



# **TECHNICAL HANDBOOK TRAMPOLINE GYMNASTICS**

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## **INTRODUCTION**

This policy aims to provide the technical rules for Trampoline Gymnastics competitions organised by Singapore Gymnastics.

## **ACKNOWLEDGEMENTS**

For the development of the Singapore Trampoline National Programme (Pathway & Routines);

Louise Stack (Gymnastics Canada Level 3 Coach)

For their technical advice and support in the development process;

Mike Gevaux (British Gymnastics Level 5 Coach)

Jacqui Gevaux (British Gymnastics Level 5 Coach)

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A. Long Term Athlete Development Plan

Age categories	Training Hours	NATIONAL PATHWAY		PATHWAY (AGE)		INTERNATIONAL AGE GROUP DIVISION	Training Hours	Competition Age categories
17 and Over	8-9 hours/week (3 hours/session)	<b>OPEN</b> Routine 1 Special Requirements Routine 2 Voluntary Min DD 6.0	Participation	17+	Maintenance Years TRAIN TO WIN	FIG SENIOR	12-15 hours/ week	17+ Years
						ELITE 4	12-15 hours/ week	
16 and Under	8-9 hours/week (3 hours/session)	<b>OPEN</b> Routine 1 Set Routine Routine 2 Voluntary Min DD 6.0		16	Investment Years TRAIN TO COMPETE	ELITE 3	10-12 hours/week (3 hours/session)	15-16 years
				15		ELITE 2	10-12 hours/week (3 hours/session)	13-14 years
				14				
				13				
15 and Over 14 and Under	8-9 hours/week (3 hours/session)	<b>LEVEL 6</b> 1 Set, 1 Voluntary Min DD 4.5 Max DD 6.0		12	Investment Years TRAIN TO TRAIN	ELITE 1	10-12 hours/week (3 hours/session)	11-12 years
14 and Over 13 and Under	8-9 hours/week (3 hours/session)	<b>LEVEL 5</b> 1 Set, 1 Voluntary Min DD 3.2 Max DD 5.0		11				
13 and Over 12 and Under	8-9 hours/week (3 hours/session)	<b>LEVEL 4</b> 1 Set, 1 Voluntary Min DD 2.2 Max DD 3.5						
12 and Over 11 and Under	5-6 hours (2hrs/session)	<b>LEVEL 3</b> 1 Set, 1 Voluntary Min DD 1.5 Max DD 2.5		10	Specialization Years LEARN TO TRAIN			
11 and Over 10 and Under	5-6 hours (2hrs/session)	<b>LEVEL 2</b> 1 Set, 1 Voluntary Min DD 1.0 Max DD 1.7	9					
10 and Over 9 and Under	5-6 hours (2hrs/session)	<b>LEVEL 1</b> 1 Set, 1 Voluntary Min DD 0.5 Max DD 1.0	8					
8 and Under	2-4 hours	<b>KINDER 1 &amp; 2</b> 1 x Set Routine Performed Twice	7					

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## B. Background of the Singapore National Programme

The Singapore Gymnastics National Program was developed for Artistic & Rhythmic Gymnastics through the help of technical consultants and implemented in 2006. It now forms the framework for the training for gymnasts in high performance training programmes in Singapore, as well as in many clubs and schools.

*\*Where club is mentioned this may refer to club, school or association.*

For Trampoline, the National Programme was developed in 2016 with the help of consultants, and was implemented in competition at the 13<sup>th</sup> Singapore Open Gymnastics Championships 2016.

### Long Term Outcomes of the new system (Alignment with International Stream)

The Singapore National Development Programme has 8 Levels. Research has been carried out to assess the international standard for both male and females. The skill level and difficulties outlined in the Singapore Trampoline Pathways are based on 2015 World Age Group and 2015 World Championships. We have a target to progress Trampoline in Singapore to this level over the next 4-6 years.

This standard however is unachievable in the current situation, as such a gradual implementation plan will allow the difficulty expectation to increase in the next few years to meet the target standards.

The Compulsories are designed to cover a variety of the Fundamental Skills that a competitive athlete will need to learn to progress to the higher levels in Competitive Trampoline. So it is a good idea to start the athlete in lower Competitive Levels so that they learn the fundamental skills solidly. Each compulsory has a recommended amount of Pre-Bounces and Arm-Set. Athletes should also start their optional with a similar amount of Pre-Bounce/Arm-Set.

Each level is split into different age categories. This age split is a recommendation and age categories can be combined if the registration numbers are low in a Level.

Athletes are able to move up the Levels based on their Degree of Difficulty. It is recommended to move the athlete up when they can perform a routine consistently within the correct DD range. If athletes are performing routines over the maximum DD for that Level then their DD score will be capped at maximum.

For each Level in 2016, the Degree of Difficulty of the compulsory will fit into the Min-Max DD for each level. This means athletes may perform their compulsory twice in competition, once as their compulsory and once as their optional. Moving forward to 2017-2020 when the DD for each level increases slightly, athletes will require a slightly harder optional routine than their compulsory.



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## C. Overview of Singapore National Competition Structure

Singapore Gymnastics Competitions include the following:

