



Trampoline & Tumbling Committee

Technical Regulations

December 2025

Table of Contents

<i>Section I – Technical Committee Regulations</i>	3
Article 1 – Composition of the Trampoline and Tumbling Technical Committee.....	3
Article 2 – Duties of the TTC	3
Article 3 – Duties of the TTC members	4
Article 4 – Voting.....	5
Article 5 – Changes to the TTC Technical Regulations	5
Article 6 – Meetings of the TTC.....	5
<i>Section II – Competitions and Team Selection</i>	6
Article 1 – Competitive Structure	6
Article 2 – Competitions	6
Article 3 – Eligibility for Competitions	6
Article 4 – Awards	7
Article 5 – Inquires	7
Article 6 – Team Selection for Canadian Championships	7
Article 7 – Selection for Western Canada Cup.....	8
<i>Section III – T&T Judging Regulations</i>	11
Article 1 – General	11
Article 2 – Provincial Certification Program Requirements	11
Article 3 – National Certification Program Requirements	11
Article 4 – Judging Assignments.....	12
Article 5 – Judging Responsibilities	12

Acronyms

FIG	Federation Internationale de Gymnastique
MGA	Manitoba Gymnastics Association
NCCP	National Coaching Certification Program
TTC	Trampoline Tumbling Committee

Section I – Technical Committee Regulations

Article 1 – Composition of the Trampoline and Tumbling Technical Committee (TTC)

- 1.1. The Trampoline and Tumbling Technical Committee will consist of the following:
 - 1.1.1. Technical Chairperson
 - 1.1.2. Vice-Technical Chairperson
 - 1.1.3. Judging Representative
 - 1.1.4. Coaching Representative
 - 1.1.5. Member at Large
 - 1.1.6. Athlete Representative
 - 1.1.7. A Representative from each competitive trampoline and/or tumbling club in the province of Manitoba (see Article 4.4).
- 1.2. The President of the MGA and the Executive Director are ex-officio (non-voting) members of the TTC.
- 1.3. To be a member of the TTC an individual must be a member in good standing of the MGA.
- 1.4. The Chairperson is elected for a two-year term at the MGA Annual General Meeting on every odd numbered year.
- 1.5. A call for nominations will be circulated four weeks prior to the election meeting for the remaining positions:
Group A – Judging Representative, Member at Large
Group B – Vice Technical Chairperson, Coaching Representative, Athlete Representative
Note: Group A would be elected for the 2025-2026 season.
- 1.6. To hold an elected position on the TTC, an individual must be an active participant of the TTC. To be considered as an active member of the TTC, the individual must attend 2/3 of all scheduled meetings.

Article 2 – Duties of the TTC

- 2.1. The Trampoline and Tumbling Committee's Program Goal is to develop and direct competitive athletes and the necessary support personal so that all may reach their maximum potential.
- 2.2. To promote Trampoline & Tumbling in the Province of Manitoba.
- 2.3. To be responsible for the efficient running of all MGA Trampoline & Tumbling sanctioned competitions.

- 2.4. To inform all athletes, coaches, judges and other interested members about upcoming competitions, clinics, seminars, and fundraising activities.
- 2.5. To be directly responsible to, accountable to and report to the Board of Directors of the MGA for:
 - 2.4.1. All TTC policies
 - 2.4.2. All short and long-term plans and objects of the TTC
 - 2.4.3. All TTC budgets

Article 3 – Duties of the TTC members

3.1. Technical Chairperson

- 3.1.1. To be present at meetings of the MGA Board of Directors and provide a written report at every meeting.
- 3.1.2. To maintain leadership and direct Trampoline & Tumbling sport in Manitoba through programs implemented by the committee.
- 3.1.3. To call and chair meetings of the TTC and ensure that proper minutes are kept and distributed by the MGA.
- 3.1.4. To represent the MGA as a delegate at the Trampoline & Tumbling Technical Assembly of Gymcan.
- 3.1.5. To carry out such duties as the MGA Board of Directors may assign.

