



**FTA WORLD
CHAMPIONSHIPS**

Freestyle Trampoline WORLD CHAMPIONSHIPS Procedural Manual

General Competition Rules & Regulations

Official Qualifier Regulations

Technical Regulations

Athlete General Rules

Code of Conduct & Code of Ethics

FTA General Judges Rules

Presented by:



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Freestyle Trampoline WORLD CHAMPIONSHIPS OFFICIAL QUALIFIER EVENTS

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 necessary to be invited to compete at the World Championships. Contained in this document is proprietary information regarding how the FTA structures its competitions, along with the rules and regulations surrounding the competitions, including the World Championships Official Qualifiers.

1. FTA World Championship 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 bounces in between skills.

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

1. 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.
2. 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 without notice. The most recent up-to-date copy is available from the FTA Head Office at any time upon request. Each Official Qualifier will also have a copy available on the World Champs Google Drive. Please contact us for more info. These documents are proprietary to the FTA and should not be shared, duplicated or distributed without prior written consent from the FTA.

DISCLAIMER:

Athletes MAY be required to demonstrate the skills/combos they want to do in the competition in front of the judges privately before the actual competition. Athletes are actively discouraged from doing any ‘new’ Combos they have not previously trained at any of the FTA events and strongly recommend that competition combos should be practiced repeatedly at their home or local training centre before the live competition. This is to help athletes keep the event safe as an injury can limit the broadcast that the FTA is creating and damage the reputation of the whole community even with minor injuries on live television.

2. General Athlete Rules & Regulations

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. Currently the technology does NOT exist to truly make all possible movements quantifiable.

The FTA has created a mathematical scoring system in theory but the technology does not exist to utilize these theoretical equations but is under development with the FTA and their technology team. The Freestyle Combo competition is the ONLY event in the Freestyle Trampoline World Championships. Below are a list of the specific rules and requirements for the Freestyle Combo for the athletes as well as for the organizers of the event.

1. Each athlete has two (2) chances to perform a combo of their choice that they have had approved by ALL three (3) judges during training hours, before the live event.
2. Athletes will have to complete a Freestyle Combo with NO bounces in between with at least 3 skills and up to a maximum of five (5) skills.
3. 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.
4. 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 maximum rest period assuming they have not used up their two (2) attempts.
5. There MUST be two (2) mat throwers with a mat size of at least (4"H x 72"W x 39.6" L), which is a Standard Trampoline Throw Mat size. Athletes can use larger mats as long as they are approved by the FTA. See "Equipment Specifications" for more information regarding set up and safety equipment.'
6. 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. The FTA will conduct a work shop with every official mat thrower to ensure they are adequately trained. To entice the athletes to still use the mat even in competition, NO point deductions will be given for landing on a mat in the middle of a combo during one of the two (2) attempts or as the final skill landed purposefully on the mat.
7. Double bouncing will NOT be allowed.
8. The winners of both the Senior & Junior categories, will also be crowned the '**National Freestyle Trampoline Champion**' (Seniors) and the '**Junior National Freestyle Trampoline Champion,**' beginning in 2024, in each country hosting a Qualifier.
9. 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.

10. Athletes are NOT allowed to bring any food or beverages on the competition stage to keep the stage clean, visually consistent and professional for the duration of the entire competition.
11. Athletes will have a designated area where they can bring food and drinks and must keep all items in the designated Athlete Area.
12. Athletes are to be present and signed in to the competition a minimum of 1 hour before the registered start of the competition to ensure all scheduling remains on time.
13. All Athletes must sign an injury indemnity release waiver at the park and those under 18 must have a parent or guardian sign on their behalf.
14. All Athletes must sign a media release waiver at the park and those under 18 must have a parent or guardian sign on their behalf, so that the FTA and the park may use their likeness, images and videos on social media and on future broadcasts on TV.

3. World Championship Age Groups

The athletes will be divided into two (2) age groups for males, Junior & Senior, and one (1) age group for women, Seniors only, beginning in 2024. The groups will be divided as follows:

1. **Men's Senior** category will be ages sixteen (16) and up. You must be in your sixteenth year; for example, you will turn 16 during the year of the competition. There will be no cap or age limit regarding the maximum age you can be to compete.
2. **Women's Senior** category will be ages sixteen (16) and up. You must be in your sixteenth year; for example, you will turn 16 during the year of the competition. There will be no cap or age limit regarding the maximum age you can be to compete.
3. **Men's Junior** category will be ages thirteen (13) to fifteen (15). You must be in your thirteenth year to compete; for example, you will turn 13 during the year of the competition.