### 1. Singapore Gymnastics National Championships

A National Individual Ranking Exercise

A Grading Exercise

*Usually held in March*

### 2. Singapore Open Gymnastics Championships

A National Individual & Team Ranking Exercise

A Grading Exercise

An International Age Group Competition

*Usually held in June*



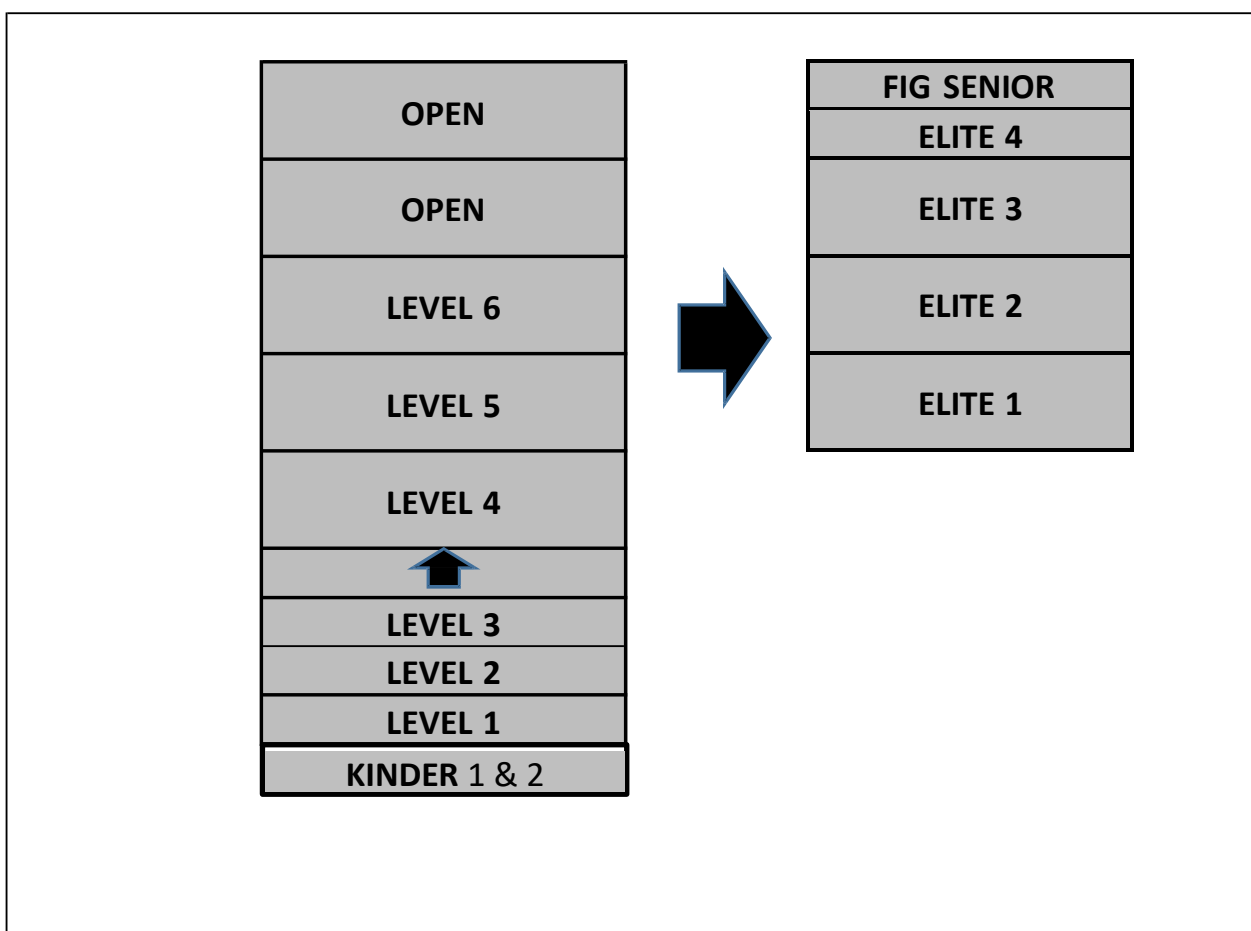
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## D. Singapore Competition Pathway

The program provides an Athlete Development Pathway that when fully implemented will encompass both a Competitive pathway and an Elite pathway. For non-elite gymnasts, the levels route provides a structured development that unfolds at each gymnast's own pace. For budding elite gymnasts who have inherent potential, the stages route ensures a timely and effective progression towards the International Standard set by the Federation Internationale de Gymnastique (FIG). Combined with other ingredients such as funding, quality coaching, sufficient training hours, adequate facilities, the National Program provides the pathway for a potential elite gymnast's quest towards International gymnastics success.



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## E. Competition Age Categories

### AGE CATEGORIES

- The age categories provide a guideline for the gymnast to develop on the correct pathway to reach International Standard by the age of 17.
- Should gymnasts not be able to reach the required standard of the next level, the gymnast can choose to remain in the same level.
- All Age Categories are awarded in the same way.
- The gymnasts' age eligibility will be based on her age on December 31 of the year of competition. For example, to compete in 11 & Under Age Category, the gymnast must be 11 or less at 31 December in the year of the competition.

### MOVING BETWEEN LEVELS

- Gymnasts should progress to a higher level according to their age and ability.
- Gymnasts are not permitted to compete at a lower level after having competed at a higher level.
- Coaches may submit appeals for consideration.

Competition Age categories	NATIONAL PATHWAY	PATHWAY (AGE)
17 and Over	<b>OPEN</b> Routine 1 Special Requirements Routine 2 Voluntary Min DD 6.0	<b>17+</b>
16 and Under	<b>OPEN</b> Routine 1 Set Routine Routine 2 Voluntary Min DD 6.0	<b>16</b>
		<b>15</b>
		<b>14</b>
		<b>13</b>
15 and Over 14 and Under	<b>LEVEL 6</b> 1 Set, 1 Voluntary Min DD 4.5 Max DD 6.0	<b>12</b>
14 and Over 13 and Under	<b>LEVEL 5</b> 1 Set, 1 Voluntary Min DD 3.2 Max DD 5.0	
13 and Over 12 and Under	<b>LEVEL 4</b> 1 Set, 1 Voluntary Min DD 2.7 Max DD 3.5	<b>11</b>
12 and Over 11 and Under	<b>LEVEL 3</b> 1 Set, 1 Voluntary Min DD 1.8 Max DD 2.7	<b>10</b>
11 and Over 10 and Under	<b>LEVEL 2</b> 1 Set, 1 Voluntary Min DD 1.0 Max DD 1.8	<b>9</b>
10 and Over 9 and Under	<b>LEVEL 1</b> 1 Set, 1 Voluntary Min DD 0.5 Max DD 1.0	<b>8</b>
8 and Under	<b>KINDER 1 &amp; 2</b> 1 x Set Routine Performed Twice	<b>7</b>

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## F. Overview of Routines

Trampoline competitions comprise 3 (three) routines with 10 (ten) elements in each routine.

