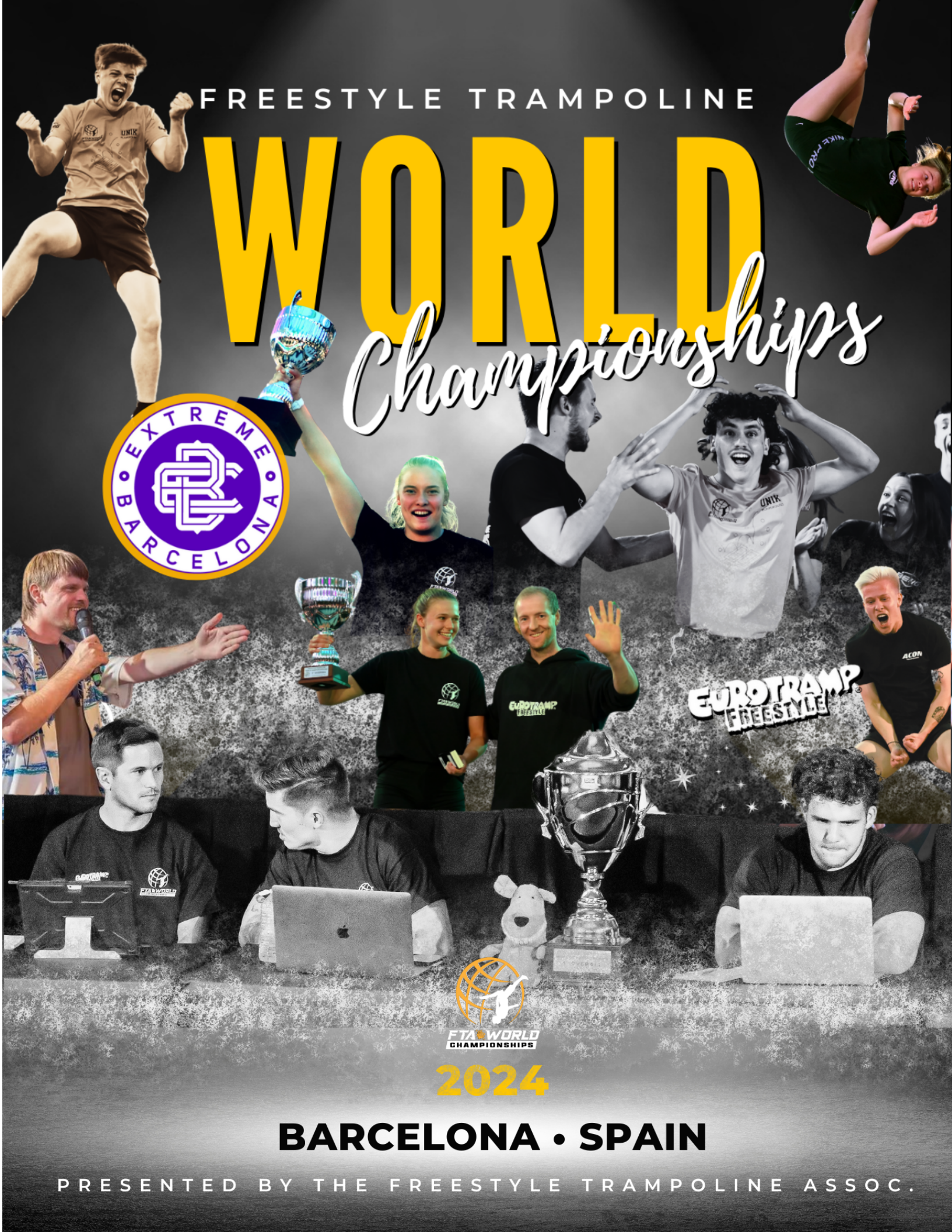


FREESTYLE TRAMPOLINE

# WORLD

# Championships



EUROTRAMP  
FREESTYLE



2024

**BARCELONA • SPAIN**

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# Freestyle Trampoline World Championships Judging Summary 2024

Here is an overview of the FTA scoring system for Freestyle Trampoline at the 2024 World Championships. Athletes should be able to show control (Execution), while performing high-level skills (Difficulty) and will also be rewarded for new and interesting variations (Creativity).