3.2. Vice-Technical Chairperson

- 3.2.1. In the absence of the Technical Chairperson, to perform all the duties of the Technical Chairperson.
- 3.2.2. Should the office of the Technical Chairperson become vacant, to act as Technical Chairperson until the MGA Board of Directors may appoint a successor.
- 3.2.3. To carry out such duties as the TTC may assign.

3.3. Judging Representative

- 3.3.1. To be responsible for the improvement of judges in Manitoba through such methods as the TTC may determine.
- 3.3.2. To maintain an up-to-date list of all active judges.
- 3.3.3. To organize and implement judge education plans.
- 3.3.4. To provide qualified judges for all MGA Trampoline & Tumbling competitions.
- 3.3.5. To carry out such duties as the TTC may assign.

3.4. Coaching Representative

- 3.4.1. To be responsible for the improvement of coaching skills in Manitoba, through such methods as the TTC may determine.

3.4.2. To carry out such duties as the TTC may assign.

3.5. Athlete Representative

3.5.1. Must be a National Level athlete, a minimum of 16 years of age.

3.5.2. Must not vote on matters where a conflict of interest may occur.

3.5.3. To carry out such duties as the TTC may assign.

3.6. Member at Large

3.6.1. To carry out such duties as the TTC may assign.

Article 4 – Voting

4.1. A quorum for meetings of the TTC will be a minimum of three voting members, which two must consist of members holding positions on the TTC.

4.2. A simple majority vote is required to pass any motion.

4.3. The Technical Chairperson shall have the right to motion and vote on all questions, but in the event of a tie, the motion shall be declared lost.

4.4. Club Representative's Vote

4.4.1. A club may only have one vote.

4.4.2. For a club to obtain the right to vote, it must have entered and competed in a Trampoline or Tumbling competition in the last twelve (12) months from the date of the meeting.

4.4.3. On issues solely concerning Trampoline and/or Tumbling and/or Double Mini Trampoline, only clubs which are eligible to vote according to Article 4.4.2 may vote (i.e. Trampoline clubs will not vote on Tumbling issues and vice versa).

Article 5 – Changes to the TTC Technical Regulations

5.1. All changes to the Technical Regulations and Appendices must be put in the form of a motion and distributed to all voting members 7 days prior to the meeting at which time the vote will be called. The motion must have a seconder before being open for discussion. Minor changes may be accepted from the floor if there is unanimous support.

Article 6 – Meetings of the TTC

6.1. The TTC will endeavor to meet at least once every two (2) months.

6.2. The T&T year, for purposes of these regulations, shall be the day following the MGA Annual General Meeting to the date of the next Annual General Meeting.

- 6.3. Written minutes of each meeting will be distributed by the MGA.
- 6.4. The Technical Chairperson must present all matters requiring ratification by the MGA Board of Directors in the manner that they have been determined by the TTC.

Section II – Competitions and Team Selection

Article 1 – Competitive Structure

- 1.1. Competitions may consist of the four (4) disciplines:
 - 1.1.1. Trampoline
 - 1.1.2. Double Mini Trampoline
 - 1.1.3. Power Tumbling
 - 1.1.4. Synchronized Trampoline
- 1.2. The Competitive structure will consist of the 2 following Levels:
 - 1.2.1. Provincial Level 1-4 Trampoline, Double Mini Trampoline, Tumbling and Synchro.
 - 1.2.2. National Level 5-7, JR, SR Trampoline, Double Mini Trampoline and Tumbling and National Level 5-6, Senior Synchro.

Article 2 – Competitions

- 2.1 Minimum equipment standards can be found [here](#).
- 2.2 For all Provincial Championships and Selection Meets, a refund will be given upon receipt of a formal medical certificate (from a medical professional). Medical refunds are available up until the beginning of the participant's competitive session. The refund will be the registration fee less an administrative fee (listed in the registration packet). For Provincial Championships and Selection Meets the maximum administrative fee is \$40.00.

