



# FREESTYLE TRAMPOLINE

*World Championships*

## RULES & REGULATIONS 2026



*The Sport Born on Instagram*



**EUROTRAMP  
FREESTYLE**



# Freestyle Trampoline WORLD CHAMPIONSHIPS

## Competition Rules & Regulations Procedural Manual

**Presented by the Freestyle Trampoline Association**

Updated January 20, 2026



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# FREESTYLE TRAMPOLINE WORLD CHAMPIONSHIPS

## Competition Rules & Regulations

The Freestyle Trampoline Association (FTA) is creating an annual Freestyle Trampoline World Championships to grow and expand the sport of Freestyle Trampoline, with official Qualifier events, both live and online necessary to be invited to compete at the World Championships. Contained in this document is proprietary information regarding how the FTA structures the World Championships competition.

The Rules outlined in this document are meant to accomplish two (2) main goals:

- A. **Create an accurate scoring system that can be done by any cognitively able human in real-time that highlights the specific qualities the Freestyle community has told the FTA they are looking for in World Class Athletes in Freestyle Trampoline.**
- B. **Create a safer system of judging that encourages athletes to think creatively, not just dangerously going for increased difficulty as in other scoring systems used in the acrobatic industry.**

**Note:** All Rules & Regulations are subject to change on a yearly basis. The most recent up-to-date copy is available on the FTA World Championships website at all times and available to download.

[www.freestyletrampolineworldchampionships.com](http://www.freestyletrampolineworldchampionships.com)

These Rules and Regulations have been approved by the FTA Executive Committee to use from 27th of January 2026 for the official Freestyle Trampoline World Championships, presented by the FTA and Eurotramp Projects.

**Official Address for all correspondence** - 44 Hallen Road, Brampton, Ontario, L6Y 2V6 Canada

**Phone** - +1 647 524 6320

**Email** - [info@FreestyleTrampolineAssociation.com](mailto:info@FreestyleTrampolineAssociation.com)

**Websites** - [www.FTAWorldChamps.com](http://www.FTAWorldChamps.com) | [www.FreestyleTrampolineAssociation.com](http://www.FreestyleTrampolineAssociation.com)

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# 1. World Championships Structure

The World Championships will be a “Freestyle Combination” style competition, with a minimum of two (2) and a maximum of five (5) skills per combination, with no extra bounces between skills.

- i. The World Championships Committee will consist of the following personnel as outlined below.
  - a. **FTA Head of Global Events** - Responsible for overall event planning, coordination, and execution, acting as the **Event Director**
  - b. **Technical Committee** - comprising the following positions:
    - i. **Event Technical Director** - Provides technical assistance for event operations, including sound systems, IT infrastructure and oversees transportation, venue setup, equipment rental, local crew hiring for set-up and tear-down and other logistical & technical aspects and reports directly to the Event Director.
    - ii. **Stage Technical Director** - Provides technical assistance for stage/trampoline set-up & tear-down at venue setup, equipment, organizers local crew and conducts daily safety checks and works with the Event Technical Director.
    - iii. **Safeguarding & Stage Officer(s)** - Oversees all ensuring the overall safety and well-being of participants, spectators, and staff involved in the event. Their specific duties include:
      - o Developing and implementing safety protocols and procedures for the competition.
      - o Conducting safety inspections of the venue and equipment to identify potential hazards.
      - o Providing safety training and orientation for event staff and volunteers.
      - o Coordinating with medical personnel and emergency services to ensure readiness for any medical emergencies.
      - o Monitoring weather conditions and making decisions regarding event postponement or cancellation in the event of severe weather with the Event Director and Technical Director.
      - o Responding to safety incidents or emergencies as they arise during the event.
      - o Communicating safety guidelines and procedures to participants, coaches, and officials.
    - v. **Chief Medical Officer** - Responsible for the athletes safety and co-ordinating with the Safeguarding Officer and all medical personnel and emergency services to ensure readiness for any medical emergencies.
  - c. **Marketing Director** - Handles promotion, advertising, and marketing strategies to increase event visibility. Design & production of Athlete official t-shirts and welcome packages.
  - d. **Sponsorship Director** - Handles promotion, advertising, and marketing strategies to increase sponsor visibility onsite and coordinates with Event & Technical Director on all banner placements, signage and sponsor activations.
  - e. **Media Relations Officer** - Handles media inquiries, press releases, and coordinates media coverage of the event.
  - f. **Athlete & Hospitality Coordinator** - Manages accommodations, catering, and hospitality services for athlete participants and officials & coordinates Athlete & Parent Welcome Reception.
  - g. **Athlete Liaison** - Manages registration of all athletes and officials with Registration Team, distribution of athlete accreditations, updates to schedule, athlete’s scoring concerns and safety,

