

LAUSANNE (SUI), September 2024

Dear Friends of the Trampoline Gymnastics' family,

2024 marks the end of the shortest Olympic cycle in Trampoline Gymnastics' history and the main peak of this period (2024 Olympic Games) was successfully achieved. A fully booked Bercy Arena with 12,000 spectators in both women's (afternoon session) and men's (evening session) events hosted a vibrant competition on 2 August that will keep a preferent position in the memories of those watching the event live or via their screens.

32 gymnasts brilliantly represented our sports community, delivering an unforgettable show that mixed top-level performances with a friendly and sports mankind attitude. Ivan LITVINOVICH (AIN) retained his crown as Olympic champion, while Bryony PAGE (GBR) completed her Olympic medals' collection with a gold after her silver medal in Rio and a bronze medal in Tokyo.



After seven successful editions in the official Olympic Games program, Los Angeles (USA) rises on a promising horizon in 2028. But there will be much more options in the menu during the coming years for all our sports.



The first semester of 2024 kept all our community very busy due to the five stages of the World Cup Series and several Continental Championships. After such intense competition months, the imminent beginning of the next Olympic cycle, starting in 2025, calls for training and preparation to adapt performances to the new rules almost in place.

This newsletter presents some useful information for gymnasts, coaches and judges, as the future unfolds an exciting road for Trampoline Gymnastics.



A. 2024 Olympic Games report

What a show we enjoyed in Paris! Trampoline Gymnastics delivered a mesmerising event at the main Sports scenario possible. The presence of our sport at the Olympics is limited to two sessions, but both were massively attended, with a huge demand of tickets and an impressive atmosphere in the Bercy Arena. This venue is a well-known location for Trampoline Gymnastics, as World Championships back in 1986 took place there. And if what happened in 1986 stays in a prominent position of our history, we can be sure and proud that the competition in 2024 will remain at the same or higher level.

Ivan LITVINOVICH (AIN) flew at an amazing height to capture his second consecutive title as men's Olympic Champion in individual trampoline, well seconded by two Chinese gymnasts (Zisai WANG and Langyu YAN) in the podium.

	Gold	Silver	Bronze
Men	LITVINOVICH Ivan (AIN)	WANG Zisai (CHN)	YAN Langyu (CHN)
Women	PAGE Bryony (GBR)	BARDZILOUSKAYA Vyaleta (AIN)	METHOT Sophiane (CAN)

The women's event kept the same attention as the men's competition. Current World Champion Bryony PAGE (GBR) managed to step into the only spot of the podium that she had not previously climbed to. She became the first gymnast in Trampoline Gymnastics able to complete the set of three Olympic medals. Vyaleta BARDZILOUSKAYA (AIN), relying on an impressive time of flight score, managed to obtain a brilliant silver medal: the fourteen years of difference between Bryony and Vyaleta prove the evident diversity that can be found in our sport. Sophiane METHOT (CAN) brought the maple leaf flag again to one of event where Canadians have been more successful during the current century.

The historical medal table of Trampoline Gymnastics, after having completed seven events between 2000 and 2024, stands as follows:

NOC	Gold	Silver	Bronze	Total
CHN	4	5	7	16
BLR	3	1	0	4
CAN	2	3	3	8
RUS	2	2	0	4
GBR	1	1	1	3
UKR	1	1	0	2
GER	1	0	1	2
AUS	0	1	0	1
NZL	0	0	1	1
UZB	0	0	1	1
Total	14	14	14	42

More information can be found at the following FIG news stories:

[Bryony Page, Ivan Litvinovich on Olympic summit in Trampoline](#)

[Ivan Litvinovich retains Olympic title in men's Trampoline](#)

[Trampoline gold at last for Bryony Page](#)



B. 2025-2028 Code of Points

Since January 2025, new rules will be working in our sport, so the process to present, discuss and finetune them is long and demands cooperation and dialogue between gymnasts, coaches, and judges, so everyone will be ready to face the new challenges.

The first version of the Code of Points, approved by the FIG-EC, was published at the FIG site on April 22. Following this, several comments and suggestions were received by the TC, who was in charge of reviewing and updating the content of this file in certain topics that do not affect the main body of rules already presented.

