



WORLD CHAMPIONSHIPS 2024

QUALIFIER

RULES & REGULATIONS



PRESENTED BY THE FREESTYLE TRAMPOLINE ASSOC.



FTA World Championship Official Qualifiers

Judging & Scoring System

This document is an updated version to the original FTA World Championship Qualifier Judging & Scoring System, version 1.0 document, meant to outline the updated judging system for the 2024 Official Qualifier events and will be incorporated into the Official Rules & Regulations Manual.

After discussions with athletes and the community members, the FTA has made some structural changes to the previous version for implementation at this years 2024 World Championships and all Qualifier events. Our aim is to make Freestyle Trampoline more appealing to both the live and on-line audiences, while maintaining strict competition rules for fair and consistent judging. It is also meant to promote safety and proper progressions when training and competing without limiting the athletes self-expression.

For 2024, the FTA is introducing a NEW **Junior Category**, ages 13 - 15, who will have slightly different judging and scoring rules. See Section 4 below for detailed rules for Juniors.

1. The Goal

Freestyle sports often problem of trying to be objective as to what counts for what amount of points but also allow for unique unseen and uncategorized variations that is the life-blood of Freestyle sports. This updated version aims to get at least few steps closer to finding the happy balance between subjectivity and objectivity as well as provide additional audience viewing engagement that can be highlighted with specific graphics and overlays on the live qualifiers in future years. If we fast forward 10 years, it is very likely that we will see many combos looking similar so we aim to increase the significance of unique movements instead of just difficult movements.

2. Competitive Scoring System

At the World Championships, a panel of three (3) judges, representing both freestyle and traditional trampoline backgrounds, as well as action sports athletes, who will evaluate all performances. The scoring criteria are as follows:

1. 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 30.0 points from all three (3) judges. Bonus points, within the maximum overall score, may be added.
2. Judges will score the following three (3) elements:
 - A. **Difficulty** - Total degrees of rotation, changing the direction of rotation within the combo, difficulty of sequence of skills and difficulty of unique positions that are more difficult compared to creative. They must also judge forward and backward skills and feet to feet skills as more difficult. As well, athletes who perform both twisting and flipping in the same skill will be awarded a higher difficulty score.



- B. **Execution/Control** - 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, was their body lined up in the air all going in a smooth direction, compared to uncontrolled movements or 'flailing' in the air?
 - C. **Creativity** - How unique was that athlete's combo compared to the others competitors at that competition and to the industry norms displayed at other competitions or on social media? Are different positions and grabs used during the combo? Did the athlete show a unique style and show individuality?
3. Each judge will score one of the three (3) above elements only. One (1) judge will score **Difficulty**, one (1) will score **Execution** and one (1) will score **Creativity**.
 4. An average will not be taken, nor will low scores be dropped.
 5. All three (3) 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 award skills in a build-up system. We look to award accomplishments instead of punishing mistakes, as there really are no 'mistakes' in Freestyle.
 6. We want all athletes to be '**FREE to create their own STYLE.**'

3. Scoring Regulations for Senior Divisions - Men & Women

Athletes must perform a combination of **minimum of two (2), maximum of five (5) skills** in a combination, without an extra bounce in between each skill.

1. Each combination should show a variety of both flipping and twisting, in both forward and backward rotations, with at least 2 different landing positions.
2. A **BONUS** of **1.0** will be awarded from the Execution Judge for combinations where the final skill is landed to feet on the trampoline. If the Athlete subsequently 'flies off' the trampoline and does NOT land on their feet without touching hands, knees or any other part of their body upon landing (*clean landing*) after their landing to feet, they will still receive this bonus, however, the **Execution Judge** will **deduct at least 0.5** point for lack of control on landings overall.
3. In each round, athletes will have two attempts to perform their combination with a maximum 2 minute rest between each attempt. We do not want to force athletes to go for their second attempt until they are rested and comfortable so if the athlete needs longer, they will be asked to wait until the next athlete take's their turn and they can then rest fully and then take their second attempt after that athlete. This helps keep the event schedule predictable for international broadcasts and audience members.
4. When an athlete makes a second attempt at a combination, the judges must score only their best attempt.