A routine on the trampoline is characterised by high, continuous rhythmic feet to feet and feet to back, front or seat rotational jumping elements, without hesitation or intermediate straight bounces. A trampoline routine should be planned to demonstrate a variety of forward and backward twisting or non-twisting elements. The routine should show good control, form, execution and maintenance of height.

### QUALIFYING ROUND

#### SET ROUTINE – 1<sup>st</sup> Routine

The set routines encompass important trampoline progressions through prescribed routines that will help the gymnasts build the foundations to learn more advanced skills and combinations. Set routines teach important progressions and encourage good form, and hence the routine score will not include the difficulty of the routine<sup>1</sup>.

Compulsory routines are interrupted if not executed in the order written on the card<sup>2</sup>.

See Appendix A for Set Routines and Sample Voluntary Routines.

#### VOLUNTARY ROUTINE – 2<sup>nd</sup> Routine

Voluntary Routines allow for more creativity in routine construction and allow gymnasts to advance certain skills at their own rate, and have high difficulty capability recognised. It should be understood however, that execution counts for more than difficulty, so emphasis should still be placed on good form.

The second routine is a voluntary routine with execution and DD counting. For each level, there is a minimum and maximum DD.

See Appendix B for Degree of Difficulty (DD).

### FINAL ROUND

#### VOLUNTARY ROUTINE – 3<sup>rd</sup> Routine

The 8 best gymnasts/synchronized pairs (total score of Routine 1 & 2) will qualify to the final. Gymnasts who qualify to the Final, will compete another voluntary routine. Gymnasts start the Final at zero (scores from the qualifying round do not count towards the final score).

The final will only take place if there are 8 or more participants; otherwise, Routine 1 & 2 will be used to calculate the final score and ranking.

<sup>1</sup> Except the 17+ Age Group in the Open Category, with 2 elements in the 1<sup>st</sup> routine having counting difficulty. These elements cannot be repeated in the 2<sup>nd</sup> routine, otherwise, their difficulty will not be counted.

<sup>2</sup> Except the 17+ Age Group in the Open Category, where the first routine is a voluntary routine with special elements.



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## FOR REASONS OF SAFETY:

For athletes from Kinder through Level 5, **double somersaults are banned**. Any athlete performing the banned skill(s) will be disqualified from the competition.

For athletes in Level 6, the maximum difficulty for a single skill shall be capped at 1.0 points.

## G. Competition Format

- Unlimited number of individual/synchronized participants per club per category
- 1 Team per Club per Level; 3-4 participants per Team
- A Synchronized Pair consists of two (2) women or two (2) men. For the 2017-2020 Olympic Cycle, Synchronized Competition will be open to all levels except for Kinder Levels. A gymnast may only compete as part of one (1) Synchronized Pair, and each Synchronized Pair may only compete in one level at each competition under the National Programme.
- The Synchronized Pair must, at minimum, compete in the lowest level in which its individual members are competing (i.e. if one member of the pair is competing in Level 3 in an Individual event while the other member is competing in Level 4, the team cannot choose to compete in Level 2 for the Synchronized event).
- Synchronized Competitions will consist of a Qualifying and a Final round as per Section F. In all rounds of Synchronized Competition, gymnasts will only perform one routine. The routine will be voluntary, i.e. there are no required skills. Difficulty of the routine will be included in the final score.
- Partners must do the same element at the same time (see FIG Code of Points 2017-2020, Paragraph 16.1.9.1) and must start facing in the same direction. Twists do not need to be in the same direction.

## H. Competition Card

- The competition card must be handed in at the time and place specified by the organising committee, otherwise the gymnast may not be allowed to start. The Chief Recorder is responsible for ensuring that they are given to the Difficulty Judges at least 2 (two) hours before the competition starts.
- In all voluntary routines, changes to the elements and the order in which they are written on the competition card are permitted without penalty.

## I. Start Order

### Routine 1 & 2

- A draw will be conducted to decide the start order. The gymnasts will be divided into groups of no more than 16 (sixteen) per group with each group performing their first and second routines prior to the next group starting the Qualifying Round. Recommendation is 8-12 per group.



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- The start order will be the same for both routines.

### **Routine 3 (Level 4 & Above)**

- The starting order for the Final will be in order of merit, the athlete with the lowest score in the Qualifying Round going first. In the event of a tie, see Reg. 4.3.1.1 of FIG Technical Regulations Section 4.

## **J. Judges**

### **Singapore Gymnastics National Judge Accreditation Programme**

Judges are qualified to perform the following roles for the following levels:

#### National Level 1 Judge (Trampoline)

- Execution<sup>3</sup> Judge for Kinder, Levels 1-6

#### National Level 2 Judge (Trampoline)

- Difficulty & Execution Judge for Levels 1-6

#### National Level 3 Judge (Trampoline)

- Difficulty & Execution Judge for Levels 1-6 and Open Categories
- Chair of the Judges' Panel (CJP) for Kinder and Level 1 events (Min. 18 years of age)

#### FIG International Brevet Judge (Trampoline): Category 4 to 1

- Difficulty & Execution Judge for All Categories
- CJP at all National Level Events and events organized by SG
- Difficulty and Execution Judge for FIG Junior/Senior in FIG approved events (subject to FIG regulations for FIG International Brevet Judges).

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<sup>3</sup> Execution Judging is inclusive of Horizontal Displacement



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The Panel will be made up of 10 judges as follows:

- 1 CJP
- 2 Difficulty Judges
- 6 Execution Judges
- 1 Scorer<sup>4</sup>

A minimum of 1 Difficulty Judge and 5 Execution Judges are required for competition to take place.