In this newsletter we are detailing those changes, and everyone will be able to download the final version of the CoP at the FIG site.

Please find below the corrections to the previous version and the changes approved by EC for tumbling:

TRAMPOLINE

- 1.2.2 To clarify the current rule, this sentence was added to the CoP: "A gymnast/pair can decide whether to perform or not the second exercise. If a second exercise is not performed, the gymnast/pair will receive a score of 0 points for this exercise."
- 3.2 Added ", and in one (1) mixed synchronized pair."
- 17.1.6.1 Corrected: mistaken degrees of rotation
- 20.2.1.1 Added "according to the drawings" to opening arms to stop twisting rotation
- 20.2.1.1 Added: In tucked elements, grabbing legs with the hands behind the knees: 0.1 points
- 20.2.2.3 Deleted "or stepping out"

Graphics have been updated to adjust all the possible deductions

TUMBLING

- 13.1.2 Added "and F1+F2", to make clear that the requirements for the two exercises in the Final must meet the same conditions as the ones performed during Q1
- 16.1.7.2 After EC approval, the rule was deleted: no bonus for linking double somersaults.
- 16.1.8.2 After EC approval, the rule was deleted: no bonus for linking double somersaults.
- 19.2.1.2 Correction: All these deductions are added up to a maximum of 0,2 points, instead of 0,5 points.
- 19.2.1.3 Added: "Single somersault elements or double somersaults without twist that are not opened will receive a 0.3 points deduction"

DMT

- 12.2 Correction: no separated legs in DMT elements are allowed.



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- 16.1.2 Already in the difficulty table, added in the text: “Elements without twist or somersault rotation (tuck jump, pike jump, straddle jump) will have a difficulty value of 0.1 pts”. This addition modifies the numbers of all the rules included in this chapter.
- 19.2.1.1 Clarification: In tucked elements, grabbing legs with the hands behind the knees: 0.1 points
- 19.2.1.2 Correction: All these deductions are added up to a maximum of 0,2 points, instead of 0,5 points.
- 19.2.1.3 Correction: 0.2 deduction, instead of 0.1 point
- 19.2.5 Mainly deleted, currently standing as follows: “Pike down deduction is applied when the angle between the upper body and the legs reaches 135° or less after opening (12 o'clock)”. The table detailing deductions was modified accordingly:

Angle between upper body and legs after opening	Deduction
190° – 135°	No deduction
<135°	0.1

APPENDICES

- A Several graphics were updated.
- B Principles for TRA-D were corrected and updated for twisting triple somersaults
D-value of 844/ was corrected: 2.5, instead of 2.3
D-value of twisting quadruple backwards elements was corrected

C. Mixed Synchro

One of the main novelties of the new Olympic cycle is the launching of a new event: mixed synchro has been present in our agenda for a long time and now we are ready to go ahead with it. Baku (AZE) will host the first FIG event with mixed synchronized competition. It will take place during the World Cup (February 2025). Other World Cup organizers are also considering to include this event in their directives, so all National Federations should keep this in mind, as this event will be part of the 2025 World Championships as well.

The TRA-TC agreed during its last meeting in Rome (ITA) in late August that the rules for mixed synchro will be the same as the ones for men's and women's events.

D. 2025 Judges Courses

The Intercontinental Judges Course will be the first milestone of the new cycle. It will be hosted in Lausanne (SUI) from 28 November to 1 December.

Materials included in the examination are the 2025 Code of Points, 2025 Technical Regulations and 2025 General Judges' Rules. Courses will follow the rules in the [TRA Specific Judges' Rules](#). There will be three types of examinations: Execution, Difficulty and CJP test. This CJP test will be composed of ten multiple-choice questions related to the decisions usually taken by the CJP during a competition. Some questions will be supported by videos showing a certain situation to be solved, and some others will consist of written questions referring to certain parts of the Code of Points.

Example:



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(12.4 TRA) After an exercise is started, talking to or giving any form of signal to a gymnast by their own spotters during the exercise will result in a penalty of...

