



# **2012**

# **Trampoline Manual**

***Please read the General Manual before this manual***

# TRAMPOLINE 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.
- The 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-flacs, forward/backward rolls, round offs, etc.
- There can be 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.

# 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)

## Grades A, B and C:

<b>A Grade</b>
1. Back somersault (s)
2. Barani (s)
3. Back somersault (p)
4. Straddle jump
5. Barani (t)
6. Back somersault (t)
7. Barani (p)
8. Tuck jump
9. $\frac{3}{4}$ back somersault (t) OR Crash Dive
10. Back cody (t) OR Barani Ball Out
<b>B Grade</b>
1. Back somersault (t)
2. Straddle jump
3. Stomach drop
4. To feet
5. Tuck jump
6. Half twist to back drop
7. To feet
8. Pike jump
9. Half twist jump
10. Front somersault (t)
<b>C Grade</b>
1. Half twist to seat
2. Half twist to feet
3. Straddle jump
4. Half twist jump
5. Pike jump
6. Stomach drop
7. To feet
8. Tuck jump
9. Back drop
10. To feet