If there are insufficient judges, the Organising Committee decides the process for designating the necessary number of judges.

## K. Coaches

It is important in the interests of the safety of gymnasts that coaches be suitably qualified to coach skills of a certain level.

As a new discipline, it is currently recommended that coaches be SG-COACH accredited in trampoline to register gymnasts for SG competitions.

## L. Equipment

As outlined by **FIG Apparatus Norms** (<http://www.fig-gymnastics.com>), equipment used in Singapore Gymnastics competitions must meet an acceptable condition for the safety and performance of athletes.

- The trampoline frame and springs must be entirely covered by shock absorbing padding; this padding must not touch any part of the bed. This padding should be firmly fixed to the frame of the trampoline.
- Safety platforms must be placed at both ends of the trampoline. These platforms must be firmly attached to the frame of the trampoline and be suitable for shock absorption of all levels of athlete.
- Ground safety mats must cover the area around sides and safety platforms for safety reasons. These mats must be of reasonable thickness and density to ensure athlete safety. (FIG Reg. Height 20 cm, Width 200 cm, Tolerance +/- 1 cm)
- Roof clearance must be greater than 8 metres.

## FIELD OF PLAY LAYOUT

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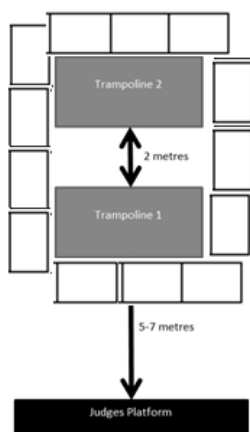
<sup>4</sup> The Scorer and ToF controller are to hold a minimum qualification of National Level 1 Judge (Trampoline) or be a trained person approved by the CJP or the Organizing Committee.



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- The Judging Platform should be between 1 and 2 metres high.



## TIME OF FLIGHT

- From the start of the 2019 calendar year, Time of Flight (ToF) is to be used as part of the result for selected Levels.

## FAILURE OF TIME OF FLIGHT EQUIPMENT

- If the ToF device does not work correctly at any time during a gymnast's routine, the CJP is required to stop the competition and, before the end of the round, calculate the athlete's time of flight manually through video analysis of the athlete's routine.
- If the ToF device has severe intermittent problems or fails completely, the CJP may choose to stop the use of the Time of Flight equipment entirely.
- If the use of the equipment is abandoned completely and each gymnast in the category and age group has performed at least one routine, the ToF score for all subsequent routines are to be determined manually from the video record of the competition. These determinations may be undertaken after the end of the competition if they will unduly delay or lengthen it.
- If not every gymnast in the category and age group has performed a routine yet, the CJP may choose to omit the ToF device and score from the category entirely. All other score-related aspects, procedures, awards and other events for the categories affected will be based on the absence of the ToF device.
- The method used to determine an athlete's time of flight manually is to comply with Section N Breakdown of Electronic System in the FIG Trampoline Code of Points.



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## M. Grading Pass Marks

### IMPORTANCE OF GRADING

- Grading provides a platform for gymnasts to perform in a competition environment, measuring their own progress against a score rather than against ranking.
- At the same time the gymnast can drill skills and practice routines with the purpose of passing a grade, should they achieve a certain score which qualifies them to pass the grade; the gymnast will receive a certificate and badge to show their achievement.
- Grading is a good way to monitor progress without considering ranking.
- All gymnasts competing will also be graded concurrently.
- There are no age boundaries for grading.

### GRADING BENCHMARKS WILL BE SET FROM 2017 ONWARDS

- Gymnasts who pass their grading will receive a certificate and a badge.
- Gymnasts can either "Pass" or "Pass with Distinction".
- Time of Flight (ToF) Scores have been accounted for in the grading benchmarks as of November 2018.

### GRADING (INDIVIDUAL)

	ToF Device Absent		ToF Device Present	
	Pass	Pass with Distinction	Pass	Pass with Distinction
Kinder	48.000	52.000	No ToF Score	
Level 1	48.500	52.500		
Level 2	49.000	53.000		
Level 3	49.500	53.500	68.500	73.500
Level 4	50.200	54.200	71.200	76.200
Level 5	51.500	55.500	74.500	79.500
Level 6	52.500	56.500	77.500	82.500
Open	54.000	58.000	81.000	86.000



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## GRADING (SYNCHRONIZED)

	ToF Device Present	
	Pass	Pass with Distinction
Kinder	No Synchronized Event	
Level 1	33.500	36.000
Level 2	34.000	36.500
Level 3	34.500	37.000
Level 4	35.200	37.700
Level 5	36.500	39.000
Level 6	37.500	40.000
Open	39.000	41.500

## N. SCORING

### ATTIRE (See Q. Attire)

Any violation may result in a penalty of 0.2 points, which will be deducted from the total score of any of the routines where the violation occurs.

### WARM-UP

Immediately prior to the Qualifying Round and the Finals each gymnast will be allowed (max) 30 seconds warm-up on the competition apparatus. In the event that a gymnast abuses this time limit, the CJP may instruct the Chief Recorder to deduct a penalty of 0.3 points from the total score of the following routine.

### START OF ROUTINE

Each gymnast will start on a signal given by the CJP. After the signal has been given, the gymnast must initiate the first element within one minute, otherwise there will be deductions as follows by the CJP:

- 61 seconds: 0.2 pts deduction
- 91 seconds: 0.4 pts deduction
- 121 seconds: 0.6 pts deduction
- 181 seconds: disqualification from the respective round of competition

If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the CJP.

If there is a faulty start, the gymnast may re-start on a signal from the CJP.