- A.- 0.2 points
- B.- 0.4 points
- C.- 0.6 points

Once the intercontinental course is done, the time for the International Judges courses will arrive. Continental unions were invited to send their applications by the end of August, so the agenda of international judges' courses will be released by the end of September. Trampoline Gymnastics is expected to be covered with approximately 10 international courses worldwide during the first semester of 2025.

Additionally, online judges' courses, following a similar structure, content and procedure as in 2022, will be offered to all those judges willing to enter the FIG system by obtaining a Category 4 or aiming to retain their Category 4.

During its last meeting, the TRA-TC prepared all the resources needed to run these judges' courses and exams. The Sports Training Systems (STS - <https://stsstudy.com/>) will provide the candidates (and anyone else willing to learn about how Trampoline Gymnastics is evaluated) with useful resources to prepare the courses.

E. 2025 World Games

Chengdu (CHN) will host the 12th edition of [The World Games](#). Trampoline Gymnastics events will take place on 8-10 August, with SYN, TUM and DMT in the official programme. All quota places were allocated according to the results of the 2023 World Championships in Birmingham: the list of qualifiers can be found [here](#).

Given that there will be only eight gymnasts/pairs competing in each of the six events, a new competition format was approved and it is already available at the [FIG 2025 Technical Regulations](#).

Searching for more emotion and face-to-face competitions, these are the basic aspects of this format:

- Qualifying Round, only 8 gymnasts/pairs competing in a single group per discipline.
 - Maximum 1 per NF, discipline and gender.
- Semi Finals (4 gymnasts/pairs)
 - 1st gymnast/pair ranked in Qualifying Round against the 4th gymnast/pair;
 - 2nd gymnast/pair ranked in Qualifying Round against the 3rd gymnast/pair.
- Bronze medal final: the 2 losers of Semi Finals compete for the bronze medal.
- Gold medal final: the 2 winners of Semi Finals compete for the gold medal.

Moreover, the 13th edition of The World Games will take place in 2029 in Karlsruhe (GER) and the [FIG 2025 Technical Regulations](#) detail a new qualification system based on the results of the 2028 World Cup series, instead of the results of the 2027 World Championships.

F. 2025 World Championships

Fourteen months to relive the action of our main event, this time in Spain. The organization of the 38th FIG Trampoline Gymnastics World Championships was granted to the Royal Spanish Gymnastics Federation, in the city of Pamplona. This will be the first edition of the World Championships



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taking place in the Spanish country, after successfully hosting seven World Cup competitions between 2008 and 2019 and one European Championships in 2016.

Pamplona will also enjoy the 2nd FIG Junior World Championships and the 31st World Age Group Competitions, both of them following the FIG TRA Junior and WAGC Rules, available [here](#). Gymnasts of 15-16 years during 2025 will compete for the World Junior titles, after the successful experience completed in Birmingham (GBR).

Sofia (BUL) while be in charge of the World Championships in 2027, running our main event for the fourth time since 2013. The hosting federation of the 2026 edition has not been announced yet, although several negotiations are already taking place to allocate this event and the official announcement should not take long.

G. 2024 World Cup Series

After an intense season with five stops (Baku, Aalkmar, Cottbus, Arosa and Coimbra), the 2024 World Cup series finished, and the winners were announced in Coimbra (POR) after the last event was completed. Here you can find the top-ranked gymnasts and pairs:

	Gold	Silver	Bronze
TRA W	BLADTCEVA Anzhela	LEBEDEVA Iana	MAHSUDOVA Seljan
TRA M	LITVINOVICH Ivan	YAN Langyu	WANG Zisai
SYN W	ZHANG Xinxin CAO Yunzhu	AHSINGER Nicole WEBSTER Sarah	PARIS Laura BROUSSE Clea
SYN M	PATISSO COLONNA Samuele LAVINO Marco	MUMINOV Yahyobek KHASANBOEV Mirshokhid	ALIYEV Pirmammad MUSSABAYEV Danil
TUM W	EFRAIMOGLU Alexandra	VAN REGENMORTEL Louise	CASCALHEIRA Mariana
TUM M	MALKIN Mikhail	PESO Vasco	HAJIZADA Adil
DMT W	RAGA Aliah	KUZNAK Sienna	RODRIGUEZ Melania
DMT M	JOSE Francisco	FERRARI Santiago	FRANCO David

The diversity of National Federations present in the highest position of these World Cup rankings is a valid proof of the increasing strength and quality of several teams able to regularly compete at the highest international level.

