

# **SSSC TRAMPOLINE RULES AND REGULATIONS FOR NSG 2024**

## **(Update to Para. 20, effective from 25 Mar 2024)**

### **20. ATTIRE**

- 20.1 All participants must be in suitable attire bearing the school crest / name where possible and in accordance with the sport-specific rules and regulations.
- 20.1.1 Male gymnasts  
Sleeveless or short sleeves leotard  
Gym shorts or trousers  
White trampoline shoes and/or foot covering or of the same colour as the gym trousers.
- 20.1.2 Female gymnasts  
Leotard or unitard with or without sleeves (must be skin tight)  
Long tights may be worn (must be skin tight)  
Gym shorts may be worn (must be skin tight)  
Any other "dress" which is not skin tight is not allowed  
For reasons of safety, covering the face or the head is not allowed  
Trampoline shoes and/or white foot covering  
Long hair must be neatly tied up.  
The wearing of jewellery or watches is not permitted during the competition
- 20.1.3 The correct number tag must be sewn and prominently displayed at the back of the competition attire on the upper body.
- 20.1.4 Members of the same team must wear uniform attire. Failing to do so may result in disqualification of the team
- 20.1.5 Bandages or support pieces must not create big contrast with the skin colour.  
Underwear must not be visible.
- 20.2 Any violation against the attire stipulation will lead to a deduction of 0.20 points from the gymnast's final score or total team score, depending on when the violation was first recognised. Major violation may result in disqualification from the round in which the offence occurs.