5. Athletes may not repeat the same combination in subsequent rounds, but can repeat the same combo if they do a second attempt in the round. You must start each combo with a different skill than the previous combo started with. Other skills can be similar to the first combo but **MUST** be in a completely new order. Example: You can't change the first skill and then do the exact same next skills in the same order from the previous round.
6. In subsequent rounds, 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.
7. The competition for all World Championship Qualifiers will be a 3-round competition for each group, if more than 20 athletes are registered. Round 1 will be considered the 'Preliminary Round' and Round 2 the 'Semi-Finals' and Round 3 the Finals. If less than 20 athletes are registered in any given group, the competition will be 2 Rounds only, eliminating the need for the semi-finals. In this case the top 5 move from Preliminary to Finals.
8. For 2024, the Qualifiers are not required to host a Woman's category, but may do so if they wish, as women will be allowed to enter our Official Online Qualifier. Once more women enter the sport, all Qualifiers will be required to have a female category.
9. There is no difference between rules for men or women.
10. All rounds will be held on **one (1) day**, with a minimum twenty (20) minute rest between rounds.
11. The Head Judge may adjust or set the numbers for the Final Round prior to the competition start, but they must announce this to all Athletes at the '**Athlete's Meeting**' prior to the Finals Round. For example, if there is a tie in the Semi-Finals, the Head Judge may allow the top 6 athletes to compete in the Finals.
12. The Finals Round will start in reverse order. The first placed athlete after the preliminary round(s) will go last in both Semi-Finals and Finals, and the last place athlete after preliminary round(s) will start first in the Semi-Final and Finals rounds.
13. Deductions will not be given for landing on the safety mat
14. 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 and the Judges Panel.
15. The Head Judge has the final say in all scoring matters and any disputes. If an athlete feels he/her 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.
16. Athletes will receive a **1.0 BONUS** for having a feet-to-feet takeoff and landing within the combo.
17. Athletes are **NOT** allowed to repeat any skills in the same combo. All skills must be unique or land in a different position.



18. The FTA will pick a 'genre' or style of skill at the start of each season that will also gain an extra **1.0 BONUS** point for every time the athlete performs a skill that fits the criteria. This allows the athletes to be enticed to explore new skills they may not have thought of to widen their skillset, as well as keep the combos looking unique each year. This will help to improve the sport and engage the audience, to help prevent the sport becoming stale. Genres include but are NOT limited to:
- ◆ Darkside Twisting (**2024**)
 - ◆ Ski & Snowboard Tricks (2025)
 - ◆ Blind Landings (2026)

4. Scoring Regulations for Junior Division - Men

For 2024, the FTA is introducing a NEW **Junior Division**, ages 13 - 15, who will have slightly different judging and scoring rules. The FTA is looking for technique and to ensure the Juniors are not going for 'big' skills they are not yet prepared to land to feet. We are looking for true athletic control. We want them to be balanced and show good landings for the future of their athletic development. Therefore, the judging differences will include:

1. The final skill of the combo **MUST** be landed to feet on the trampoline.
 - a. If the Athlete subsequently 'flies off' the trampoline and does NOT land on their feet they will still receive a score, however, there will be a **deduction of at least 2.0 points from their total score** for lack of control.
 - b. If the Athlete subsequently 'flies off' the trampoline but still lands on their feet they will receive a **deduction of 1.0 from their total score** for lack of control.
2. Each combination **MUST** show a variety of both forward and backward rotations.
3. Each combination **MUST** show at least one skill with a double twist within the skill (*ie. Full Full*) with a good variety of both flipping and twisting skills within the combo.
4. Each combination **MUST** show at least one feet-to-feet skill (take off from feet and land on feet) at some point in the combo.
5. Athletes must score a minimum of **21.0** out of 30.0 (maximum score) at the Qualifier to be eligible to compete in the World Championships.
6. If there are less than 4 Juniors entered in a Qualifier, they will still need to compete to achieve the minimum score required.

