TUM judges must sit at least five (5) m from the tumbling track, with the judges tables positioned starting from meter 16 of the tumbling track.
- It is recommended and encouraged in New Zealand, to the best of our abilities, DMT judges must sit at least five (5) metres from the side of the DMT, with the judges table positioned starting from the middle of the DMT.

Clubs should ensure the quality of all equipment is at the standard suitable for all levels, up to and including Senior Divisions. If you are unable to provide equipment at this standard, your event may not be given the endorsed event sanction.

Safety matting around the competition equipment must be a minimum of 200mm density and sufficiently cover the areas around the competition equipment. While minimum



requirements are 2-metres around the edge of the trampoline, safety and duty of care to athletes must also be taken into account.

The Trampoline TC recommends using Veriflite and/or Eurotramp Time of Flight machines. Any TOF machine operating on the laser measuring equipment will not be approved for sanctioned events.

## Competition Attire

### Male Gymnasts

- Sleeveless or short sleeves leotard
- Gym shorts or trousers
- White trampoline shoes and/or socks and/or foot covering of the same colour as the gym trousers.

### Female Gymnasts

- Leotard or unitard with or without sleeves (must be skintight)
- Long tights may be worn (single coloured)
- Gym shorts may be worn (single coloured)
- Head covering may be worn (must be skintight)
- Bra-strap clips must be covered by leotard/singlet to prevent damage to the trampoline-bed.
- Any other “dress” which is not skintight is not allowed.
- For reasons of safety, covering the face is not allowed.
- Trampoline shoes and/or white foot covering

All hair should be secured close to the head in any style. Loose hair is at the gymnast's own risk. It can cause safety problems and may result in an interruption.

The wearing of jewellery, piercing or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped. Bandages or support pieces must not create big contrast with the skin colour. This includes ‘skins’ which cannot be worn while competing.

*Note: If your bandage does not comply with this, you must apply prior to the event for a dispensation to wear an alternative colour otherwise a penalty will apply per routine.*

Underwear should not be visible. No penalty will be taken if underwear becomes visible during a routine.

Logos on shorts must abide by WORLD GYMNASTICS branding guidelines.

Synchronised uniform - while it is encouraged, there is no requirement at New Zealand events including the XP Gymnastics Nationals for synchronised gymnasts to wear the same uniform while competing.

All competition leotards) must be pre-approved by Gymnastics New Zealand’s Relationship Manager’s to ensure the leotards are in either club or representative colours.

## Gymnastics Nationals

- For the Gymnastics Nationals, gymnasts may march on in a leotard or tracksuit. If wearing a tracksuit, track pants or leggings are permitted (provincial colours or black).
- For prize-giving's, athletes must wear their track suit including track pants or leggings (provincial colours or black).
- For finals, gymnasts who have represented New Zealand in the previous 12 months may wear their New Zealand team leotard.

## Qualification For Gymnastics Nationals

### National Division

A gymnast competing in the National Division who achieves the XP Gymnastics Nationals qualifying score in an endorsed competition qualifies to attend the XP Gymnastics Nationals in the National Division only.

#### Attempting to qualify for International Division

Gymnasts may also choose to enter the International Division at an endorsed competition later in the calendar year to attempt the qualifying score for the International Division.

If the gymnast achieves the XP Gymnastics Nationals qualifying score for the International Division by competing in an endorsed competition within that division, they must compete in the International Division at the XP Gymnastics Nationals and all subsequent events.

Gymnasts who have competed in the International Division and have not qualified may go back to National Division but must have competed at that level and qualified to be eligible for XP Gymnastics Nationals. Note: Gymnasts must compete at the XP Gymnastics Nationals at the highest division for which they qualified.

### International Division

A gymnast competing in the International Division who meets the qualifying score at an endorsed competition must compete in the International Division at the XP Gymnastics Nationals.

## Synchronised Trampoline At Gymnastics Nationals

Any gymnast who qualifies for individual trampoline at XP Gymnastics Nationals is also eligible to compete in synchronised trampoline within the same division or higher in which they qualified for individual (i.e., there is no separate qualification requirement for synchronised trampoline).

National Division gymnasts must only enter National Division synchronised events, and International Division gymnasts must only enter International Division synchronised events.

The division of entry for a synchronised trampoline pair will be based on the higher division of the two gymnasts.

*Note: At World Age Championships, a gymnast may only compete within the age group they compete in individually. This should be considered where possible domestically to best prepare those gymnasts competing at this level.*

### Entry of synchronised pairs

These are submitted separate to the individual entries and using the approved entry form. Changes to pairs can only be made up to two weeks prior to the XP National Championships. Changes after this time means the pair will be withdrawn and no substitutions can be made.

## Division Rules

Athletes may enter the division in which they choose to compete for each discipline. An athlete can select to compete in the National Division for one discipline and the International Division for another.

