



Routines

BUCS ELITE	
FIRST ROUTINE	
<p>10 different elements of at least 270° somersault rotation to include:</p> <ul style="list-style-type: none"> • An element of at least 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation. • A double somersault. 	
SECOND ROUTINE	
<p>Difficulty shall be awarded in the second routine.</p> <p>Minimum Difficulty: 8.0 Maximum Difficulty: Unlimited</p> <p>Time of Flight shall be awarded for both routines.</p> <p>BUCS points shall be awarded as follows for each gender:</p> <p>1st = 12 points 2nd = 8 points 3rd = 6 points 4th = 4 points</p>	
BUCS 1	
FIRST ROUTINE	
<p>10 different elements with at least 9 somersaults of at least 270° somersault rotation to include:</p> <ul style="list-style-type: none"> • An element of at least 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation. <p>and at least one of:</p> <ul style="list-style-type: none"> • A back somersault with 360° somersault rotation and 360° of twist, or, • A front somersault with 360° somersault rotation and 540° of twist, or, • A double somersault 	
SECOND ROUTINE	
<p>Difficulty shall be awarded in the second routine.</p> <p>Minimum Difficulty: 5.5 Maximum Difficulty: 7.9</p> <p>Time of Flight shall be awarded for both routines. No BUCS points shall be awarded at this level.</p>	



BUCS 2

FIRST ROUTINE

10 **different** elements with at least 7 somersaults of at least 270° somersault rotation to include at least **one** of the following requirements:

- An element of 270° of somersault rotation, landing on front or back, followed by an element of 450° somersault rotation.
- A back somersault with 360° somersault rotation and 360° of twist.
- A front somersault with 360° somersault rotation and 540° of twist.

Somersaults must not exceed 630° of rotation.

SECOND ROUTINE

Somersaults must not exceed 630° of rotation.

Minimum Difficulty: **3.9**

Maximum Difficulty: **5.4**

Time of Flight shall be awarded for both routines.
No BUCS points shall be awarded at this level.

BUCS 3

FIRST ROUTINE

Back s/s (S)	Back s/s (S)
Straddle jump	Barani (S)
Back s/s to seat (T)	Straddle jump
½ twist to feet	Back s/s (P)
½ twist jump	Barani (P)
Tuck jump	Pike jump
Barani (T)	Full twist jump
Back s/s (T)	Tuck jump
Pike jump	¾ front s/s to back
Front s/s (P)	To feet

or

SECOND ROUTINE

Somersaults must not exceed 360° of rotation and 180° of twist.

Minimum Difficulty: **3.0**

Maximum Difficulty: **3.9**

No BUCS points shall be awarded at this level.

BUCS 4

FIRST ROUTINE

Back s/s (T)	Back s/s (S)
Straddle jump	Straddle jump
Barani (T/P)	Back s/s to seat (T)
Tuck jump	½ twist to feet
½ twist jump	½ twist jump
Pike jump	Tuck jump
Back landing	½ twist to front
½ twist to feet	To feet
Tuck jump	Pike jump
Front s/s (P)	Front s/s (T)

or

SECOND ROUTINE

Somersaults must not exceed 360° of rotation and 180° of twist.

Minimum Difficulty: **2.1**

Maximum Difficulty: **2.9**

No BUCS points shall be awarded at this level.



BUCS 5	
FIRST ROUTINE	
Full twist jump	Back s/s (T)
Straddle jump	Straddle jump
Seat landing	Seat landing
½ twist to seat	½ twist to seat
½ twist to feet	½ twist to feet
Pike jump	<i>or</i> Tuck jump
Back landing	½ twist to front
½ twist to feet	To feet
Tuck jump	Pike jump
Front s/s (T)	Full twist jump
SECOND ROUTINE	
There may be a maximum of two somersaults, not exceeding 360° of rotation and without twist.	
Minimum Difficulty:	1.2
Maximum Difficulty:	2.0
No BUCS points shall be awarded at this level.	

BUCS 6	
FIRST ROUTINE	
½ twist jump	Full twist jump
Straddle jump	Straddle jump
Seat landing	Seat landing
To feet	½ twist to feet
½ twist jump	Pike jump
Pike jump	<i>or</i> Seat landing
½ twist to seat	To feet
½ twist to feet	Tuck jump
Tuck jump	Front landing
Full twist jump	To feet
SECOND ROUTINE	
Somersault rotation must not exceed 270° and must be without twist.	
Minimum Difficulty:	0.5
Maximum Difficulty:	1.1
No BUCS points shall be awarded at this level.	

BUCS Disability
Disability competitors of either category 1 or category 2 may enter this BUCS category and perform any two routines as permitted in the British Gymnastics Disability competition structure. Difficulty shall be awarded in the second routine. Time of Flight shall not be awarded.
No BUCS points are currently awarded at this level. Any routine per the above criteria may be performed in the individual final round.

INDIVIDUAL FINAL ROUND (ALL LEVELS)
There will be a top 8 zero final for all levels.
One routine should be performed within the second routine requirements for each level.



PENALTIES	
FIRST ROUTINE	SECOND/FINAL ROUTINE
BUCS 6 - BUCS 3: Interruptions apply (per Code of Points) BUCS 2 - BUCS ELITE: Below minimum requirements: 2.0 penalty	BUCS 6 - BUCS ELITE: Below minimum difficulty: 2.0 penalty Above maximum difficulty: Disqualification

Further penalties can be found in the BUCS Rules and British Gymnastics Code of Points 2017-2020.

BUCS Team Trampoline Championships			
There will be a separate Men's and Women's team event. In each event, the three best total scores from the qualification round (first routine plus second routine) by competitors from the same institution, across all groups, will be added together for an overall team score.			
Total scores will be based solely on execution, HD, and difficulty. Time of flight scores from the BUCS 2 – ELITE groups will NOT be included in the calculation of the overall team score. One team per institution per gender will be counted.			
BUCS points shall be awarded as follows:			
1 st = 20 points	3 rd = 10 points	5 th = 5 points	7 th = 2 points
2 nd = 14 points	4 th = 7 points	6 th = 3 points	8 th = 1 point

BUCS Synchronised Trampoline Championships		
BUCS SYNCHRONISED 1	BUCS SYNCHRONISED 2	BUCS SYNCHRONISED 3
Pairs of competitors in categories BUCS ELITE, BUCS 1 and BUCS 2.	Pairs of competitors in categories BUCS 3 and BUCS 4.	Pairs of competitors in categories BUCS Disability, BUCS 5 and BUCS 6.
A first and second routine shall be performed, as prescribed, at the category of the lowest level competitor in the pair. The routine requirements of this category shall apply to both competitors as per the individual event, and difficulty shall be awarded.		
Pairs may be mixed gender and levels but both members must be within the individual category ranges specified for each level.		
A paper for the provision of BUCS points for Synchronised Trampoline is being reviewed for the 2018 Championships.		

Rules

The BUCS Trampoline Championships 2018 shall use the British Gymnastics Code of Points 2017-2020, as varied by the BUCS sport-specific rules.

The sport-specific rules for Trampoline can be found on the BUCS website [here](#).

BUCS Routines 2018