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## ROUTINE INTERRUPTION

A routine will be considered interrupted if a gymnast:

- Obviously does not land simultaneously on both feet on the trampoline bed.
- Does not use the elasticity of the bed after landing for the immediate continuation of the next element.
- Performs an intermediate (straight) jump.\*
- Lands on any part of the body except feet, seat, front or back.
- Performs an incomplete element.
- Touches anything other than the trampoline bed with any part of the body.
- Is touched by a spotter or spotter mat.
- Leaves the trampoline due to insecurity.
- Does not perform a prescribed compulsory routine using the required elements and/or in the sequence written on the competition card.
- No credit will be given for the element in which the interruption occurs.
- A gymnast will be judged only on the number of elements completed on the trampoline bed.
- The CJP will decide the maximum mark.

## END OF ROUTINE

- The routine must end under control in an upright position, with both feet on the trampoline bed, otherwise there will be a deduction.
- After the final landing on the bed, the gymnast must stand upright and show stability for approximately 3 (three) seconds, otherwise there will be a deduction for lack of stability.
- The gymnast is allowed to do 1 (one) more jump in a stretched position (out-bounce) after the last element, using the elasticity of the bed.
- If a gymnast executes more than 10 (ten) elements, a deduction of 2.0 points will be made by the CJP.\*

\* Different from schools competition

## SCORE CALCULATION

Score	Division	Routine 1	Routine 2	Routine 3
Total of Routine 1+2	Level 1-3	Set Routine	Voluntary Routine	n/a
(Qualification) Routine 1+2 (Final) Routine 3	Level 4, 5, 6, Open	Set Routine	Voluntary Routine	Voluntary Routine

## SCORE COMPONENTS

- The Final Score is the sum of scores of Routines 1 & 2 unless a 3<sup>rd</sup> routine is performed, in which case the Final Score is the Routine 3 score.
- For grading exercises, the grading score is calculated as the sum of scores of Routines 1 and 2, regardless of the Routine 3 score.



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- In the synchronized event, if there is only one (1) routine performed, then the Final Score is the score of that routine.

## **TEAM**

- Gymnasts representing the same club in the same level may be registered as a team, regardless of age category.
- There must be a minimum of 3 and maximum of 4 gymnasts in a team.
- The 3 best scores in the first routine, plus the 3 best scores in the second routine will make up the team score.
- There must be a minimum of 3 teams for team award.

## **O. TIE-BREAK RULES**

### **QUALIFYING ROUND**

In the case of a tie at any place, the tie-breaking rules set out in FIG Technical Regulations Reg. 4.4.1 will apply.

### **FINAL**

In case of a tie at any place, the ranking will be determined as follows: The gymnast/synchronized pair/team with the higher E-score prevails.



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## P. ATTIRE

### As per FIG COP

#### Male gymnasts

- Sleeveless or short sleeves singlet
- Gym trousers (in a single colour, except black or any other deep dark colour) or Gym shorts may be worn
- Trampoline shoes and/or foot covering of the same colour as the gym trousers or white

#### Female gymnasts

- Leotard or unitard with or without sleeves (must be skin tight)
- Long tights (must be skin tight and be the same colour as the leotard) or Gym shorts may be worn
- 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

#### Additional Attire Rules

- The wearing of jewellery or watches is not permitted during the competition.
- Rings without gemstones may be worn if they are taped.
- Bandages or support pieces must be either beige/brown or the same colour as the skin.
- Glitter is not permitted on hair or body due to risk to vision and safety.
- Hair must be tied back securely and neatly and must not obstruct view.

Minor violations will result in a penalty of 0.2 points for the routine(s) in which the violation(s) occur, while major violation may result in disqualification from the round. This decision is made by the CJP.

#### Teams

Members of a team/synchronized pair must wear the same uniform, identical in colour and design. Failing to do so may result in disqualification of the team/synchronized pair from their respective event. This decision is made by the CJP.

#### Spotters

Track suit and gym shoes or equivalent.



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## Q. IMPLEMENTATION TIMELINE

As a new National Programme, the standards of gymnasts and coaches will be regularly assessed and the phases of implementation will be determined.

### Proposed Implementation Timeline

2016	1. Introduction of Levels 1-5 & Open categories (Phase 1) 2. Post Singapore Open Review
2017	3. Grading Implementation 4. Singapore Open – Invite to Overseas 5. Review after Singapore Open
2018	6. Phase 2 Implementation 7. Review after Singapore Open
2019	8. Phase 3 Implementation 9. Review After Singapore Open
2020	10. Target Launch of Elite Categories

### Actual Implementation Timeline

2016	3. Introduction of Levels 1-5 & Open categories (Phase 1) 4. Post Singapore Open Review
2017	6. Grading Implementation 7. Singapore Open – Invite to Overseas 8. Review after Singapore Open
2018	8. Phase 2 Implementation 9. Review after Singapore Open
2019/2020	10. Phase 3 Implementation 11. Review After Singapore Open

Updates and Clarifications to rules are made and published when required.



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### **Compulsory Routines:**

Change in Open Category 17+ 1<sup>st</sup> Routine Requirements (2020 Version)  
Change in Level 4 1<sup>st</sup> Routine Requirements (2020 Version)  
Insertion of new Level 3 in between current L2 (2020 Version)  
Addition of Kinder and Open Option 2 (2017 Version)  
Levels 1-5 & Open (2016 Version)

### **Optional Routines:**

As per this technical handbook (2016 Version)

### **Erratas:**

n/a



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## **PRIVACY STATEMENT**

SG collects information so as to facilitate membership application and approval. Contact data will be used for the purpose of keeping members informed and updated. This information is treated with total confidentiality by all parties involved in the approval process. SG will not disclose your information to third parties. You have permitted rights to the information; returned to you upon request to SG in advance of 1 month.

## **CHANGES TO THE POLICY**

Singapore Gymnastics is committed to ensuring all policies are up-to-date and reflect current practices.

Changes to this policy may be submitted by SG Management Committee for review and approval. Once a change has been approved, the policy will be updated and posted on the SG website.