Article 3 – Eligibility for Competitions

- 2.1. To be eligible for any MGA sanctioned competition, a competitor must:
 - 2.1.1 Pay all entry fees by the deadline date set by the hosting organizations.
 - 3.1.2. Must be in good standing with the MGA.
- 3.2. An athlete may move to a higher level during the competition year. Athletes are not allowed to move down levels unless granted by petition by TTC and where applicable Gymcan.
- 3.3. An athlete who has entered the Provincial Stream must compete at each level a minimum of one competition before moving to the next level. An athlete may only move up one level per

competition. Athletes may enter the Provincial Stream at any level as determined by the athletes' coach. An athlete must meet mobility requirements to move up to the National Level on each event as per Gymcan requirements.

- 3.4. Once an athlete has met the mobility and has competed at the National level, she/he may not move back to the Provincial Stream unless granted by petition by TTC.
- 3.5. Athletes may compete in different levels on different disciplines at the same competition if Article 3.2 is followed for each discipline.

Article 4 – Awards

- 4.1. At Provincial Championships, awards for men and women will be combined for Provincial Levels and will be separated by gender for National Levels.

The following shall be presented for each discipline and level:

- | | | |
|--------|------------------------------------|-----------------|
| 4.1.1. | 5 or less competitors | 1-3 for events |
| 4.1.2. | 6-10 competitors (inclusive) | 1-5 for events |
| 4.1.3. | 11-20 competitors (inclusive) | 1-8 for events |
| 4.1.4. | 21 or over competitors (inclusive) | 1-10 for events |

- 4.2. Time of Flight Award is presented to the provincial athlete with the highest time of flight regardless of gender or level.

Article 5 – Inquires

- 5.1. A coach may only inquire about a DD score awarded to an athlete of her/his own team. The inquiry must be submitted to the Judging Chair prior to the start of the next round or in the case of the final round, immediately following the round.
- 5.2. Inquiries concerning execution score can only be made in respect to numerical error.

Article 6 – Team Selection for Canadian Championships

- 6.1. The Manitoba Team to Canadian Championships will consist of recommendation of the following:
 - 6.1.1. Athletes will compete in categories as per Gymcan Regulations.
 - 6.1.2. Three coaches, one for each discipline.
 - 6.1.3. Three judges
- 6.2. For an athlete to be considered for the Manitoba Team, he/she must meet all of Gymcan's Pathway requirements for Canadians.
- 6.3. All athletes named to the Manitoba Team shall share equally in the funding available from MGA.

6.4. Coaches will be selected based on attending athletes. Coaches must have NCCP Level 3 TRA or C3 TRA Certification.

Article 7 – Selection for Western Canada Cup

7.1. The Manitoba Team to Western Canada Cup will consist of the following and selection will occur as follows:

7.1.1.

a) L3/L4 Team

- Firstly, the athletes with the three overall highest All-Around scores (on 2 or 3 events) in Level 3 and 4 will be selected to the team. This will be calculated by adding the highest event scores for the applicable athletes that meet minimum DD in the Gymcan Pathways on each event.
- Then, the athletes with the three overall highest scores on Tumbling either Level 3 or 4 will be selected to the team.
- Then, the athletes with the three overall scores on Trampoline either Level 3 or 4 will be selected to the team.
- Then, the athletes with the three overall highest scores on Double Mini Trampoline either Level 3 or 4 will be selected to the team.
- Where an athlete is awarded a position for multiple events. Another athlete will be selected until all nine positions are selected for the L3/L4 Team.
- If one event does not fill all three positions, the next highest score from other events can be used to send a 4th athlete. The order for selection will be as outlined above. If there are not enough L3 and L4 athletes to fill the team, L2 athletes may be considered if they meet the qualifying criteria.
- L2 athletes must show an 8 pass to be eligible for a fill position on the team for TUM.

b) Minimum score to be considered for the Team in addition to minimum DD in Gymcan Pathways for the level:

DMT	Total Prelim Score
L2	39.6
L3	39.4
L4	40.0
TRA	Total Prelim Score
L2	72.0
L3	74.0

L4	76.0
TUM	Total Prelim Score
L2	35.0
L3	31.0
L4	32.0

- c) Athletes may use minimum scores from an invitational or provincial championship for consideration in team ranking. Invitational scores must be forwarded to TTC Judging Chairperson at a minimum one week prior to Provincial Championships with the Executive Director cc'ed. Scores from virtual competitions are not permitted.