- ensure athlete rest area is prepared and stocked with water & food. Ensures athletes arrive to interviews on-time.
- h. **Registration Team** - Manages registration of all athletes and officials with Athlete Liaison, distribution of athlete accreditations, , athlete and hospitality services for athlete participants and officials VIP registration and on-site VIP services.
  - i. **Safety Crew (Mat/Pad Throwers)** - Manages all mat throwers to ensure athlete safety. Requires a minimum of two on the trampoline stage at all times during competitions and scheduled trainings.
  - j. **Judicial Committee** - comprising the following positions:
    - i. **Head Judge** - who is responsible for all judges, hearing and reporting incidents, adjudicating over scoring appeals and conducting the judges meeting. The Head Judge will NOT score but will be onsite to oversee the judging proceedings.
    - ii. **Execution Judges (2)**
    - iii. **Creativity Judges (2)**
    - iv. **Difficulty Judges (2)**
  - k. **Production Committee** - For live event production, livestream, content capture & delivery, comprising the following positions:
    - i. **Head of Production** - who is responsible for the full production team, ensures all deliverables are met, manages schedules, coordinates with FTA leadership, and is point-of-contact for venue & partners. Oversees all production departments: camera crew, livestream, audio, lighting, stage ops, logistics, editors. Aligns with Event Director daily on schedules, show flow, athletes, judges, and special announcements. Creates the Production Master Schedule & Run-of-Show timeline. Resolves day-of issues in real-time. Approves final livestream graphics, overlays, lower thirds, scoring visuals.
    - ii. **Show Director (Run-of Show Manager)** - Manages all cues during livestream (mics on/off, cameras, graphics, replay, transitions). Directs camera switching. Communicates through headsets with camera ops and audio. Ensures timing with judges, MCs, and athletes.
    - iii. **Stage Manager** - ensures athletes are lined in 'Order of Go' before competing and oversees all training sessions to ensure safety and schedules are maintained. Reports directly to the Event Director.
    - iv. **Technical Director** - Runs the livestream hardware, switchers, streaming computers, and tech set-up. Sets up & maintains ATEM or Tricaster switchers. Ensures stable internet & backup. Manages encoding, bitrate, and technical troubleshooting. Works closely with Lee & Brian (Streaming Specialists) on platform delivery.
    - v. **Streaming Team** - Handles the YouTube/Twitch/FB stream setup. Monitors stream health throughout the show. Manages backup streams. Coordinates with TD on upload speeds & redundancy. Ensures proper titles, descriptions, thumbnails, and SEO for livestream.
    - vi. **Master of Ceremonies Team** - live on-stage MC's to keep the show on time, announce athletes, call out routines, announce winners and conduct awards ceremony.
    - vii. **Camera Department** - to consist of the following people/roles:
      - i. **Camera Operators (3 - 6 operators)** - Capture athlete runs, crowd shots, transitions, replays, interviews. Follow the Show Director's cues. Work with floor managers to ensure safety and movement around trampoline/stage.
      - ii. **Drone Operator (optional depending on venue)** - Capture Aerial shots, exterior shots, crowd energy, establishing shots.
      - iii. **Steady-cam / Gimbal Operator** - Athlete walk-ups, behind-the-scenes movement, dynamic shots.

- iv. **Graphics & Scoring Operator** - Operates lower thirds, athlete names, sponsor graphics. Manages scoring input (real time). Pushes graphics live on cue. Prepares all overlay templates before event weekend. Works with FTA scoring team to integrate the judging system.
- v. **Audio/ Sound Engineer** - Handles music, MC microphones, athlete intros, announcements. Works with DJ on music cues. Ensures clean audio feed to stream. Balances MC, ambient crowd, trampoline bounce sounds. Eliminates echo & clipping.
- vi. **Content Capture Crew (3)** - consisting of the following roles:
  - o **Content Lead / Field Producer (1)** - Oversees all BTS capture. Plans story arcs (athlete arrivals, interviews, behind-the-scenes). Works with [FTA Content](#) team.
  - o **Videographer (1)** - Short-form vertical content (IG, TikTok, YT Shorts). Focused on fast edits and hype moments.
  - o **Photographer (1)** - Provides high-quality stills for sponsors, athletes, and recaps. Works off a shot list provided by the FTA Event Director.
- vii. **Editing & Post Production Team (3)** - consisting of the following roles:
  - o **Lead Editor** - Builds daily highlight reels. Assembles the official event recap video. Coordinates with [FTA Content team](#).
  - o **Motion Graphics Artist** - Creates animated titles, transitions, scoreboard motion, hype intros. Works with brand guidelines from the FTA.