What makes the Freestyle Trampoline scoring system so unique is that instead of the traditional method of deducting points from a starting 'difficulty' tariff, the scores are BUILT from ZERO, using a reward system recognising each part of the performance.

The World Championships has a panel of five (5) International Judges; **2 - Execution, 2 - Difficulty & 1 - Creativity**. Each judge scores out of a maximum total of TEN (10.0) points, so the maximum total is FIFTY (50.0) points. The three areas that judges score are:

- Difficulty ~ 40% of total score
- Execution ~ 40% of total score
- Creativity ~ 20% of total score

In this way, the emphasis will be on the difficulty and control shown, more than creativity, as this is a more subjective element.

The Head Execution Judge will award a landing to feet **BONUS of 1.0** to Senior Men & Women only, for landing their final skill to feet (maximum highest perfect score would therefore be 51.0) but Juniors must attempt to land their final skill to feet, so there is no Bonus for Juniors.

Let's look at **DIFFICULTY** first.

This is a mathematical points-based system that counts:

- the total amount of skills in a combo,
- the total degrees of rotation performed,
- the total degrees of twist,
- whether an athlete changes the direction of twist within the combo,
- and if they change the direction of twist within a single skill.

It also looks at the variation of body landings used. Combos can be anywhere between TWO and FIVE linked skills, and each element is rewarded with a fixed amount of points, so it makes sense that a three-element combo will score less than if the athlete is able to keep control and perform a five-element combo.

Within these skills, each full 360-degree rotation is awarded 0.1 marks. So, for example, 3 double flips in a row would score 0.6 or four quads would score 1.6.

In the same way, each 360 degree twist scores an additional 0.1 points.

This means that athletes who are stronger at flipping achieve the same build-up of scores as someone who is more proficient at twisting skills.

A **BONUS** of **0.5** marks are awarded if **TWO different landing positions are shown** (stomach, back or feet) and a **FULL ONE POINT 1.0 BONUS** is awarded if **THREE different landing positions are shown**, so that's quite a difference, so it is worth trying to show a full variation of landings in the combo.

A further ONE 1.0 MARK is awarded for a triple or quad flip, if that can be performed, with an extra 0.3 for each additional triple or quad flip within the combo.

Similarly, ONE MARK is awarded for each triple or quad TWIST with a further 0.3 for each additional triple or quad twist within the combo.

Half a mark is awarded for twisting two different directions within a combo and a further ONE WHOLE MARK (1.0) is awarded for twisting in two different directions within one skill.

All these add up to a score that accurately reflects the DIFFICULTY of the combo performed, by rewarding the elements as they are observed.

The **EXECUTION** score starts with a baseline allocation and considers how controlled and purposeful the Combo is performed. This includes:

- during the pre-bounce
- the athlete in flight during the combo
- and control on each landing.

Judges will look to see:

- If there was excessive travelling on the trampoline bed
- if control is shown in the air
- Flat or upright body positions on the landings
- If purposeful shapes, transitions and take-offs are shown
- and will look for a consistency of height, with the final skill being over 50% of the height of the first skill.

This means the athlete will have to demonstrate that the combo was executed as it was intended and that landings are spotted, with good height generation for each skill. It is essentially looking for a "clean" combo performance, NOT strong or tight body shapes, pointed toes or anything of that kind.

The score builds as each part of the overall execution is observed.

- Fewer points are achieved if there are any "faults" including imbalanced or unsafe landings.
- There is no score change for using different areas of the trampoline bed, if it is intentional, or mat throwing for safety.

The **CREATIVITY** score is always the most interesting and exciting part of the Freestyle discipline. Here, the Judge considers how unique the athlete's combo was compared to what the community has been showcasing over the last year, if the athlete shows a unique style, and if different positions, grabs or techniques are used during the combo. It's important to note that these are only a **guideline** for judges and athletes alike.

