



# **2013**

# **Trampoline Manual**

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

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

### **TEAMS COMPETITION:**

A School may enter as many teams as they would like, of up to 4 athletes. Each athlete may only be in one team. Athletes may be from different Grades.

Athletes will have their form scores from the 2 rounds added together to make a total Form Score and the top 3 Form Scores will be added to make the team score.

Athletes not in a team can be entered as an individual.

### **TRAMPOLINE ROUTINES:**

Two routines will be performed by each competitor.

#### **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, if it is the Voluntary routine, however in the compulsory routine a penalty deduction of 1.0 from each form judge will be taken.)
- The competitor should stand for 3 seconds at the end of the routine.
- 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 jump (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.

### **COMPULSORY ROUTINES:**

THESE MUST BE PERFORMED AS WRITTEN ON THE COMPETITION CARD, OTHERWISE THERE IS A 1.0 DEDUCTION FOR EVERY MISSING REQUIREMENT AS WELL AS A 1.0 DEDUCTION FOR ANY REPEATED SKILLS.

#### **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 backsault)
3. At least one double 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)

**\*\* Please note** – Any Student who has competed in a qualifying event in New Zealand within the last 12 months in the International band must compete in the Elite grade.

Students who have competed in a qualifying event in New Zealand in their age band may not compete in C Grade.

### A Grade: (NCEA Level 2 Excellence)

- Each of the 10 skills must be different, *no repeating skills*
- A full twisting skill e.g. *full twist jump, or full twist to feet*
- A skill onto the stomach or back e.g. *½ to stomach, or back drop*
- Routine meets a minimum 2.1 difficulty requirement.

A Grade Example 1	A Grade Example 2	A Grade Example 3
1. Back somersault Pike	1. Back Somersault Straight	1. Crash Dive
2. Barani Pike	2. Straddle Jump	2. To Feet
3. Full twist to seat	3. Barani Tuck	3. Straddle Jump
4. Half twist to feet	4. Tuck Jump	4. Back somersault Pike
5. Tuck jump	5. Half Twist to Stomach	5. Barani Pike
6. Back somersault Tuck	6. To Feet	6. Pike Jump
7. Barani Tuck	7. Full Twist Jump	7. Full Twist Jump
8. Straddle jump	8. Pike Jump	8. Tuck Jump
9. ¾ back somersault Tuck	9. ¾ back somersault Tuck	9. Back somersault Tuck
10. To feet	10. To feet	10. Barani Tuck

### B Grade: (NCEA Level 2 Merit)

- Each of the 10 skills must be different, *no repeating skills*
- A full twisting skill e.g. *full twist jump, or full twist to feet*
- A skill onto the stomach or back e.g. *½ to stomach, or back drop*
- Routine meets a minimum 1.3 difficulty requirement with a maximum of 2 somersaults.

B Grade Example 1	B Grade Example 2	B Grade Example 3
1. Back somersault Tuck	1. Back somersault Tuck	1. Back somersault Tuck
2. Straddle jump	2. Seat Drop	2. Straddle Jump
3. Stomach drop	3. Half Twist to Seat	3. Half twist to seat
4. To feet	4. To Feet	4. Half twist to Feet
5. Pike jump	5. Full Twist Jump	5. Full Twist Jump
6. Back drop	6. Straddle jump	6. Pike jump
7. To feet	7. Back Drop	7. Half twist to stomach
8. Full twist jump	8. To Feet	8. To feet
9. Tuck Jump	9. Tuck Jump	9. Tuck jump
10. Front somersault Tuck	10. Front Somersault Tuck	10. Front somersault Tuck

### C Grade: (NCEA Level 2 Achieved)

- Each of the 10 skills must be different, *no repeating skills*
- A full twisting skill e.g. *full twist jump, or full twist to feet*
- A skill onto the stomach or back e.g. *½ to stomach, or back drop*
- Routine meets a 0.8 difficulty requirement, with no somersaults allowed.

C Grade Example 1	C Grade Example 2	C Grade Example 3
Half twist to seat	Back Drop	Seat Drop
Half twist to feet	Half twist to feet	Half Twist to Seat
Straddle jump	Straddle Jump	To Feet
Full twist jump	Seat Drop	Straddle Jump
Pike jump	Half Twist to Seat	Half Twist to Stomach
Stomach drop	To Feet	To Feet
To feet	Tuck Jump	Full Twist Jump
Tuck jump	Full Twist Jump	Tuck Jump
Back drop	Stomach Drop	Back Drop
To feet	To Feet	To Feet

**VOLUNTARY ROUTINES:** Please note that some Grades have a maximum Difficulty score for the voluntary routine.

The routine consists of 10 different elements of the athlete's choice with the following maximum degree of difficulty for each grade:

**Elite** - No maximum difficulty

**A Grade** - 7.0

**B Grade** - 4.0

**C Grade** - Repeat of compulsory routine

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

### Difficulty ratings of skills

Tuck, pike and straddle jump	0.0	Back somersault tuck	0.5
Half twist (from feet or seat)	0.1	Back somersault pike or straight	0.6
Full twist jump	0.2	$\frac{3}{4}$ Back Somersault (Tuck, Pike or Straight)	0.3
Seat drop	0.0	Crash Dive	0.3
Half twist to seat	0.1	Ballout tuck (somersault from back)	0.6
Half twist to feet (from seat)	0.1	Barani ballout, tuck, pike and straight	0.7
Stomach drop	0.1	Cody (somersault from stomach)	0.6
Back drop	0.1	Full twisting back somersault	0.7
Half twist to stomach or back	0.2	1 and $\frac{1}{2}$ twisting front somersault (rudi)	0.8
Half twist to feet (from back or stomach)	0.2	1 and $\frac{3}{4}$ front tuck	0.8
Full twist to or from back or stomach	0.3	1 and $\frac{3}{4}$ front pike	0.9
Front somersault tuck	0.5	Double back or front somersault, tuck	1.0
Front somersault Pike or Straight	0.6	Half Out, tuck	1.1
Barani tuck, pike and straight	0.6	Half Out Pike	1.3



# Secondary Schools Trampoline Card

Compulsory					Voluntary			
	Skill	Pos	DD/*	Check	Skill	Pos	DD	Check
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
					Total Difficulty			

Full Name			
School			
Grade			Female/Male