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## 2. Competition Format

Currently the FTA and their judges will be using a subjective system of scoring in the first year with expectations to introduce technology in the future that can help make scoring more objective in the future. The Freestyle Combo competition is the only event currently in the Freestyle Trampoline World Championships, however, new event competition styles may be added in the future.

Freestyle combinations should demonstrate both forward and backwards rotations, flipping and twisting, creativity of different positions or 'grabs' in the air and a variety of landing positions, such as feet, stomach and back. The final skill should be landed to feet.

Below are a list of the specific rules and requirements for the Freestyle Trampoline competition format for the athletes as well as for the judges and organizers of the event.

- i. The event will comprise of either two (2) or three (3) rounds, depending on the number of entries - Preliminaries, Semi-Finals & Finals. If there are less than 25 entries only two rounds will take place, Preliminaries and Finals:
  - o **Preliminaries** - all athletes - round 1
  - o **Semi-Finals** - minimum of the top 20 placed athletes from Preliminary Round for Senior Men only
  - o **Finals**
    - o Top 5 for Juniors from Preliminary Round
    - o Top 5 for Women from Preliminary Round
    - o Top 10 for Senior Men from Semi-Finals

- ii. There will be three (3) categories or divisions as follows:
  - o Junior Boys - ages 13 - 15, must be one of these ages as of January 1st of the competition year
  - o Women - age 16+ as of January 1st in the competition year
  - o Senior Men - age 16+ as of January 1st in the competition year
- iii. Athletes are actively discouraged from doing any 'new' combos they have not previously trained or performed at any of the FTA events.
- iv. Each athlete has two (2) chances to perform a 'Freestyle Combination' of their choice, with NO extra bounces in between the skills, which will consist of a minimum of two (2) skills and up to a maximum of five (5) skills within the combination.
- v. If the athlete takes a second attempt they may choose a different combination of skills and the judges will score both attempts, however, only the best attempt, based on their scores for both combinations, will count towards their final score.
- vi. Athletes will not have a time-limit for the pre-bounces and as long as they do not actually attempt any skill, they can stop and regain their bounce with no penalty.
- vii. If the athlete hits or makes any contact with the frame pads at any time during the combo, only the skills successfully completed before touching any of the frame pads will count to that round's score. The athlete can try again, after a 30 second minimum rest period assuming they have not used up their two (2) attempts.
- viii. There must be two (2) mat throwers (safety crew) with a mat size of at least 4"H x 72"W x 39.6" L, which is a Standard Trampoline Throw Mat size.
- ix. Athletes will coordinate when they wish the mat throwers to throw the mats and it will be up to the mat thrower's discretion if the athlete is in danger and needs to have the mat thrown before the end of the combo. Athletes will not be penalized for landing on the safety throw mat. **If the safety mat is thrown too early and the Athlete is not able to complete their combo, the Head Judge may allow another attempt, at their discretion.**
- x. Points will not be deducted for landing on a mat in the middle of a combination during one of the two attempts, or as the final skill landed purposefully on the mat.
- xi. All judges must agree on which combo is recorded (the first or second attempt) based on the highest points achieved across all three areas. The best combination is chosen based on total scores from all judges. Difficulty judges could give a higher score for one combo but Creativity and Execution judges may score the other higher. In this instance, judges will calculate the difference between each combo and work out which is higher overall, then choose this combo as the score given. For example, an athlete may not get the landing bonus on their combo because the difficulty of the other combo performed received more difficulty points than the one with the landing bonus applied and therefore scored higher.
- xii. The combo should be recorded on paper by all judges ONLY for the first combo, then the second combo can be observed for any differences.
- xiii. All judges tell the Head Judge when they are ready for the next athlete. The Head Judge then informs the MC they are ready for the next athlete by an agreed upon signal.
- xiv. Double bouncing will NOT be allowed.
- xv. There will be six (6) judges who will score each athlete out of a possible 10.0 with a 1.0 bonus for landing the final skill to feet from the Head Judge for Women & Senior Men ONLY. **Juniors must plan and attempt to land their final skill to feet. No bonus points will be given.**

- xvi. Judges will score on Difficulty, Execution and Creativity, with two (2) judges each scoring an element.
- xvii. Athletes must be respectful and courteous to all other competitors, event organizers, judges and audience members at all times. They can be removed from the venue at the organizer's discretion and barred from re-entering.
- xviii. Athletes are NOT allowed to bring any food or beverages, other than approved water bottles, onto the competition stage area, in order to keep the stage clean, visually consistent and professional for the duration of the entire competition; however, there will be a designated area where athletes can bring food and drinks and must keep all items in this designated Athlete Area. Athletes are allowed to bring hats, sunglasses & towels onto the competition floor, but they must be removed when competing.