An athlete can score anything between 0.1 to 1.0 points per skill, for conventional or common techniques, such as coca-cola flips, diamond tuck shapes and flat spins, for example.

Judges are able to allocate between 0.8 and 1.4 points for 'medium' scoring techniques, such as showing alternative shapes in flips causing slower rotation speed, uncommon shapes that slow down rotation, for example a rodeo, skills with blind landings and such.

The highest band, typically around 1.5 to TWO FULL POINTS will be allocated for high scoring techniques, such as flat spins with a shape, with twists or done using open shapes, differentiated execution within twisting, like a snapu, linking a backwards rotation from a forward rotating flip, off-axis flips or Bowls and Zero's. Most impressively of course, is the ability to show the judges something **COMPLETELY NEW!** This will score BIG!

Please bear in mind, this is only a **suggestion** of what gets looked at and each year the criteria is reviewed by the Creativity Judging panel prior to competition season and input is provided by the community as a whole.

So with each of these three different areas of Difficulty, Execution and Creativity considered for every athlete performing, and the same 10 point scoring system applied to each aspect, athletes are rewarded for a truly freestyle combo playing to their own strengths.

For example, if an athlete were to do the most outrageously difficult combo and achieve 9.5 total points for their Difficulty score but jumps with conventional techniques with poor execution, that would then be added to the other two categories and provide an overall pretty average score. However, on the other end of the spectrum, if the athlete is **ONLY** able to perform three skills which achieves a low difficulty score, but shows creativity and good execution, this would also provide an average score.

This way of scoring inspires athletes to think differently about how they can construct a combo that is unique, difficult and demonstrates great execution.

The Freestyle discipline has a qualifying system for competitions, where scores are RESET after each round, so scores are NOT carried over from previous rounds. This allows all athletes to have a good chance of moving up in the rankings in subsequent rounds.

In each round, athletes have TWO attempts to perform their combination and can rest between each attempt. Judges will score the best combo attempt only.

Athletes cannot repeat the same combination in subsequent rounds, but can repeat the same combo in their second attempt.

Athletes can repeat the same skills from a subsequent round, but not in the same order.

The Head Judge has the final say in all scoring matters and any disputes.

If an athlete feels there was an error in the judging, there is an appeal process available, the full details of which are available in the FTA's competition guidance documentation.

Good luck to everyone taking part in FTA competitions!

**Remember:** It's impossible to accomplish every single aspect in each of the three scoring areas, so athletes should pick and choose the construction of their combo based on the factors judges look for and calculate what they are good at, and then build a combo around those aspects.

Performances are judged on HOW THEY ARE PERFORMED, not necessarily just WHAT is performed!

# FTA World Championships Rule Book (amendment to previous v1.2\_2023 pdf)

Please note all changes for 2024 are included here.

## Competitive Scoring System - TOP 10 RULES TO REMEMBER

1. Each combo is scored based on three (3) different aspects each scored out of a total of ten (10) points, to one decimal point (ie. 8.6) for a total maximum score of 50 points between all five judges. Two (2) judges will each score Difficulty & Execution and one (1) judge will score Creativity. In the Qualifier events, only three judges will score the rounds and each judge will score one element. An average will not be taken, nor will low scores be dropped. All five scores will count. Below is a brief description of what each element means:
  - 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.
  - b. **Control/Execution** - How controlled and purposeful 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 and consistency of height.
  - c. **Creativity** - How unique was that athlete's combo compared to the others, were there different positions and grabs used during the combo, did the athlete show a unique style and a sense of creativity in choosing and did the athlete create a new combo never seen before at events, or on social media.
2. 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.
3. For **2024**, only Senior Men will have 3 Rounds ~ Preliminaries on Friday, Semi-Finals on Saturday and Finals on Sunday. Juniors & Women will have 2 Rounds only on Saturday & Sunday.
  - a. **Senior Men** - The top fifteen (15) scoring athletes from the first round on Friday will move onto Semi-Finals on Saturday.
  - b. **Senior Women** - the top five (5) scoring athletes from the first round on Saturday will move onto Finals on Sunday.
  - c. **Juniors** - the top five (5) scoring athletes from the first round on Saturday will move onto Finals on Sunday.
  - d. In the case of a tie, both athletes will move onto the Finals (or semi-finals & finals in the case of Senior Men). Ties will not be broken.
4. Athletes will not be eliminated for falling or landing off the bed, only a mandatory **0.5** deduction will be given by the Execution judges.
5. Deductions will not be given for landing on the safety mat.