4. Athlete Apparel

The athletes apparel is very important for safety purposes as well as aesthetic purposes for the broadcast and the audience. Athletes who wear clothing they feel comfortable in are more likely to be in their Flow State as described earlier so athletes will NOT have any mandatory uniform such as in other competition formats. They however will have a few key rules that they can't break when choosing the competitive attire.

1. Athletes will NOT be allowed to wear inappropriate clothing that reveals any part of their body that is deemed as "Inappropriate For All Ages."
2. Athletes will not be allowed 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.

3. Customized GRT Safety Grip Socks should be used by all competitors for safety reasons. The extra grip given to athletes with a tight fitting sock compared to other forms of footwear used in other competition formats. No other forms of footwear may be worn, but athletes may compete barefoot.
4. Accessories are NOT allowed during the competition. Athletes may wear accessories between their turn, but MUST remove all accessories prior to stepping onto any piece of equipment. Accessories include but are not limited to: jewelry around the neck, large rings, temporary piercings (lip, tongue, nose, ear) dog tags, eyewear, earplugs, nose plugs, or the like. If eyewear is necessary, an elastic band to secure the glasses must be used.
5. Mat throwers MUST also remove all accessories as described in (4) and must wear approved FTA World Champs clothing at all times during the competition.
6. Athletes with long hair must tie it up in a short pony tail, bun or secure it in such a way that it could not become tangled or entrapped in the trampoline springs.
7. Athletes are NOT allowed to wear any helmets, elbow pads, knee pads or any other form of padding; bandages however are acceptable.
8. Athletes are able to wear a mouth guard if they wish but must be a pre-approved industry standard mouthguard from an approved brand.
9. Apparel may NOT have any plastic, metal, wooden or other hard materials woven into the fabric.
10. Athletes are NOT allowed to wear any kinds of belts and must use soft draw strings within the pants or shorts.
11. If athletes use 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 unforeseen bad bounce and potentially creating an apparel-based injury.
12. Athletes will be required to keep all articles of clothing in the designated athlete area and are NOT allowed to bring their clothes on the competition floor except for during designated training hours which are NOT televised.

5. 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:

1. The Equipment used in the FTA World Champs Qualifier competitions must be provided EUROTRAMP™ Projects GmbH, our '*Official Trampoline Supplier*,' or you must apply in writing to the FTA for a one year temporary release from obligation and be approved. In year 2, all Qualifiers, must use the EUROTRAMP™ 5 x 5 m Freestyle Trampoline.

2. 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.
3. The Safety Mats around the trampoline should be at least 12" (0.3 m) thick.
4. 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.
5. All Trampoline springs must be standardized and approved by the manufacturer.
6. 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).
7. Pads over the trampoline must extend a minimum of 1 foot (12") over the springs and trampoline from the base of the trampoline frame.
8. In the use of 5 x 5 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.
9. Throw mats must be standard industry sizes (4" x 72" x 39.6")
10. Throw mats must have a density of a minimum of 25kg/m³
11. All padding around staging area must also have a density of 40kg/m³
12. 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.
13. The FTA may require branding on the pads surrounding the trampoline(s) as discussed in (9); the branding MUST be printed on the material directly and not protrude in anyway to provide the athletes with a soft, uninterrupted landing surface.
14. Lighting equipment MUST be a minimum of 15 feet (4.5m) away from the trampoline.
15. The middle of the trampoline bed MUST be adequately lit for visual reference for the athletes while in the air.
16. No flash photography will be allowed during the competition.
17. 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.
18. Speaker systems must not be placed within six (6) feet or 2 metres from the competition trampoline and the volume must be at a reasonable level to not distract the athletes. All music must be non-copyrighted and must not use profanity, rude or inappropriate language, as to not be offensive.

6. The Judges Panel

There will be three (3) judges at each of the Qualifier competitions who have a reputation in acrobatics, a coaching background as well as good standing in the global community. The Judges panel requires Judges to be picked that are leaders of the community and well respected for their abilities and for their integrity. This helps ensure that the crowd and the athletes trust the judges given the subjectivity of such a sport.