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### 3. Athlete Apparel

Athlete apparel is very important for safety purposes as well as aesthetic purposes for the broadcast and the audience. Athletes may be required to wear the official World Championship t-shirts, provided by the FTA, during the competition but will not have a mandatory uniform during training. They will have a few key rules that must be followed when choosing their attire as outlined below:

- i. Athletes are not permitted to wear inappropriate clothing that reveals any part of their body that is deemed as "inappropriate for all ages" which typically includes attire that is overly revealing, offensive, or otherwise inappropriate for the sport. This could include clothing with offensive language or imagery, excessively revealing or suggestive clothing, or attire that violates dress code policies set by the FTA or the event host.
- ii. Athletes are not permitted to wear overly baggy clothes that are not sized appropriately to their body dimensions. If any judges or organizers see overly loose clothing they will have the discretion to ask the athlete to change their attire, even if it is sponsored attire.
- iii. Athletes are not permitted to wear any kind of footwear except approved trampoline shoes or safety grip socks. Customized grip socks are allowed and bare feet are also permitted.
- iv. Athletes are not permitted to wear any accessories during the competition, to prevent them from becoming lodged or stuck in the trampoline bed. Athletes may wear accessories between rounds. Accessories include but are not limited to: large jewelry, large rings, face piercings, hair clips, large necklaces, dog tags, or eyewear (unless mandatory and held by an elastic strap).
- v. Athletes are not permitted to wear any helmets, elbow pads, knee pads or any other form of padding, unless it is for medical reasons and has been approved by the Technical Committee prior to the start of the competition.
- vi. Athletes are able to wear a mouth guard if they wish but must be a pre-approved industry standard mouthguard from an approved brand. Apparel may not have any plastic, metal, wooden or other hard materials woven into the fabric or wear any kinds of belts and must use soft draw strings within the pants or shorts.
- vii. If an athlete wears long pants, they must have closed elastic bottoms by the ankles so that the athlete does not land on the pants with the feet, potentially causing an apparel-based injury.
- viii. Athletes will be required to keep all articles of clothing in the designated athlete area when competing, not on the stage, with the exception of socks or hats.

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## 4. Equipment & Staging Specifications

Below are the rules and regulations for manufacturers that provide acrobatic and safety equipment for Freestyle Trampoline events operated by the FTA:

- i. The Equipment used in the Freestyle Combo Competition is provided by a verified, globally recognized manufacturer that meets all manufacturing standards of the country that they are legally based in as well as in the country that the equipment is being used in for the competition.
- ii. The **Official Trampoline Supplier** to the World Championships is **EUROTRAMP™ PROJECTS GmbH** and must be referred to as such. EUROTRAMP will provide all required documentation proving that they meet all the requirements as stated in (i) above.
- iii. The Equipment must be shipped and completely set up at the venue for testing and athlete training a minimum of 2 days prior to the competition to ensure that all parts are present, that there has not been any damage during transport and that the set-up crew at the competition has sufficient enough time to make any adjustments for the specific venue.
- iv. The Equipment must have product liability insurance and must state in writing the use is for “Freestyle Trampoline Competitions” with approval from the insurance company that underwrites the equipment. If this is a concern, the manufacturer must tell the FTA PRIOR to shipping and committing to any equipment for the competition. The FTA will be able to bring in an additional underwriter in these cases that they personally work with, but must be given adequate notice to be able to create a policy for the event and equipment use at the event. The manufacturer must cover all costs associated with liability of the equipment in this instance even if the FTA brings in an additional underwriter.
- v. The Safety Mats around the trampoline must be at least 12” (0.3m) thick.
- vi. The Safety Mats around the trampoline must be flush with the frame pads that cover the springs. The FTA will discuss with the manufacturer about customized mats that extend from the mats covering the hard floor to over the springs as one unit and not two (2) separate types of mats. This would be a customized mat, but will be the safest option for all athletes when landing on the edge.
- vii. The trampoline must use industry standard pad lifters to hold up the portions of the mats that hang over the springs as described in (6).
- viii. Pads over the trampoline must extend a minimum of 1 foot (12”) over the springs and trampoline from the base of the trampoline frame.
- ix. In the use of 5 x 5 metre Eurotramp Freestyle Trampoline, Safety Mats must extend a MINIMUM of 9.9 feet (3m) in all directions around the trampoline to give athletes more than enough ‘falling space’ without hitting any objects, walls or other pieces of equipment.
- x. Throw mats must be standard industry sizes (4” x 72” x 39.6”) and should have a density of a minimum of 25kg/m3.
- xi. All padding around staging area should also have a density of 40kg/m3.
- xii. The FTA may require branding on the throw mats. The branding must be printed on the material directly and not protrude in anyway to provide the athletes with a soft, uninterrupted landing surface.
- xiii. The FTA may require branding on the pads surrounding the trampoline and the branding must be printed on the material directly and not protrude in anyway to provide the athletes with a soft, uninterrupted landing surface.
- xiv. Additional lighting equipment located on the floor must be a minimum of 15 feet (4.5m) away from the trampoline.