6. **JUNIOR** athletes have slightly different judging criteria from the Senior athletes:
  - a. Juniors are **REQUIRED** to attempt to land their **final skill to feet**. They will **NOT** be awarded any BONUS marks if they do so. However, if they DO NOT land the final skill to feet they will not be eliminated, but will receive a **0.5** minimum **DEDUCTION** from the Head Execution Judge.
  - b. Each combination **MUST** show a variety of both forward and backward rotations.
  - c. 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.

**Scoring Regulations:** *taken from the FTA Official Qualifier Rules & Regulations Manual*

- 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. If an athlete does more than five skills, they will not be eliminated, but they will not be scored on any skills shown after the fifth. If the fifth skill is not landed to feet, they landing Bonus will not be given.
- Each combination should show a variety of both flipping and twisting and at least 2 different landing positions. Athletes who show only one or two different landing positions will score lower than someone showing all three (feet, back, stomach). Skills landed on an athlete's side will count as a back landing.
- In each round, athletes will have two attempts to perform their combination with a maximum one (1) minute rest between each attempt. Judges will score the best attempt (combination) only. If the athlete is not ready to go after a one minute rest period they will be asked to wait until the end of the round or group.
- Athletes may not repeat the same combination in subsequent rounds, but can repeat the same combo in their second attempt of one round.
- Athletes may repeat the same skills from a subsequent round, but NOT in the same order. This would make the combination different.
- 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.
- 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 within 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, but also has the authority to change the score if deemed necessary, prior to the final round, or prior to the prize giving.
- Scoring will not be live, but will be shown for each group at the end of the Round, or in the case of the Finals, after the awards have been announced.

**Decimal Place:** All scoring options listed below are given a point value awarded for accomplishing the option. For example, in difficulty scoring, each element is awarded 0.5 as a starting score, so a three-element combo scores 1.5 and a five-element combo scores 2.5. Each full 360 degree rotation is awarded 0.1, so three doubles would score 0.6 and four quads would score 1.6. In the same way, each 360 degree twist scores an additional 0.1 points. A bonus of 0.5 is awarded if two different landing positions are shown (stomach, back or feet) and a 1.0 bonus is awarded if three different landing positions are shown. A further 1.0 is awarded for a triple or quad flip with a further 0.3 for each additional triple or quad flip within the combo. Similarly, 1.0 is awarded for each triple or quad twist with a further 0.3 for each additional triple or quad twist within the combo. 0.5 is awarded for twisting two different directions within a combo and a further 1.0 is awarded for twisting in two different directions within one skill.

In **Creativity** scoring, only a **guideline** is provided. A **suggestion** of 0.1 to 0.7 points will be allocated for the most basic, conventional or common techniques such as coca-cola flips, diamond tuck shapes and flat spins (as an example). 0.8 - 1.4 points will be added for 'medium' scoring techniques, such as showing alternative shapes in flips causing slower rotation speed, uncommon shapes that slow down rotation (ie rodeo), twisting both directions while flipping or skills with blind landings (eg front flips, back flips with a half twist). 1.5 - 2.0 points will be allocated for high scoring techniques, such as flat spins with shape, with twists or open shapes, interacting with an object during a skill, differentiated execution within twisting (eg snapu), linking a backwards rotation from a forward rotating flip, off-axis flips or Bowls /Zero's. **New for 2024**, we will not be including using an 'object' in your combo. Instead the Creativity judge will score based on how creative each athlete's combo is compared to the others, compared to the community or compared to what has been seen in other competitions. For example, if your combo has never been done or seen before, it will score high creativity points. If it has never been done in a competition, again, it will score higher. This is to encourage all athletes to create more unique combinations of skills, by linking different skills together in a creative or unique way, and by using different body positions in the air.