7.1.3. Three coaches, one for each coach.

7.1.4. Three judges, one for each discipline.

7.1. Athletes who have competed at a National Level in a discipline are not eligible to compete at Westerns in that discipline.

7.2. Any request for petitions must be submitted to the TTC to be considered for selection prior to the end of Provincial Championships.

7.3. In the event of a tie in total scores for team selections, the tie shall be broken based upon Gymcan Tie Breaking Rules.

7.4. All athletes named to the Manitoba Team shall share equally in the funding available from the MGA.

7.5. Coaches will be selected by point system.

7.5.1 Coaches must have the following NCCP status to attend:

- Level 1-2 – Competition 1 TG Certified
- Level 3-4 – Competition 2 TG Trained
- Level 5+ - Competition 3 TG Trained

7.5.2 Coaches will be selected by rank on each discipline.

7.5.3 If a club does not obtain a coach position, the MGA will fund 50% of the coaches' expenses. Travel arrangements to be made by the MGA.

7.6. It is the responsibility of the athletes' club to ensure the correct information is submitted to register their athlete with the correct personal information for WCC (i.e., name, birth date, level, etc.). Should there be incorrect information submitted upon registration where the change fee of

\$10.00 applies, the party responsible for the error is to pay the change fee prior to the competition.

Article 8 – Selection for Western Canada Cup Team Finals

- 8.1. Athletes must be on the Provincial Team to be eligible
- 8.3. Selection will be performed in the following order per event.
 - 8.2.1 L4 and L3s will be selected first, based on prelim scores.
 - 8.2.2 If all L4 and L3s have been exhausted, then L3 athletes may be selected, based on prelim scores.
 - 8.2.3 If all L3-4 athletes have been exhausted, L2 athletes may be selected, based on prelim scores.

Note: Scoring potential will not be considered, selection is strictly based on performance scores.

Section III – T&T Judging Regulations

Article 1 – General

- 1.1. All Provincial judging rules, regulations and procedures are under the jurisdiction of the TTC. All judges attending a judging course and/or acting as active judges for MGA must be registered members in good standing. Judges may be affiliated through a member club in good standing, or as an unattached judge and individual member.
- 1.2. There are three levels of Judging Certification.
 - i. Provincial
 - ii. National
 - iii. FIG

Article 2 – Provincial Certification Program Requirements

- 2.1. Provincial Recommendation:
 - 2.1.1. Content:
Execution and difficulty on all four events at a provincial level
 - 2.1.2. Prerequisite:
Minimum age 16 years; 15 years if participating as in a current athlete in Trampoline and Tumbling.
 - 2.1.3. Requirements for New Judges:
 - i. Attending Provincial Clinic
 - ii. Pass exam
 - iii. Practice judging 5 hours to maintain level
 - iv. Judge a minimum of one competition per year
 - 2.1.4. Requirements for Returning Judges:
 - i. Practice judging 5 hours to maintain level
 - ii. Judge a minimum of one competition per year
 - iii. Attend a Provincial Clinic and pass written exam every four years

If judging requirements are not met, the judge will be required to recertify as a new judge the following year.