- xv. The middle of the trampoline bed must be adequately lit for visual reference for the athletes while in the air.
- xvi. No flash photography will be allowed during the competition.
- xvii. Lighting the stage will be done in such a way that there is no glare on the athletes or in their eyes for safety reasons.
- xviii. Speaker systems will be a minimum of 6 feet (2 m) from the trampoline and the volume will be at a reasonable level to not distract the athletes. Volume can be increased between the athlete's turns but should be brought down during the actual competition.
- xix. Staging requires a wireless mic so that athletes, judges or event coordinators do not have the hazard of tripping over the mic cord.

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## 5. The Judging Panel

Each World Championships will feature a panel of six (6) judges. Selected judges will be drawn from the community and possess a background in acrobatics, traditional trampoline, or freestyle trampoline, as well as coaching experience. They are esteemed members of the freestyle or trampoline community, recognized for their expertise and integrity.

The panel should represent a diverse array of countries. Judges are allowed to compare notes but must assign scores based on their individual assessment of the athlete's performance. Discussion of scores with athletes before or during the competition is strictly prohibited.

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## 6. Judicial Guidelines

The following rules and regulations are meant primarily for the judges at the event but may also apply generally to all event coordinators and participants:

- i. Judges must stay in their judging designated area during the competition and may not leave unless there is an emergency or a scheduled break.
- ii. Judges must wear FTA sanctioned attire such as approved FTA World Championships t-shirts and sponsor branded clothing ONLY. No other attire may be worn during the competition.
- iii. Judges must sign a Code of Ethics Agreement prior to the competition.
- iv. Judges may NOT offer advice to athletes during competition times and must remain impartial.
- v. Judges are NOT permitted to bring any food or unapproved drinks on the competition floor or at the Judges table. Judges will be provided branded water bottles for hydration but must keep the drinks clear of all scoring equipment. This is to keep the area clear for the broadcast and filming and maintaining a professional look.
- vi. Judges must adhere to all of the same ethical and safety rules and regulations that the athletes agree to as well as they are leaders of the community and must represent the community appropriately and professionally. Judges are required to judge fairly and consistently throughout the entire competition.
- vii. Judges are required to note all of their scores for each athlete, including special notes to help decide a tie in the overall scoring.

- viii. Judges are to be present and signed in to the competition a minimum of 30 mins prior to the scheduled start of the competition to ensure all scheduling remains on time.
- ix. If a Judge sees an improperly placed safety mat, random object or any other discrepancy on the competition stage during training or competition, they must notify the MC, event organizers and the necessary athletes who may be affected by the discrepancy. The FTA will act swiftly and professionally to remove the object or dangerous situation and rectify the mishap and move the competition onwards with as minimal interference as possible.
- x. If a Judge witnesses an athlete acting dangerously, irresponsibly or unsportsmanlike at any time, they must report it to the Technical Director and the Safety Officer immediately. Judges are to speak to the Head of the Technical Committee before they approach the athlete unless the athlete is about to perform a dangerous act. In that case the Judges have the full authority to act swiftly and professionally to terminate the behaviour. A safety report must be written and signed by the Judge(s) and given to the Technical Director immediately following the event.
- xi. If reckless or dangerous behaviour is being performed by any of the athletes, the Head Judge and/or the Technical Director may take actions to remove the athlete from the competition. If a Judge witnesses anyone damaging the stage, trampoline, venue, or property of the host venue, they are to report the infraction to the Technical Director immediately. The Judge is required to try to their best to stop the behaviour immediately and then report to the FTA for quality control purposes.
- xii. In the event of an injury, Judges are expected to remain in their seats and act professionally and in accordance with the Safety Officer who will attend to the athlete with the help of the official First Aid Responders on site at the event.