H. 2025 World Cup Series

After the EC meeting held in Paris (FRA) during the Olympic Games, six events were approved to compose the 2025 World Cup series:

		TRA	TUM	DMT
22-23/feb	Baku (AZE)	X	X	
05-06/apr	Riccione (ITA)	X		X
05-06/jul	Coimbra POR)	X	X	X
27-28/sep	Varna (BUL)	X		
03-05/oct	Antibes (FRA)	X	X	
11-12/oct	Stuttgart (GER)	X		

A rising interest in organizing World Cup competitions has been perceived during the ongoing cycle, proving that these events are contributing to develop a solid structure of professional organizers that strongly contribute to our sport.

The World Cup Rules for the 2025-2028 cycle are available [here](#). Among them, a limitation in the number of events including TUM and/or DMT was included to make sure that these events are able to concentrate the best gymnasts in the world and provide TUM and DMT with a solid platform to



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keep the constant growth they have experienced during the last editions of the World Championships.



I. FIG Calendar

Sport events in 2024

ID	DATES	TITLE	CITY	DISCIPLINES
17838	11/10/2024 - 12/10/2024	51st International Competition of Friendship 2024	JABLONEC NAD NISOU (CZE)	TRA
17795	17/10/2024 - 20/10/2024	Nordic Trampoline Championships 2024	ODENSE V (DEN)	TRA, DMT
17858	31/10/2024 - 02/11/2024	17th International "Loulé Cup" Competition	LOULE (POR)	TRA, TUM, DMT
17380	02/11/2024 - 03/11/2024	David Ward-Hunt Cup 2024	GILLINGHAM KENT (GBR)	TRA, DMT

Sport events in 2025

ID	DATES	TITLE	CITY	DISCIPLINES
17908	22/02/2025 - 23/02/2025	FIG World Cup 2025 - AGF Trophy	BAKU (AZE)	TRA, TUM
17906	05/04/2025 - 06/04/2025	FIG World Cup 2025 - AERE CUP	RICCIONE (ITA)	TRA, DMT
17897	05/07/2025 - 06/07/2025	FIG World Cup 2025	COIMBRA (POR)	TRA, TUM, DMT
16882	07/08/2025 - 17/08/2025	The World Games 2025	CHENGDU (CHN)	TRA, TUM, DMT, ACRO, AER, PKSP, PKFS
17905	27/09/2025 - 28/09/2025	FIG World Cup 2025	VARNA (BUL)	TRA
17524	n/a	FIG World Cup 2024	VARNA (BUL)	TRA, DMT
17872	03/10/2025 - 05/10/2025	FIG World Cup 2025	ANTIBES (FRA)	TRA, TUM
17900	11/10/2025 - 12/10/2025	FIG World Cup 2025	STUTTGART (GER)	TRA
17772	06/11/2025 - 09/11/2025	38th FIG Trampoline Gymnastics World Championships	PAMPLONA (ESP)	TRA, TUM, DMT
17773	13/11/2025 - 16/11/2025	31st FIG Trampoline Gymnastics World Age Group Competition	PAMPLONA (ESP)	TRA, TUM, DMT

J. Contact your TC

If you want to address any question or comment on anything you consider important for Trampoline Gymnastics, please do not hesitate to contact the TRA-TC Secretary (mvicentem@yahoo.es).

You can also use the following QR code to address your questions directly to the TRA-TC:



A sincere and warm THANK YOU to all Technical Committee that have been extremely involved in all the work throughout these three intense and passionate years!

Prepared and edited by Miguel Vicente, TC Vice President.

Sincerely ours,

Christophe LAMBERT, *President of the Trampoline Gymnastics Technical Committee*