The athlete scores will be collected after each athlete's attempt and added up by an official scorer who is a volunteer at the event and who does NOT have ANY connection to the athlete. This ensures unbiased accounting of the scores.

Judges are NOT allowed to compare their notes and must give a score that they personally feel reflects the athlete's performance. This way, that specific judge is held responsible for what score they give and can't claim that they do not agree with a generalized modified score that was democratically created in the high-emotion of the event. This makes judges publicly accountable for their decisions.

Judges will NOT discuss scores with athletes before or during the competition as to not modify the athlete's strategy with insider information that may be true or not true.

7. Judges Rules

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:

1. Judges MUST stay in their judging designated area during the competition and may not leave unless there is an emergency.
2. Judges MUST wear FTA sanctioned attire such as approved FTA World Champs sponsor branded t-shirts.
3. Judges MUST sign a Judges Code of Ethics before being allowed to judge, be on the floor or enter the venue for the competition.
4. Judges may NOT offer advice to athletes during competition times and must remain impartial.
5. Judges are not allowed to bring any food or unapproved drinks on the competition floor or in their Judges booth. Judges will be provided water bottles for hydration.
6. 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.
7. Judges are required to judge fairly and consistently throughout the entire competition.
8. Judges are required to note all of their scores for each athlete, including special notes to help decide a tie in the overall scoring.

9. Judges are to be present and signed in to the competition a minimum of 1 hour prior to the scheduled start of the competition to ensure all scheduling remains on time.
10. 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 event organizer must act swiftly and professionally to remove the object or dangerous situation and rectify the mishap and move the competition onwards as quickly as possible.
11. If a judge sees an athlete acting dangerously, irresponsibly or unprofessionally at any time, they must report it to the event organizers immediately. Judges are to talk to the FTA **BEFORE** they approach the athlete in anyway **UNLESS** the athlete is about to perform a dangerous act on or around the stage affecting themselves or others. In that case the Judge has the full authority to act swiftly and professionally to terminate the behaviour before there is any long term negative consequences. A full report **MUST** be written and signed by the Judge(s) and the FTA after the event for proper reporting for quality control in the future.
12. If a Judge witnesses blatant reckless behaviour being performed by any of the athletes, and the other judges agree, they can together notify the event organizer and take actions to remove the athlete from the competition before they hurt themselves or anyone else.
13. If a Judge witnesses anyone damaging the stage, trampoline, venue, or property of the park, they are to report the infraction to the FTA organizers immediately so the appropriate actions can be taken. The Judge is required to try to the best of their effort stop the behaviour **IMMEDIATELY** and then report to the event organizer for quality control purposes.
14. If there is an injury, Judges are expected to act quickly, professionally and in accordance with the safety officer to properly attend to the athlete with the help of the official First Aid Responders on site at the event.
15. In the event of an injury during the competition, Judges are required to assist and coordinate together with the safety officer, athletes or organizers to help the injured athlete as outlined below and assist the event organizer in filling out an 'Incident Report' to be sent to the FTA immediately following the event.

8. Event Structure

All Official Qualifier events should operate under a similar event structure to ensure consistency across all countries. The event itself may be on different days or follow a different time schedule, however the basic format as follows will be strictly enforced:

1. Athletes must sign an event release waiver before entering the competition area, as well as a media release waiver, to allow the host venue to film content for social media and broadcast.
2. There will be at least two (2) hours of training time made available prior to the start of the competition for all athletes to warm-up and become accustomed to the trampoline.

3. There will be one qualifying round for all age categories, beginning with the Men's Junior group, followed by the Senior Women, and ending with the Men's Senior group.
4. The top ten (10) from each group will move onto the Semi-Final round if there are more than twenty (20) athletes entered in each group.
5. The top five (5) scoring athletes from the semi-finals in each group will move onto the Finals.
6. If there are less than 20 athletes entered in a group, there will be no semi-final round. The top five (5) will move straight onto the Final round.
7. Qualifiers for 2024 are not required to have a Women's category, as the FTA will do an online Qualifier, but may do so if they wish and have at least four (4) women entered.

9. Medical Services

An official paramedic or first aid responder must be provided together with a suitably equipped first-aid equipment. An ambulance must be available within a ten minute response time of the competition or be on standby. Please review the **Medical Procedures Manual & Safety Manual**, along with the FTA's **First Aid Protocol Manual**.