*Example: An athlete may compete in National 13-14 Years for Individual Trampoline and in Junior International for Double Mini Trampoline.*

## Scoring System

For 2026, all sanctioned events will be run using Sporttech.

## Host Clubs

Clubs hosting a Gymnastics NZ endorsed competition must agree to and sign a Gymnastics NZ Endorsed Event License Agreement.

## Judge Provision Policy For Competitions

All clubs attending trampoline endorsed events must provide a qualified judge, if clubs are unable to provide the correct number or level of qualified judges a club, the host club may charge a management level to cover the cost of bring a judge in.

## International Event Qualification

All qualification criteria for international events, including qualification scores, are subject to Gymnastics NZ performance pathways. Event qualification criteria is published by Gymnastics NZ prior to Intention to Travel (ITT) and scores may deviate from any scores published in this handbook.

**NOTE:** any athlete wishing to represent New Zealand in WORLD GYMNASTICS17-21 internationally, must compete in the Senior division domestically to be considered.

# Trampoline

A trampoline exercise is composed by ten (10) elements and should be planned to demonstrate a variety of forward and backward somersault elements, with or without twisting and within the age events, non-salto skills. The exercise should show good form, execution, height, maintenance of height and opening in all elements to demonstrate perfect control of the body during the flying phase, while reducing horizontal displacement as much as possible. It is characterised by high, continuous rhythmic feet to feet and feet to back, front or seat rotational jumping elements, without intermediate straight bounces.

Trampoline competitions, both for individual and synchronised disciplines, are composed by Qualifications and Finals, according to the following structure:

## Divisions

AGE	8&u*	9-10*	11-12	13-14	15+
FIG				Junior (13+)	Senior (17+)

\*8 & Under and 9-10 Years are not competed at Nationals – 8 & Under can be used at larger domestic events with the same requirements as 10 & Under

NB: 2025 Gymnastics Nationals will include 9-10 years.

We encourage local events to also run recreational level competitions (a great example of this is the TCI Series in Canterbury)

Novice	Red	Blue	Green	Yellow	Masters
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# Synchronised Trampoline (SYN)

- One competition event per division, combining gender
- Pairings may be Male/Male, Male/Female, Female/Female
- Gymnasts may only compete in one pairing and will compete in the division of the highest-ranked individual gymnast
- Pairings may not cross between their individual National and International divisions
- Synchronised events are encouraged at endorsed events but are not compulsory unless being used for international qualifying. Hosts are welcome to combine divisions e.g. hold an open synchro event.

- *Note: At World Age Championships, a gymnast may only compete within the age group they compete in individually. This should be considered where possible domestically to best prepare those gymnasts competing at this level.*

# Tumbling

A tumbling exercise is composed by five (5) (Age) or eight (8) (FIG) elements and should be planned to demonstrate a variety of forward, backward, and sideward elements. The exercise should show good control, form, execution, and maintenance of tempo. Tumbling is characterised by continuous speedy, rhythmic hand(s) to feet, and feet to feet, rotational jumping elements without hesitation or intermediate steps

Tumbling competitions are composed by Qualifications and Finals, according to the following structure:

## Divisions

AGE	8&u*	9-10*	11-12	13-14	15+
FIG				Junior (13+)	Senior (17+)

\*8 & Under and 9-10 Years are not competed at Nationals – 8 & Under can be used at larger domestic events with the same requirements as 10 & Under

NB: 2025 Gymnastics Nationals will include 9-10 years.

We encourage local events to also run recreational level competitions (a great example of this is the TCI Series in Canterbury)

Novice	Red	Blue	Green	Yellow	Masters
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# Double Mini-Trampoline

A DMT exercise is composed by two (2) elements and should be planned to demonstrate a variety of forward and backward twisting or non twisting elements. The exercise should show good control, form, execution, height, and maintenance of height show good control, form, execution and maintenance of tempo. DMT is characterised by high, continuous rhythmic feet to feet rotational jumping elements, without hesitation or intermediate straight bounces.

Double Mini competitions are composed by Qualifications and Finals, according to the following structure:

## Divisions

AGE	8&u*	9-10*	11-12	13-14	15+
FIG				Junior (13+)	Senior (17+)

\*8 & Under and 9-10 Years are not competed at Nationals – 8 & Under can be used at larger domestic events with the same requirements as 10 & Under

NB: 2025 Gymnastics Nationals will include 9-10 years.

