



2009 Trampoline Manual

Please read General Manual
before this manual

Trampoline (TRA) Competition Requirements

Please ensure you have read and understood the eligibility and regulations criteria before reading this requirements handbook

TRAMPOLINE

ROUTINES:

Two routines will be performed by each competitor:

Compulsory routines – this must be done as set down on the sheet provided. Refer to next page for a schedule of the routines.

Voluntary routines – a routine made up of 10 skills of the competitors own choice.

Both routines **MUST** be shown on the official competitor's card.

General Notes for Competitors:

- Each routine is marked out of 10.
- Degree of difficulty will be added to the final mark for the voluntary routine only.
- If a competitor forgets or stops a routine in the middle of a sequence, then the routine is stopped there.
- A routine must be performed in a regular rhythm.
- There will be no bounces in between skills.
- A competitor may not do flick-flac, forward/backward rolls, round off etc.
- No repeated skills. (NB. These may be performed but no difficulty will be given for the repeated skill)
- The competitor should stand for 3 seconds at the end of the routine.

Voluntary Routine Requirements

Ten (10) skills per routine.

The maximum degree of difficulty for each grade is:

Elite	No maximum difficulty
A Grade	7.0
B Grade	4.0
C Grade	Repeat of compulsory routine

These are the maximum values for difficulty that can be added into the score.

You may not count the same difficulty more than once for inclusion in the difficulty score.

Composition Points for Voluntary Routines

Having started with a difficult skill, a steadying movement should follow for balance

All skills which land in front or back position naturally reduce the rebound height.

As far as possible, skills should alternate backward and forward rotation, with no more than two of the same directional rotations in succession.

The final skill (10) must finish to feet, and stop without rebound; although an extended (out bounce) may be used after the final skill.

Always make sure the routine selected is one which the gymnast can complete with good style, confidence and safety.

SECONDARY SCHOOLS GYMSPORTS TRAMPOLINE COMPULSORY ROUTINES

Elite Grade FIG B RULES

1. 9 skills with at least 270 degrees rotation (e.g. 1 tuck jump or to feet skill is allowed)
2. At least 1 skill with at least 540 degrees twisting rotation (e.g. Rudi or Double twist backward)
3. At least one double back somersault (e.g. half out or double back)
4. At least one skill landing onto back or stomach with at least 270 degrees rotation (e.g. crash dive or $\frac{3}{4}$ back)
5. At least one skill performed from the back or stomach with at least one 270 degrees rotation (e.g. Ballout or Cody)

A Grade Grade 2: (Compulsory routine)

1. Crash dive (free)
2. Barani Ballout (tuck)
3. Tuck jump
4. Back somersault (tuck)
5. Barani (tuck)
6. Back somersault (pike)
7. Straddle jump
8. Back somersault (straight)
9. Barani (pike)
10. Full twist back somersault

B Grade Grade 4: (Compulsory routine)

1. Back somersault (tuck)
2. Seat drop
3. $\frac{1}{2}$ turn to seat drop
4. To feet
5. Full twist jump
6. Straddle jump
7. Back drop
8. $\frac{1}{2}$ turn to feet
9. Tuck jump
10. Front somersault (tuck)

C Grade Grade 6 : (Compulsory routine)

1. Seat drop
2. $\frac{1}{2}$ turn to seat drop
3. To feet
4. Straddle jump
5. $\frac{1}{2}$ turn to front drop
6. To Feet
7. Full twist jump
8. Tuck jump
9. Back drop
10. To feet