In **Execution** (Control) scoring, a baseline score of 5.0 is allocated. Deductions and bonuses are allocated based on the performance. The "cleaner" the combo, the more points are awarded. Clean in this context means purposeful shapes, transitions and take-offs. NOT strong or tight body shapes, pointed toes etc. Points are deducted for any "faults" including imbalanced or unconventional landings. Judges award points for consistency of height, clean landing positions (ie standing up straight on feet, flat body position for stomach/back) and the control of each move and the overall combo. There is no score change for using different areas of the trampoline bed or mat throwing. A final landing **BONUS of 1.0** is awarded by the Head EXECUTION JUDGE only for landing the final move on feet on the trampoline. A **BONUS of 0.5** is awarded by the Head Execution Judge if the final move is NOT LANDED cleanly to feet, as long as they stay on the trampoline. For example, if the athlete lands with one foot on the trampoline and one on the surrounding mats, or they land on their feet but subsequently fly off the trampoline, but still land on their feet, only 0.5 mark will be given. No bonus will be awarded if the final landing results in the athlete falling down.



If an athlete were to do the most difficult five skill combo and achieve maximum total points for their Difficulty score but jump with conventional techniques with poor execution, that would score lower than someone who shows great execution (control) and creativity. However, on the other end of the spectrum, if the athlete is ONLY able to perform five skills with low difficulty but shows extreme creativity and excellent execution, this would also provide an average score similar to the difficult combo.

Options for different landing positions and creativity should inspire the athlete to think differently about how they can construct a combo that is unique, difficult and demonstrates great execution. We encourage athletes to pick and choose the construction of their combo based on these factors and calculate what they are good at, and then build a combo around those items. Remember: *Athletes are NOT allowed to repeat the exact same skills (including take-off and landing) in their combo or use the same combo in subsequent rounds.*

### Judging Categories

DIFFICULTY	Points
Elements in combo - points per element	<b>0.5</b>
Each 360 degree flip rotation	<b>0.1</b>
Each 360 degree twist rotation	<b>0.1</b>
Triple or quad flip per element	<b>0.3</b>
Triple or quad twist per element	<b>0.3</b>
Demonstrated 1 landing position in the combo (either all stomach, back or feet)	<b>0.5</b>
Demonstrated 2 different landing positions in the combo (stomach, back, feet)	<b>1.0</b>
Demonstrated 3 different landing positions in the combo (stomach, back, feet)	<b>1.5</b>
Twisted both directions in the entire combo on separate skills	<b>0.5</b>
Twisted both directions in 1 skill	<b>1.0</b>

**In 2023, because some of the athletes did combinations much more difficult than was anticipated, we have adjusted the points system above so that this year athletes will not score over 10.0**

**Here is an example of the winning combo and how it was scored from the 2023 World Championships:**

NAME	Flips	Twists	Landing	Description of skill	Twist both directions	#Landings						SCORE	
Robin Steiner	4	1	Back	Quad flip, 1 twist	Yes	Yes	3	2.5	1.2	0.95	2.3	1	10.5
	3	1	Feet	Triple flip, 1 twist									
	3	2.5	Stomach	Triple flip, 2.5 twists									
	1	1	Feet	Single flip, 1 twist									
	1	4	Feet	Single flip, 4 twists, landed									

The pink area is where the computer automatically calculates the score with the points system based on each skill within the combo. With adjustments to this year's scoring system outlined here, the same routine would score an 8.1 so there is still room for improvement and even more difficult combinations. This is only the difficulty score, so it does not take into consideration the 1.0 landing BONUS on the final skill, or the Execution & Creativity scores.