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## 7. Injury Protocol

In the event of an injury, it is imperative that the following steps are strictly followed by the Judges, Athletes, and Event Organizers, under the direction of the event Safety Officer appointed by the FTA. Before the commencement of the event, there will be a MANDATORY Safety Protocol test run to thoroughly review all the following steps and consider potential modifications, overseen by the FTA Safety Officer and the Official First Aid Responder, who will be present at ALL times when athletes are using the competitive equipment.

It is essential that all staff, employees, volunteers, and athletes are well-informed about the safety protocols, and a comprehensive briefing on the FTA Injury and Safety Manuals should be conducted prior to the event.

The event Safety Officer will be responsible for overseeing all injuries and reports and will refer everyone to the FTA Injury Manuals. **Please also read the accompany First Aid & Safety Manuals.**

- A. **For Minor Injuries:** *Twisted ankle or other joint, strains and sprains, bruises, small cuts, infection/rashes*
  - i. At the time of the incident stop all athletes from bouncing on the trampoline IMMEDIATELY.
  - ii. Turn down the music to a lower level so you can hear the athlete and focus on them.
  - iii. Notify the official First Aid Responder at the event and then tell another athlete, judge or event organizer to get the main Competition Stage Supervisor and notify them the exact time the accident happened and what is believed to be the actual injury.
  - iv. Let the official First Air Responder take the lead and be there to help them in anyway you can.
  - v. Fill out an accident report form with the Event Coordinator.

**B. For Major Injuries: Broken Bones, Dislocations, Concussions, Potential Spinal Injuries**

- i. The Safety Officer will call the Medic or First Aid responder on site to the trampoline stage.
- ii. DJ will turn down the music to a lower level or off, as required, to hear the athlete and communicate with the medical team.
- iii. No person will attempt to move the athlete if the injury is suspected to be to the spine, neck or any lower extremities as to not make the injury worse on an unstable surface such as a trampoline.
- iv. The Safety Officer will check if the athlete is conscious and breathing will ask for verbal verification from the athlete to ascertain if they are still conscious and coherent and understand that an injury happened. They will wait for athlete to give a noticeable and effortful response before proceeding. They will then ask the athlete if they have their permission to help them in that instance and hand over responsibilities to the First Aid Responder and fill out the FTA Injury Incident Report with the Event Coordinator.
- v. Let the First Aid Responder take the lead similar to the minor injuries.
- vi. Competition will not resume until the injured athlete has been safely removed from the competition area.

**\*NOTE: The above is a guideline and the FTA Injury, Safeguarding Policies & Procedures Manuals take precedent and should be followed and adhered to at all times.**

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## 8. World Championships Scoring System

At the World Championships, a panel of **six (6) judges**, representing both freestyle and traditional trampoline backgrounds as well as action sports athletes, will evaluate all performances and all rounds. The scoring criteria will be as follows:

- i. Each combo is assessed based on three (3) aspects, each scored out of a maximum of ten (10.0) points to one decimal place (e.g., 8.6). This results in a total maximum technical score of **60.0 points** from all six (6) judges. Bonus points, within the maximum overall score, may be added. The Head Execution Judge will award a BONUS point of 1.0 in the Senior Divisions for successfully landing the final skill to feet on the trampoline.
- ii. Judges will score the following three (3) elements:
  - a. **Difficulty** - Total amount of skills in combo, Total degrees of rotation, total degrees of twist, changing the direction of rotation within the combo, changing the direction of twist of skills within the combo, variation of body landings used, difficulty of sequence of skills will be awarded a higher difficulty score based on a mathematical formula.
  - b. **Execution / Performance** - How controlled was the Combo during pre-bounce, in flight and on landings. Was there excessive travelling in the trampoline bed, did they show control in the air, with purposeful shapes, transitions and take-offs, compared to uncontrolled movements or 'flailing' in the air, did they show a high level of control and was the overall performance of a high level.
  - c. **Creativity** - How unique was that athlete's combo compared to the others competitors at the competition. Does the combo include different positions and grabs or did the athlete show a unique style and show individuality. Were the transitions between each element (how you get from one skill into another) unique or different from what is normally seen in competition. Was the overall combo

something never seen before on social media or in competition. Did the athlete use blind landings and show darkside elements.