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# APPENDIX A

## Compulsory Set Routines & Sample Voluntary Routines

## Trampoline Gymnastics – Kinder 1 Competition Routine 2020

Name :
Club :

Age Group :	Competitor No :

4-6 Pre-Bounces\*  
Arm Set\*

Compulsory Routine				
	Routine	S	Notes	DD
1	Tuck jump			
2	Straddle jump			
3	Pike jump			
4	Seat landing			
5	To feet			
6	Tuck jump			
7	Straddle jump			
8	Pike jump			
9	Seat landing			
10	To Feet			
			<b>Total</b>	

Compulsory Routine				
	Routine	S	Notes	DD
1	Tuck jump			
2	Straddle jump			
3	Pike jump			
4	Seat landing			
5	To feet			
6	Tuck jump			
7	Straddle jump			
8	Pike jump			
9	Seat landing			
10	To Feet			
			<b>Total</b>	

**No Difficulty Tariff**

\*Recommended but not judged.



## Trampoline Gymnastics – Kinder 2 Competition Routine 2020

Name :
Club :

Age Group :	Competitor No :

4-6 Pre-Bounces\*  
Arm Set\*

Compulsory Routine				
	Routine	S	Notes	DD
1	Front landing			
2	To Feet			
3	Straddle Jump			
4	½ Twist			
5	Pike Jump			
6	Seat landing			
7	½ Twist to Feet			
8	Tuck Jump			
9	Seat landing			
10	To Feet			
			<b>Total</b>	

Compulsory Routine				
	Routine	S	Notes	DD
1	Front landing			
2	To Feet			
3	Straddle Jump			
4	½ Twist			
5	Pike Jump			
6	Seat landing			
7	½ Twist to Feet			
8	Tuck Jump			
9	Seat landing			
10	To Feet			
			<b>Total</b>	

**No Difficulty Tariff**

\*Recommended but not judged.

## Trampoline Gymnastics – Level 1 Competition Routines 2020

Name :
Club :

Age Group :	Competitor No :

Compulsory Routine				
	Routine	S	Notes	DD
1	Pike Jump			0.0
2	Front landing			0.1
3	To Feet			0.1
4	Straddle Jump			0.0
5	Seat landing			0.0
6	½ twist to Seat			0.1
7	To Feet			0.0
8	Tuck Jump			0.0
9	Back landing			0.1
10	To Feet			0.1
<b>Total</b>				<b>0.5</b>

Voluntary Routine				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

**DD: Min: 0.5 | Max: 1.0**

### EXAMPLES FOR VOLUNTARY ROUTINES

Optional	Routine 1.1 (DD = 0.7)	Routine 1.2 (DD = 0.8)	Routine 1.3 (DD = 1.0)
<b>Min DD = 0.5</b> <b>Max DD = 1.0</b>	1. ½ Twist Jump 2. Tuck Jump 3. ½ Twist to Seat landing 4. ½ Twist to Feet 5. Pike Jump 6. Front landing 7. To Feet 8. Straddle Jump 9. Back landing 10. To Feet	1. Seat landing 2. ½ Twist to Seat landing 3. ½ Twist to Feet 4. Pike Jump 5. Full Twist 6. Tuck Jump 7. Front landing 8. To Feet 9. Back landing 10. To Feet	1. ½ Twist to Front landing 2. To Feet 3. Tuck Jump 4. Full Twist 5. Pike Jump 6. ½ Twist to Seat 7. ½ Twist to Feet 8. Straddle 9. Back landing 10. ½ Twist to Feet

## Trampoline Gymnastics – Level 2 Competition Routines 2020

Name :
Club :

Age Group :	Competitor No :

Compulsory Routine				
	Routine	S	Notes	DD
1	Full Twist Jump			0.2
2	Tuck Jump			0.0
3	½ Twist to Front landing			0.2
4	To Feet			0.1
5	Pike Jump			0.0
6	½ Twist Jump			0.1
7	Straddle Jump			0.0
8	Front landing			0.1
9	To Back landing			0.2
10	To Feet			0.1
<b>Total</b>				<b>1.0</b>

Voluntary Routine				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

**DD: Min: 1.0 | Max: 1.7**

### EXAMPLES FOR VOLUNTARY ROUTINES

Optional	School C Division (DD = 1.2)	Routine 2.2 (DD = 1.4)	Routine 2.3 (DD = 1.6)
<b>Min DD = 1.0</b> <b>Max DD = 1.7</b>	1. Full twist Jump 2. Straddle Jump 3. Seat landing 4. ½ Twist to Seat landing 5. ½ Twist to Feet 6. Pike Jump 7. Back landing 8. ½ Twist to Feet 9. Tuck Jump 10. Front SS (T)	1. Back SS (T) 2. ½ Twist to Seat landing 3. ½ Twist to Seat landing 4. To Feet 5. Full Twist Jump 6. Straddle Jump 7. Front landing 8. To Feet 9. Back landing 10. ½ Twist to Feet	1. Back SS (T) 2. Pike Jump 3. ½ Twist to Seat landing 4. ½ Twist to Seat landing 5. ½ Twist to Feet 6. Straddle Jump 7. Back landing 8. ½ Twist to Feet 9. Tuck Jump 10. Front SS (T)

## Trampoline Gymnastics – Level 3 Competition Routines 2020

Name :
Club :

Age Group :	Competitor No :

Compulsory Routine				
	Routine	S	Notes	DD
1	Back SS	T		0.5
2	Straddle Jump			0.0
3	Seat Landing			0.0
4	½ Twist to Seat			0.1
5	½ Twist to Feet			0.1
6	Pike Jump			0.0
7	Back Drop			0.1
8	½ Twist to Feet			0.2
9	Tuck Jump			0.0
10	Front SS	T		0.5
Total				1.5