Below is a sample of a 'hard' or difficult combo and what it would score. Calculations are made automatically by the system for difficulty in the pink section. As you can see, twisting both directions scores higher, as does showing different landing positions. Each of the first rows shows number of flips (column 1) and number of twists (column 2) in each skill. There are 5 rows, maximum number of skills allowed. Next column shows if twisting was done in both directions in the combo or in the skill. Next column shows number of different landing positions - maximum of 3. If the take-off from the landing position into the next skill is very difficult, the Creativity judge will reflect this in their score.

Greg's Hardest Routine SAMPLE	4	4	Stomach	Full full full full	No	Yes	3	2.5	1.5	1.3	2.3	0	9.10
	3	4	Stomach	Miller back full									
	2	3	Back	Miller to kaboom									
	3	0	Feet	Triple back to feet									
	3	2	Feet	Full Randy darkside									

Changes for 2024 are reflected in RED.

EXECUTION	Point Min	Point Max
Each skill is landed in control near the intended area of the trampoline, either the corners or middle of the trampoline	0.1	1.0
Does NOT stop bounce in anyway during pre-bounces	0.1	1.0
Feet-to-feet landing in the middle of the combo	0.5	1.0
Opens early to each skill showing clear 'early' awareness	0.1	1.0
Maintains 25% of starting height during combination	0.2	1.0
Athlete does not travel across the trampoline bed between skills or during the pre-bounces	0.1	1.0
Does full Range of Motion (ROM) during each position	0.1	1.0
Lands each skill with body upright in optimal position and NOT hunched over, 'chucking' into the next skill	0.1	1.0
Maintains control during the combo, and clearly demonstrates good body awareness during the entire combo	0.1	1.0
Does NOT need to re-start pre-bounces or wait to go at a later time	0.1	1.0
Lands the final skill on feet in the center of trampoline without flying off - BONUS POINT for Senior Men & Women - Mandatory for Juniors Only the Head Judge will award this BONUS - so a maximum of 1.0 will added to the final score.		1.0

CREATIVITY	Point Min	Point Max
Athlete shows unique positions throughout combo	<b>0.1</b>	<b>1.0</b>
Does a counter-intuitive combo changing direction of natural flipping momentum	<b>0.5</b>	<b>1.0</b>
Lands with arms or legs NOT in the typical position	<b>0.1</b>	<b>1.0</b>
Athlete shows a new COMBO never seen before - on social media or live at an event <i>*new to the community</i>	<b>1.0</b>	<b>2.0</b>
Athlete shows a new SKILL within their combo never seen before - on social media or live at an event <i>*new to the community</i>	<b>0.5</b>	<b>1.0</b>
Athlete incorporates other sports positions into their combo, such as grabs or invents a new position	<b>0.5</b>	<b>1.0</b>
Athlete rotates both on-axis and off-axis in the same combo	<b>0.5</b>	<b>1.0</b>
Athlete does a unique twist in the combo (ex. A 'Hoola')	<b>0.5</b>	<b>1.0</b>
Athlete does a non-flipping twist with a minimum of 1280 degrees of rotation in the middle of the combo	<b>0.5</b>	<b>1.0</b>

**Judges Notes.** On the scoring system there is a **NOTES** tab where judges can put down comments about how they scored the combination and also use this to mark in points after the skill, so that scoring will be more efficient and not take too long. Judges must write down what the combination was, as a short form notation, as the athlete is performing it, without taking their eyes off the athlete. Judges can always watch the replay from the video. Athletes have two attempts and judges will **ONLY SCORE** what they feel is the best of the two entire combo's, not parts of each of the two attempts.

Please refer to the official **Rules & Regulations Manual** for a complete set of guidelines and procedures. If you have any questions, please contact the FTA.

### **FREESTYLE TRAMPOLINE ASSOCIATION**

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