- iii. Each judge will score one of the three (3) above elements only. Two (2) judges will score Difficulty, **two (2) judges will score Execution and two (2) judges will score Creativity.**
- iv. An average will not be taken, nor will low scores be dropped.
- v. All **six (6) scores** will count. Every athlete starts at 0.0 and builds their score up, in a reward system, instead of starting at 10.0 and receiving deductions. This will remain as a basic structural component for all Freestyle Trampoline competitions which has a unique philosophy. We do not tear down athletes and point out their mistakes, we look for all the great skills they did accomplish instead.
- vi. Athletes must perform a combination of minimum of two (2), maximum of five (5) skills in a combination, without an extra bounce between each skill. **For maximum points in difficulty athletes should attempt a 5 skill combo.**
- vii. Each combination should show a variety of both flipping and twisting, in both forward and backward rotations, with at least 2 different landing positions. **This will score higher in both difficulty and creativity.**
- viii. If the Athlete subsequently 'leaves' the trampoline and does NOT land on their feet, they will NOT receive the bonus point. If the Athlete 'leaves' the trampoline and stays on their feet (without touching hands, knees or any other part of their body upon landing) it is still considered a 'clean landing' and they will still receive the bonus point. However, the Execution Judges will **deduct a minimum of 0.5 point each for lack of control on landings overall.** You have to land on your feet and stay on your feet, one way or another, for the bonus point to count. In other words, if you land on your feet off the trampoline you receive the bonus but your Execution score will be lower, reflecting a lack of control on your landing.
- ix. In each round, athletes will have two attempts to perform their combination with a minimum one (1) minute rest between each attempt. If the athlete needs longer, they may be asked to wait until the next athlete take's their turn and then take their second attempt after that athlete, or wait until the end of the round after all the athletes have gone.
- x. When an athlete makes a second attempt at a combination, the judges must score both attempts but only their best score will count.
- xi. In each round, scores will be reset and not carried over from previous rounds. This allows all athletes to have a good chance of moving up in the rankings in subsequent rounds.
- xii. Athletes may use a single flip as a 'set-up' into their first skill that will not count towards one of their five skills, as long as it does not exceed 1.75 rotations. For example, athletes can do a backflip half to stomach for 'Zach' skills to start their combo.
- xiii. Difficulty Judges will round UP 0.25 flips or twists to 0.5 score and judges will round UP 0.75 flips or twists to 1.0 score.
- xiv. Triff/Quad/Quint flips AND twists bonuses will be scored to **0.5 for first** and **0.2 for subsequent** rotations in the Difficulty scoring table.
- xv. Athletes who perform a 'out bounce flip' at the end of their combo, of no more than 1.0 rotation, must still stay on their feet on the trampoline bed in order to still receive the landing bonus. If the athlete does an out bounce flip and lands off the bed, even with just one foot, they will still receive a 0.5 bonus. **NO BONUS** is awarded if the final landing is not on the trampoline or if the athlete lands in any other position than feet, or touches the bed or a mat with their hands.

- xvi. The Semi-Finals and Final rounds will both start in reverse order. The first placed athlete after the preliminary round(s) will go last and the last place athlete after preliminary round(s) will start the round.
- xvii. Deductions will not be given for landing on the safety mat, but deductions of 0.5 will be given for landing off the trampoline bed from the Execution Judge. Athletes will not be eliminated for falling or landing off of the trampoline bed.
- xviii. Equipment must be provided, and maintained for the following purposes: recording the scores given by each judge and transmitting them to the Head Judge; and providing rapid intercommunication between the MC, the Judges Panel and the production team.
- xix. The Head Judge has the final say in all scoring matters and any disputes. If an athlete feels they were scored incorrectly, they may launch an official inquiry in writing to the Head Judge, no more than ten (10) minutes following the posting of their score. The Head Judge will review all scores with the judging panel and issue either a verbal or written explanation to the athlete and has the authority to change the score if necessary prior to the final round, or prior to the prize giving. The FTA will provide forms for any disputes to the Athletes prior to the start of the Competition.
- xx. Juniors will be required to land their final skill to their feet and will receive a 1.0 deduction if not done so. There will also be certain specific rules for Juniors as outlined here.