Voluntary Routine				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
Total				

**DD: Min: 1.5 | Max: 2.5**

### EXAMPLES FOR VOLUNTARY ROUTINES

Optional	School B Division (DD = 1.9)	Routine 3.2 (DD = 2.2)	School A Division (A2) (DD = 2.4)
<b>Min DD = 1.7</b> <b>Max DD = 2.5</b>	1. Back SS (T) 2. Tuck Jump 3. Full Twist jump 4. Straddle jump 5. ½ twist to front landing 6. To Feet 7. Back landing 8. ½ Twist to Feet 9. Pike Jump 10. Front SS (P)	1. Back SS (P) 2. Straddle Jump 3. Back SS (T) 4. Tuck Jump 5. Front landing 6. To Feet 7. ½ Twist to Back 8. ½ Twist to Feet 9. Pike Jump 10. Front SS (T)	1. Back SS (S) 2. Straddle Jump 3. Barani (P) 4. Tuck Jump 5. Back SS (P) 6. ½ Twist to Seat 7. ½ Twist to Feet 8. Pike Jump 9. ¾ Front SS (S) 10. To Feet

## Trampoline Gymnastics – Level 4 Competition Routines 2020

Name :
Club :

Age Group :	Competitor No :

Compulsory Routine				
	Routine	S	Notes	DD
1	Back SS	P		0.6
2	Pike Jump			0.0
3	Barani	T		0.6
4	Tuck Jump			0.0
5	$\frac{3}{4}$ Back SS	T		0.3
6	To Feet			0.1
7	Straddle Jump			0.0
8	Back landing			0.1
9	$\frac{1}{2}$ Twist to Back landing			0.3
10	$\frac{1}{2}$ Twist to Feet			0.2
<b>Total</b>				<b>2.2</b>

Voluntary Routine				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

**DD: Min: 2.2 | Max: 3.5**

**PLEASE NOTE**

The Top 8 Gymnasts in the Qualifying Round (if applicable) shall move on to the Final Round.

FINAL Voluntary (If Applicable)				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

## EXAMPLES FOR VOLUNTARY ROUTINES

Optional	Routine 4.1 (DD = 2.7)	Routine 4.2 (DD = 3.0)	Routine 4.3 (DD = 3.4)
<b>Min DD = 2.5</b> <b>Max DD = 3.5</b>	1. Back SS (S) 2. Barani (P) 3. Straddle Jump 4. Back SS (P) 5. ½ Twist Jump 6. Pike Jump 7. ½ Twist to Front 8. To Feet 9. Tuck Jump 10. Back SS (T)	1. Back SS (S) 2. Barani (S) 3. Tuck Jump 4. Back SS (P) 5. Barani (T) 6. Pike Jump 7. Full Twist 8. Straddle Jump 9. ¾ Back SS (T) 10. To Feet	1. Back SS (S) 2. Barani (S) 3. Tuck Jump 4. Back SS (T) 5. Barani (T) 6. Pike Jump 7. Barani (P) 8. Straddle Jump 9. ¾ Front SS (S) 10. ½ Twist to Feet

## Trampoline Gymnastics – Level 5 Competition Routines 2020

Name :
Club :

Age Group :	Competitor No :

Compulsory Routine				
	Routine	S	Notes	DD
1	¾ Back SS	S		0.3
2	To Feet			0.1
3	Back SS	T		0.5
4	Barani	P		0.6
5	Pike Jump			0.0
6	Barani	S		0.6
7	Back SS	S		0.6
8	Straddle Jump			0.0
9	¾ Front SS	S		0.3
10	½ Twist to Feet			0.2
<b>Total</b>				<b>3.2</b>

Voluntary Routine				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

**DD: Min: 3.5 | Max: 5.0**

**PLEASE NOTE**

The Top 8 Gymnasts in the Qualifying Round (if applicable) shall move on to the Final Round.

FINAL Voluntary (If Applicable)				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

## EXAMPLES FOR VOLUNTARY ROUTINES

Optional	Routine 5.1 (DD = 3.8)	Routine 5.2 (DD = 4.2)	Routine 5.3 (DD = 5.0)
<b>Min DD = 3.5</b> <b>Max DD = 5.0</b>	1. Barani (S) 2. Back SS (S) 3. Tuck Jump 4. Back SS (T) 5. Barani (T) 6. Pike Jump 7. Back SS (P) 8. Straddle Jump 9. $\frac{3}{4}$ Front SS (S) 10. Ballout (T)	1. Back SS (S) 2. Barani (S) 3. Pike Jump 4. Back SS (P) 5. Barani (P) 6. Tuck Jump 7. Back SS (T) 8. Barani (T) 9. Straddle Jump 10. Back Full	1. Back SS (S) 2. Barani (S) 3. Back Full 4. Barani (T) 5. Back SS (T) 6. Barani (P) 7. Back SS (P) 8. Straddle Jump 9. $\frac{3}{4}$ Back SS 10. Cody (T)



## Trampoline Gymnastics – Level 6 Competition Routines 2020

Name :
Club :

Age Group :	Competitor No :

Compulsory Routine				
	Routine	S	Notes	DD
1	Back SS	S		0.6
2	Barani	S		0.6
3	Back SS	T		0.5
4	Barani	T		0.6
5	Pike Jump			0.0
6	Barani	P		0.6
7	Back SS	P		0.6
8	Straddle			0.0
9	$\frac{3}{4}$ Front SS	S		0.3
10	Ballout Barani	T		0.7
Total				4.5

Voluntary Routine				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
DD: Min: 4.5   Max: 6.0				
Total				

**PLEASE NOTE**

The Top 8 Gymnasts in the Qualifying Round (if applicable) shall move on to the Final Round.