Article 3 – National Certification Program Requirements

- 3.1. Contents:
Three separate courses for trampoline, tumbling and double-mini courses offered by Gymcan.
- 3.2. Prerequisite:
 - i. Minimum age 18

- ii. Minimum 2 years at Provincial Level or permission by the TTC

3.3. Requirements:

- i. Attend National Judging Course and certify as per Gymcan regulations
- ii. Judge at Manitoba Championships and at a minimum 1 national stream competition annually (if possible).
- iii. Act as Chair of the Judges Panel at provincially sanctioned competition

3.4. All National and International Judges shall be governed under the Gymcan Judging Policy. These judges shall conform to Gymcan technical rules and regulations governing judging clinics, exams, competitions, etc. All National and International Judges registered with the MGA whether through a club or as individual members, shall actively take part in provincial competitions, programs and clinics as requested by the TTC. Recertification is as per Gymcan policy.

Article 4 – Judging Assignments

4.1. Judging assignments for Provincial Championships, any Manitoba Provincial Team event/competition, Western Canada Cup and club invitations will be administered by the Provincial Judging Chairperson.

Article 5 – Judging Responsibilities

5.1. Competitions:

All provincial and invitational competition expenses for judges are the host club's responsibility. Judges selected for Western Canada Cup and Canadian Championships shall be funded through team/athlete charges and MGA approved subsidies.

5.2. Clinics:

The MGA will pay/share expenses, pending approved budget allocations, for current National and International level judges who are active members in good standing of the MGA to attend TTC approved courses/clinics and qualifying competitions to maintain and/or upgrade their level.

5.3. Judging Uniforms:

See [Gymcan TG Judging Formalities](#).

5.4. Judging Certification Clinics:

All clinic registration fees are the responsibility of the individual judge. All judges taking certification clinics must be or become members of the MGA. All judges must register with the MGA prior to the start of the clinic.

5.5. Professionalism of Judges:

See [Gymcan TG Judging Formalities](#).

5.6. Honorariums will be assessed as per the following table:

Rate per Hour Based on Years of Experience					
Level	1-4Y	5-8Y	9-12Y	13-16Y	17-20Y
P4	\$ 15.00	\$ 16.00	\$ 17.00	\$ 18.00	\$ 19.00
P3	\$ 16.00	\$ 17.00	\$ 18.00	\$ 19.00	\$ 20.00
P2	\$ 17.00	\$ 18.00	\$ 19.00	\$ 20.00	\$ 21.00
P1	\$ 18.00	\$ 19.00	\$ 20.00	\$ 21.00	\$ 22.00
N2/3	\$ 19.00	\$ 20.00	\$ 21.00	\$ 22.00	\$ 23.00
N1	\$ 20.00	\$ 21.00	\$ 22.00	\$ 23.00	\$ 24.00
FIG	\$ 21.00	\$ 22.00	\$ 23.00	\$ 24.00	\$ 25.00

- The Head Judge for the competition will receive an additional \$50 for overseeing the event.
- If a judge holds different levels of certification on different events, they will be assigned the rate by each individual event.
- The judge's honorarium will commence thirty (30) minutes prior to the start of the scheduled specific warm-up time or the scheduled commencement of the judges' meeting, whichever is earlier. The rate assigned will be the judge's highest rate by level.
- The conclusion of the judge's honorarium is fifteen (15) minutes after the scheduled time of the last competitor.
- If the last competitor were to compete more than fifteen (15) minutes after the competition's scheduled time, the judges shall be entitled to an additional honorarium of no less than one half hour for each thirty (30) minute period that the meet exceeds the scheduled competition time, regardless of circumstances.
- Judges are compensated for their time when not actively judging on a panel but waiting for the start of their next panel, including scheduled breaks or awards. However, there is no honorarium if a judge between panels is fulfilling another role as a coach/athlete.
- All judges' expenses, for all competitions, are to be paid by the host club to the judge before the end of the competition unless alternative arrangements have been communicated to the judges ahead of time.

5.7. Out of Province Honorarium:

To support the development of T&T judges when officiating at out of province meets, an honorarium of \$35.00/block will be provided to each judge to a maximum of \$105.00 per day.