We encourage local events to also run recreational level competitions (a great example of this is the TCI Series in Canterbury)

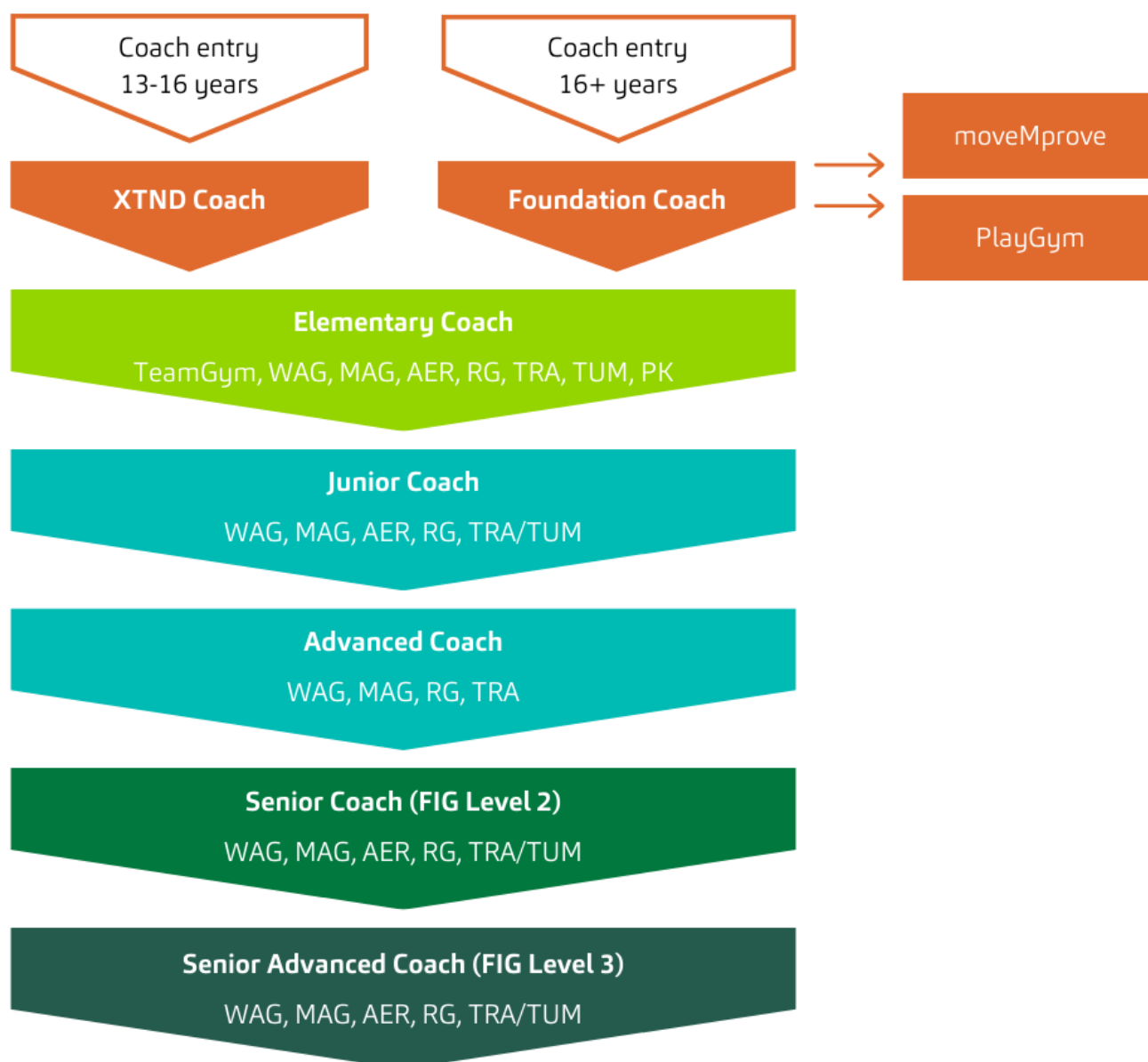
Novice	Red	Blue	Green	Yellow	Masters
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## Coach Qualifications

Trampoline, DMT & Tumbling Coaches at Endorsed Events & Nationals should have coaching qualifications that covers the skills their athletes are competing regardless of competition level entered. Gymnastics NZ has taken steps to bring coaches up to the required skill level and continue to offer courses into 2025.