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## 9. FTA Safeguarding Officer

The FTA will designate an individual to support the Event Safeguarding Officer. This person should not undertake any other roles at the event that could conflict with their safeguarding responsibilities.

The FTA Event Safeguarding support role could include:

- i. Ensuring safeguarding arrangements are highlighted at orientation meetings.
- ii. Liaising with the Event Safeguarding Officer to ensure that minimum standards detailed in the event safeguarding plan are adhered to.
- iii. Supporting the Event Safeguarding Officer to respond to any incidents of poor practice.
- iv. Participating in Event Case Management Group discussions as required.
- v. Ensuring translation services are provided where necessary.
- vi. Supporting the provision of assistance to any affected parties where appropriate.
- vii. Responding to any media inquiries relating to the incident, and other relevant communications, consulting and relaying information to senior FTA members.

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## 10. Athlete Representative

At World Championships and other major FTA events, the Athlete Representative for the event must be named and present. The Representative should receive prior training from the FTA Safeguarding Committee and be available as a point of contact for athletes who prefer to talk to another athlete about safeguarding concerns rather than talking directly to the Event Safeguarding representative. The Representative must be fully conversant with the safeguarding arrangements for the event and should work closely with the Event Safeguarding Officer to highlight any relevant concerns. Where appropriate, the Representative will provide support to all athletes.

The Representative should also conduct Athlete briefings prior to the competition, to ensure the Athletes know the rules, conduct on-site registration, assist in any scoring concerns or appeals and overall ensure a positive experience for all competitors.

They may also be asked to assist with some athlete logistics, such as accommodations, travel and city recommendations. They will work closely with the Event Director to ensure the well-being of the athletes at all times.

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## 11. Responding to Safeguarding Concerns

It is essential that the any safeguarding concerns at Events are dealt with without any unnecessary delay. The following information supplements the Safeguarding Manual and applies to all FTA events where there is an appointed Event Safeguarding Officer.

The Event Safeguarding Officer is responsible for responding to any safeguarding concerns and incidents, including poor practice, that occur or come to light during an event. The Event Safeguarding Officer should refer any poor practice concerns to the applicable Event Director with instruction/advice on how to respond where appropriate.

Providing that the Event Safeguarding Officer is satisfied that the host venue has responded appropriately, no further follow-up is required. If the Event Safeguarding Officer is not satisfied by the response, the matter should be escalated to the Event Director. Where an alleged incident of harassment and abuse occurs or is reported to the Event Safeguarding Officer, they should liaise with the FTA immediately to assess the seriousness of the matter and determine what action is required, except in circumstances where police and/or medical intervention is required urgently, and consultation would cause an unacceptable delay.

It is vital that any incident that took place that meets the applicable criminal and/or safeguarding threshold is reported to the police or relevant authority, in accordance with the event safeguarding plan. The Event Director must assess whether a referral to the authorities is required and the Event Safeguarding Officer must report the incident if required or liaise with relevant authorities.

The incident should be reported to the local authorities, particularly if the allegation relates to abuse of a child or children and/or other participants may be at risk of harm. Where an allegation of harassment and abuse is assessed and considered to fall below the threshold for reporting to the police or safeguarding authorities, the matter should be referred to the FTA immediately for review.

The Event Safeguarding Officer should consult with the relevant Event Director and must be satisfied that they will respond appropriately in accordance with these Safeguarding Policies. Providing that the Event Safeguarding Officer, in consultation with the FTA, is satisfied that no other participants are at risk, no further action is required.

Where the Event Safeguarding Officer is not satisfied that the matter will be dealt with appropriately by the Event Director (*e.g. by taking disciplinary action where necessary or the alleged incident of harassment or abuse has occurred between participants belonging to different organizations*), the Event Safeguarding Officer must report the concern to the FTA. The matter will then be dealt with in accordance with the FTA Policy and Procedures for Safeguarding. Where appropriate, the FTA may request that the Event Safeguarding Officer assists the FTA with their enquiries and may request that the Event Safeguarding officer co-ordinate any required protective measures in partnership with FTA Officials and the host venue.

The Event Safeguarding Officer must maintain clear records of all concerns raised and actions agreed and taken. The confidential records should be provided to the FTA at the end of the event. In the case of minor poor practice where the Event Director has responded appropriately and no further follow up is required, it would not usually be necessary to identify the participants who were involved.

These rules and regulations have been approved and all requirements are valid until December 31, 2026.

Toronto, February 18, 2026

**Freestyle Trampoline Association**

Trish McGeer

**FTA President | Global Head of Events**

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