Specifically, the following rules will also apply, as they do for the Seniors:

7. Each combination **MUST** show at least 2 different landing positions.
8. In each round, athletes will have two attempts to perform their combination with a maximum 2 minute rest between each attempt. We do not want to force athletes to go for their second attempt until they are rested and comfortable so if the athlete needs longer, they will be asked to wait until the next athlete take's their turn and they can then rest fully and then take their second attempt.



9. When an athlete makes a second attempt at a combination, the judges must score only their best attempt.
10. Athletes are NOT allowed to repeat any skills in the same combo. All skills must be unique or land in a different position.
11. Athletes may not repeat the same combination in subsequent rounds, but can repeat the same combo if they do a second attempt in the round. You must start each combo with a different skill than the previous combo started with. Other skills can be similar to the first combo but MUST be in a completely new order. Example: You can't change the first skill and then do the exact same next skills in the same order from the previous round.
12. In subsequent rounds, 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.
13. The competition for all World Championship Qualifiers will be a 3-round competition for each group, if more than 20 athletes are registered. Round 1 will be considered the 'Preliminary Round' and Round 2 the 'Semi-Finals' and Round 3 the Finals. If less than 20 athletes are registered in any given group, the competition will be 2 Rounds only, eliminating the need for the semi-finals. In this case the top 5 move from Preliminary to Finals.
14. For 2024, the Qualifiers will not include a Women's Junior category. [Once more women enter the sport, all Qualifiers will be required to have a female category, most likely in 2026.](#)
15. All rounds will be held on **one (1) day**, with a minimum twenty (20) minute rest between rounds.
16. The Head Judge may adjust or set the numbers for the Final Round prior to the competition start, but they must announce this to all Athletes at the '**Athlete's Meeting**' prior to the Finals Round. For example, if there is a tie in the Semi-Finals, the Head Judge may allow the top 6 athletes to compete in the Finals.
17. The Finals Round will start in reverse order. The first placed athlete after the preliminary round(s) will go last in both Semi-Finals and Finals, and the last place athlete after preliminary round(s) will start first in the Semi-Final and Finals rounds.
18. Deductions will not be given for landing on the safety mat.
19. The Head Judge has the final say in all scoring matters and any disputes. If an athlete feels he/her 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.
20. 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.
21. The FTA may choose a 'genre' or style of skill at the start of each season that will also gain an extra **1.0 BONUS** point for every time the athlete performs a skill that fits the criteria. This allows the athletes to be enticed to explore new skills they may not have thought of to widen their skillset, as well as keep the combos looking unique each year. This will help to improve the sport and engage the audience, to help prevent the sport becoming stale.



5. Scoring Strategy

The FTA is looking to take a lot of the subjectivity out of the scoring system, breaking it down into a more concrete 'code of points' system, yet still keeping it Freestyle with Creativity being the most subjectively scored element. In this way, each of the elements are graded equally so a twisting athlete will get essentially the same reward for properly performing twisting based skills as an athlete who is better at flipping.

The FTA does not want to push the athletes into one style of skills or another, but instead keeps the athletes able to construct any combos that work for them, rewarding them with a more equal grading system. It makes their scores equal and comparable without making them do the same exact skills the exact same way.

The FTA also wants to entice athletes to do more feet landings because they are tougher and with athletes predominantly landing stomach or back landings, it is limiting to the unique options athletes have for completing unique combos from feet as well.

By having a new 'theme' each year, for an additional bonus point, athletes will be incentivized to also learn new skills and each year's competitions will look different as well. It also provides another interesting element to the sport that can take on a marketing life of its own.

"WE AIM TO EVALUATE ATHLETES BASED ON HOW THEY PERFORM, RATHER THAN SOLELY ON WHAT THEY PERFORM"

This innovative decimal system is designed to encourage athletes to deliberately strive for 4 and 5 skill combos, aiming to maximize bonus points. These bonuses are structured to reward the accomplishment of specific criteria, necessitating the inclusion of 4-5 skills to unlock all potential bonuses.