10. Injury Protocol

In the event of an injury the following steps **MUST** be adhered to the best of the ability of the Judges, Athletes and Event Organizers. On the set up day there will be a **MANDATORY** Safety Protocol briefing, conducted by the event organizer or park manager.

The purpose of this meeting is to review all of the following steps and the potential modifications of each step under the guidance of an Official First Aid Responder that will be at the event and present at **ALL** times when athletes are on the competitive equipment.

The FTA also will provide you with an Injury Protocol Manual to go along with this section of the rule book, as an addendum to the official Rules & Procedures outlined here.

For Minor Injuries: *Twisted ankle or other joint, strains and sprains, bruises, small cuts, infection/ rashes*

1. At the time of the incident stop all athletes from bouncing on the trampoline **IMMEDIATELY**.
2. Turn down the music to a lower level so you can hear the athlete and focus on them.
3. Do not attempt to move the athlete. Ask them if you have their permission to assist them.
4. 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.

5. Ask the athlete if they have any previous medical conditions and take note for the first aid responder.
6. If the athlete has sprained or strained a part of their body put an ice pack from the cooler on the affected area to create blood flow to the affected area.
7. Stabilize the affected area with bandage wrap with the help of the First Aid Responders.
8. In the case of an infection or sudden rash, ask the athlete if they have ever had a rash or infection before that may not have been identified by the PAR-Q and ask if they have an EpiPen with them. This should all be in the athlete's PAR-Q but make sure you double check.
9. Let the official First Aid Responder take the lead and be there to help them in anyway you can.
10. Fill out an FTA Accident Report Form with the Event Coordinator and email to the FTA following the event.

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

1. At the time of the incident stop all athletes from bouncing on the trampoline IMMEDIATELY.
2. DO NOT attempt to move the athlete. IMMEDIATELY call the Official Medic or First Aid Responder on-site to the trampoline immediately.
3. Turn down the music to a lower level so you can hear the athlete and focus on them.
4. Ask for verbal verification from the athlete to ascertain if they are still conscious and coherent and understand that an injury happened. Wait for athlete to give a noticeable and effortful response before proceeding.
5. Ask them if you have their permission to help them in that instance.
6. Have the athletes or judges help hold up a white sheet around the athlete to block them from view from athletes or the audience and give them privacy.
7. Let the First Aid Responder take the lead similar to the minor injuries.
8. You may be required to call an ambulance depending on the severity of the injury.
9. Do NOT move the athlete if the injury is to the spine, neck or any lower extremities as to not make the injury worse on an unstable surface such as a trampoline.
10. Competition will not resume until the injured athlete has been safely removed from the competition area.

Please also refer to the FTA's **First Aid & Safety Protocols Manuals** for a more comprehensive outline.

11. Competitive Scoring System

Each combo is scored based on three (3) different aspects each scored out of a total of ten (10) points for a total maximum score of 30 points between all three (3) judges:

- | | |
|-------------------|--|
| Difficulty | • Total Degrees of Rotation |
| Execution | • How controlled and well executed was the combo |
| Creativity | • How unique was that athlete's combo compared to the others |

Please refer to the **FTA Official Scoring & Judges Rule Book** for a complete outline of the FTA's scoring and judging procedures.

12. Awards

The following awards are given to the first three (3) ranked athletes in all Finals:

- ◆ **1st** - 1 gold championship trophy and 1 diploma
- ◆ **2nd** - 1 silver medal and/or trophy and 1 diploma
- ◆ **3rd** - 1 bronze medal and/or trophy 1 diploma

On the podium, awards will only be presented to the top three (3) winners, except for any team awards, where all team members must be present on the podium. *In 2024, there will not be team awards given but the FTA will be considering this addition in future years.*

Diplomas for positions 4 through 10 will be presented to the respective athletes.

13. Athlete T-Shirts

The following designs have been approved for 2024 and all athletes are required to wear the official t-shirt supplied by the event host during the competition. See the official google drive for layout and design requirements.

14. Athlete Registration & Requirements

Please visit the website, www.FTAWorldChamps.com/registration page to enter your information if you have qualified to compete at the World Championships. You must submit media questions and photo's of high quality for the media team and sign a media release waiver. All athlete information will be contained on this page, so we encourage all athletes to check here regularly for updates.

If you have any questions please reach out to the FTA: info@freestyletrampolineassociation.com