## Gymnastics NZ Coach Qualification Pathway

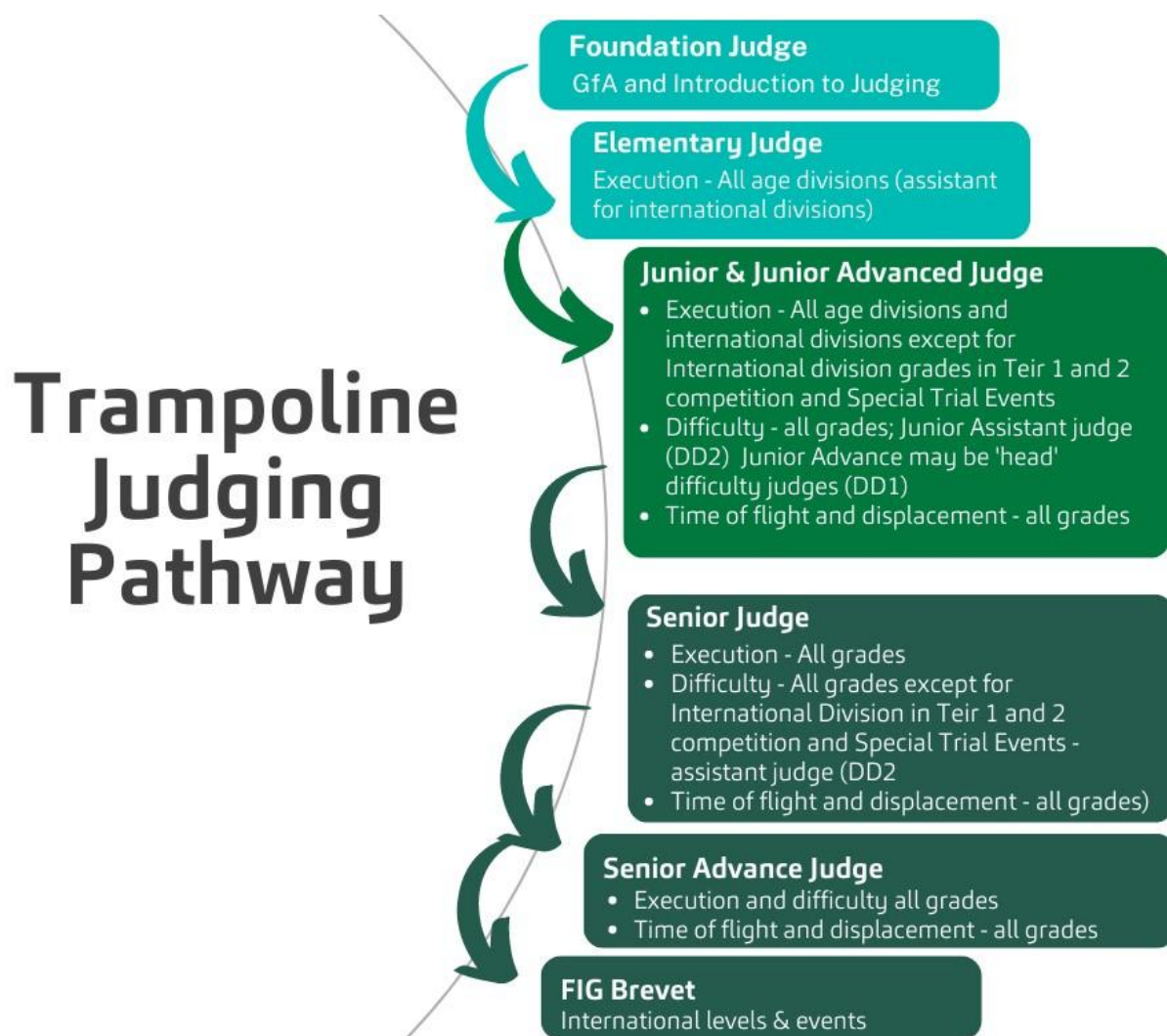
Below is the Gymnastics NZ coaching pathway to show how coaches come into and move through the education system.



Gymnastics New Zealand aims to meet the professional development needs of gymnastics coaches and judges by providing theoretical and practical programmes. Courses are offered throughout the country with some being online. Above is the diagram of this pathway; alongside these courses there are other opportunities to engage in workshops, coach developer opportunities, guest speakers

and a bi-annual coach connect conferences. All registrations for these courses are through the member clubs.

## Gymnastics NZ Judge Education Pathway



## Judging Panels

The judging panel for Trampoline consists of a total of up to 10 judges, 1 Chair judge, 1 Difficulty Assistant judge, 1 Difficulty Judge, 6 Execution judges and 1 Horizontal Displacement judge.

## Difficulty – DD

Check that all routine requirements have been met and calculate the difficulty value of the routine (DD)

## Execution - E

Evaluate athletes form for each skill in the routine including landing deduction. Deductions are made from a perfect score of 1 for each of the 10 skills.

## Horizontal Displacement TRA

It is important to note where the athlete lands each skill. Ideally, they should always land in the central box as close to the cross as possible. There is a set deduction every time an athlete lands outside the box. Note: there is no deduction for an athlete moving from outside the box back into the box. No deduction is taken for athletes being out to the sides of the box, as it is deemed impossible for all of the Judges to clearly see this part of the bed.

## Time of Flight (TOF)

Managed by the Chair Judge who starts the TOF machine during the first skill which then records the total time of flight for the 10 skill routine.

## DMT and Tumbling Judges Panels

Are the same as Trampoline, except Time of Flight and Horizontal Displacement is not required.