FINAL Voluntary (If Applicable)				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
Total				

## EXAMPLES FOR VOLUNTARY ROUTINES

Optional	Routine 6.1 (DD = 5.0)	Routine 6.2 (DD = 5.4)	Routine 6.3 (DD = 6.0)
<b>Min DD = 4.5</b> <b>Max DD = 6.0</b>	1. Rudi 2. Tuck Jump 3. Back SS (S) 4. Barani (S) 5. Back SS (P) 6. Barani (P) 7. Back SS (T) 8. Barani (T) 9. Straddle Jump 10. Back Full	1. $\frac{3}{4}$ Back SS (S) 2. Cody (P) 3. Barani (T) 4. Back SS (T) 5. Barani (P) 6. Back Full 7. Tuck Jump 8. Barani (S) 9. Back SS (S) 10. Rudi	1. $\frac{3}{4}$ Front SS (S) 2. Ballout Barani (T) 3. Back SS (T) 4. Barani (T) 5. Back Full 6. Barani (P) 7. Back SS (P) 8. Barani (S) 9. Back SS (S) 10. Rudi

## Trampoline Gymnastics – Open Competition Routines 2020 (16 and Under – Compulsory Option 1)

Name :
Club :

Age Group :	Competitor No :

Compulsory Routine, Option 1				
	Routine	S	Notes	DD
1	¾ Back SS	S		0.3
2	Cody	T		0.6
3	Straddle			0.0
4	Barani	T		0.6
5	Back SS	T		0.5
6	Barani	P		0.6
7	Back SS	P		0.6
8	Barani	S		0.6
9	Back Full	S		0.7
10	Rudi	S		0.8
<b>Total</b>				<b>5.3</b>

Voluntary Routine				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

DD: Min: 6.0

PLEASE NOTE
<p>The Top 8 Gymnasts in the Qualifying Round (if applicable) shall move on to the Final Round.</p>

FINAL Voluntary (If Applicable)				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

## Trampoline Gymnastics – Open Competition Routines 2020 (16 and Under – Compulsory Option 2)

Name :
Club :

Age Group :	Competitor No :

Compulsory Routine, Option 2				
	Routine	S	Notes	DD
1	¼ Front SS	S		0.3
2	Ballout Barani	T		0.7
3	Straddle			0.0
4	Barani	T		0.6
5	Back SS	T		0.5
6	Barani	P		0.6
7	Back SS	P		0.6
8	Barani	S		0.6
9	Back Full	S		0.7
10	Rudi	S		0.8
<b>Total</b>				<b>5.4</b>

Voluntary Routine				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

DD: Min: 6.0

PLEASE NOTE

The Top 8 Gymnasts in the Qualifying Round (if applicable) shall move on to the Final Round.

FINAL Voluntary (If Applicable)				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

## Trampoline Gymnastics – Open Competition Routines 2020 (17 and Over)

Name :
Club :

Age Group :	Competitor No :

Voluntary with Requirements* (R1)				
	Routine	S	Notes	*
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
			<b>Total</b>	

Voluntary Routine (R2)				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
			<b>Total</b>	

DD: Min: 6.0

PLEASE NOTE

The Top 8 Gymnasts in the Qualifying Round (if applicable) shall move on to the Final Round.

In the Voluntary with Requirements (R1) Routine, two (2) selected elements will have counting difficulty and must be marked with a star (\*).

These elements cannot be repeated in the Voluntary Routine (R2), otherwise their difficulty will not be counted.

FINAL Voluntary (If Applicable)				
	Routine	S	Notes	DD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
			<b>Total</b>	

## EXAMPLES FOR VOLUNTARY ROUTINES

Optional	Routine O1 (DD = 6.2)	Routine O2 (DD = 7.1)	Routine O3 (DD = 8.7)
<b>Min DD = 3.5</b> <b>Max DD = 5.0</b>	1. Rudi 2. Back SS (S) 3. Barani (S) 4. Full 5. Barani (P) 6. Back SS (P) 7. Barani (T) 8. Back SS (T) 9. $\frac{3}{4}$ Front SS (S) 10. Ballout Rudi	1. Half Out (T) 2. Barani (S) 3. Back SS (S) 4. Back Full 5. Rudi 6. Back SS (P) 7. Barani (P) 8. Back SS (T) 9. Barani (T) 10. Double Back SS (T)	1. Half Out (P) 2. Back SS (S) 3. Half Out (T) 4. Half In Half Out (T) 5. Barani (S) 6. Double Back SS (T) 7. Barani (P) 8. Back SS (T) 9. Barani (T) 10. Double Back SS (P)



## **APPENDIX B**

Terminology for Competition Card

# Appendix B: Trampoline Terminology

Notation to be used on Competition Card

Written Notation for Competition Card	Also Known As	DD
Tuck Jump		-
Pike Jump		-
Straddle Jump	Open Pike	-
½ Twist Jump		0.1
Full Twist Jump	1/1 Turn Jump	0.2
Seat landing		-
Front landing	Stomach Drop	0.1
Back landing		0.1
To Feet		0.1
½ Twist to Feet (from Seat)		0.1
½ Twist to Feet (from Back landing)		0.2
½ Twist to Seat (from Seat landing)	Swivel Hips	0.1
½ Twist to Front landing	Airplane	0.2
Back SS (T)	Back Tuck, Back Somersault	0.5
Front SS (T)	Front Tuck, Front Somersault	0.5
Barani (T)	Front SS with ½ twist	0.6
Rudi	1 ½ twisting front layout/ somersault	0.8
¾ Back SS (Any Position)	Lazy Back (Any Position)	0.3
¾ Front SS (Any Position)	Crash Dive (Any Position)	0.3
Back Cody (T)	Back SS from Front landing To Feet (1 ¼ Back SS) (T)	0.6
Ballout (T)	Front SS from Back landing (1 ¼ Front SS) (T)	0.6
Barani Ballout (T)	Front SS from Back landing (1 ¼ Front SS) with ½	0.7
Back Full	Layout Full Twist, Straight Back Full Twist	0.7
Back landing ½ twist to Back	Cradle	0.3
Back Double Full	Double Twisting Back SS (S)	0.9
Double Back SS (T)	Double Back Somersault (T)	1.0
½ Out (T)	Double Front SS with ½ twist (T)	1.1
1 ¾ Front SS (T)	1 ¾ Front SS to back landing (T)	0.8