The menu options are not intended solely to dictate the points an athlete receives but also to inspire them to approach combo construction with creativity. The goal is to create combos that are not only unique and difficult but also showcase excellent execution.

It's important to note that accomplishing every item on each of the three menus is practically impossible. Athletes will need to make strategic choices in constructing their combos, considering factors such as uniqueness, difficulty, and execution. This approach prompts athletes to assess their strengths, calculate their proficiency in different aspects, and then build a combo that aligns with those menu items.

Furthermore, the system encourages athletes to diversify their skill set since they can only earn points for a specific bonus once per combo. This dynamic approach challenges athletes to excel in new areas and elevates the overall level of performance



6. Points System & Judging Categories

DIFFICULTY	Points
Did a minimum of a double flip	1.0
Did a minimum of a triple flip	1.0
Did a minimum of a quad flip	1.0
Did a minimum of a triple twist in a single flip or vice versa	1.0
Did a minimum of a quad twist in a single flip or vice versa	1.0
Did a minimum of a quint twist in a single flip or vice versa	1.0
Twisted both directions in 1 entire combo	1.0
Demonstrated 3 different landing positions in the combo (<i>stomach, back, feet</i>)	1.0
Twisted both directions in the entire combo on separate skills	1.0
Athlete showed they could maintain at least 70% of jump height throughout the entire combo	0.5
Athlete jumps with an FTA approved object, such as a stuffed animal, skip rope etc.	0.5
TOTAL	10.0

EXECUTION	Points
Each skill is landed in the middle of trampoline	1.0
Does NOT stop bounce in anyway during pre-bounces	1.0
Feet-to-feet landing during the middle of combo (<i>NOT final skill</i>)	1.0
Opens early to each skill showing clear 'early' awareness	1.0
Maintains minimum of 70% of starting height by end of combination	1.0
Lands final skill on trampoline and stays on the trampoline until stop bounce	1.0
Does full Range of Motion (ROM) during each position	1.0
Lands each skill with body upright in optimal position and NOT hunched over, no 'chucking'	1.0
Stays in the center of the trampoline	1.0
Lands the final skill in the center of trampoline without flying off	0.5
Starts the combo on first attempt without a stop bounce or too many pre-bounces	0.5
TOTAL	10.0



CREATIVITY	Points
Athlete demonstrates a unique combination never seen before	2.0
Athlete shows unique positions throughout combo	1.0
Athlete incorporates other sports positions into their combo, such as snowboard style 'grabs'	1.0
Does a counter-intuitive combo changing direction of natural flipping momentum	1.0
Lands with arms or legs NOT in the typical position and still completes the skill	1.0
Makes unique body movements, NOT just a unique position while in air	1.0
Athlete rotates both on-axis and off-axis in the same combo	1.0
Athlete engages with the audience during the combo	0.5
Athlete does a 'hoola' twist in the combo (<i>a unique form of twist rotation</i>)	0.5
Athlete does a non-flipping twist with a minimum of 1280 degrees of rotation	0.5
Athlete jumps with an FTA approved object, such as a stuffed animal, skip rope etc.	0.5
TOTAL	10.0

If the athlete doesn't land on the trampoline at all or flies off during his/her combination, they will not be eliminated, but a minimum **Deduction of 1.0** for Seniors and **2.0** for Juniors must be given from the **Execution Judge**.

The decimals come into play based on how well they execute each of the listed items above. For example, if they do the required skill but don't maintain height, or are not in control or in the centre of the trampoline they will not be awarded a 1.0 but maybe just a 0.5 or 0.3, which will help eliminate ties.

Please refer to the **Official FTA World Championships Rules & Regulations Manual** for a complete set of guidelines and procedures.

If you have any questions, please contact the FTA: info@freestyletrampolineassociation.com