

# 2016 TRAMPOLINE ROUTINES

## Trampoline and Double-Mini Trampoline

### TRAMPOLINE

IMPORTANT: Voluntary routines ARE NOT ALLOWED TO EXCEED THE DIFFICULTY DEGREE OF THE NEXT LEVEL within the same age group - UP TO LEVEL 5. From level 5 upwards there is no restriction on the difficulty, except as set out in FIG rules.

Prescribed routines have no difficulty degree, unless when repeated as a voluntary routine.

**Purpose of level 1** - majority of level 2 competitors have poor technique, not enough time was spent on basics. Level 1 focus on basics.

### LEVEL 1

Element	8 and under		9 – 10 years		11 – 12 years	
1	Doggie drop	0.1	Seat drop	0.0	Pike jump	0.0
2	To feet	0.1	To feet	0.0	Straight jump	0.0
3	Tuck jump	0.0	Pike jump	0.0	Tuck jump	0.0
4	Straight jump	0.0	Straight jump	0.0	Seat drop	0.0
5	Pike jump	0.0	Tuck jump	0.0	To feet	0.0
6	Straight jump	0.0	Straight jump	0.0	Straight jump	0.0
7	Straddle jump	0.0	Straddle jump	0.0	Doggie drop	0.1
8	Straight jump	0.0	Straight jump	0.0	To feet	0.1
9	Seat drop	0.0	Doggie drop	0.1	Straight jump	0.0
10	To feet	0.0	To feet	0.1	Straddle jump	0.0
	Outbounce!		Outbounce!		Outbounce!	
	Total	0.2	Total	0.2	Total	0.2
Element	13 – 14 years		15 and over			
1	Straddle jump	0.0	Pike jump	0.0		
2	Straight jump	0.0	Straight jump	0.0		
3	Doggie drop	0.1	Seat drop	0.0		
4	To feet	0.1	To feet	0.0		
5	Straight jump	0.0	Doggie drop	0.1		
6	Pike jump	0.0	To feet	0.1		
7	Straight jump	0.0	Straight jump	0.0		
8	Seat drop	0.0	Straddle jump	0.0		
9	To feet	0.0	Straight jump	0.0		
10	Tuck jump	0.0	Tuck jump	0.0		
	Out bounce!		Out bounce!			
	Total	0.2	Total	0.2		

**ALL** beginners must start at level 1. All level 1 routines to end with an out bounce. Point 2 deduction from each execution judge if there is no proper out bounce.

**Recommendation** - beginners, first year of competition at level 1. Keep at level 1 until 8.5 and higher mark is obtained at competitions for the basic skills.

In voluntary routine start with skills that have rotation value.

## LEVEL 2

Element	8 and under		9 – 10 years		11 – 12 years	
1	Tuck jump	0.0	½ twist to seat	0.1	½ twist to back	0.2
2	Seat drop	0.0	½ twist to feet	0.1	½ twist to feet	0.2
3	½ twist to seat	0.1	Straddle jump	0.0	Straddle jump	0.0
4	To feet	0.0	Back drop	0.1	Peel off	0.2
5	Straddle jump	0.0	To feet	0.1	To feet	0.1
6	Back drop	0.1	Pike jump	0.0	Pike jump	0.0
7	To feet	0.1	Peel off	0.2	Pirouette	0.2
8	Pike jump	0.0	To feet	0.1	Tuck jump	0.0
9	Stomach drop	0.1	Tuck jump	0.0	Front turn over	0.3
10	To feet	0.1	pirouette	0.2	To feet	0.1
	Total	0.5	Total	0.9	Total	1.3
Element	13 – 14 years		15 and over			
1	Front turnover	0.3	Front turnover	0.3		
2	½ twist to feet	0.2	½ twist to feet	0.2		
3	Straddle jump	0.0	Tuck jump	0.0		
4	Stomach drop	0.1	Back drop	0.1		
5	To feet	0.1	Back pull over	0.3		
6	Back drop	0.1	Straddle jump	0.0		
7	½ twist to back	0.2	Pirouette	0.2		
8	To feet	0.1	Pike jump	0.0		
9	Tuck jump	0.0	Swan dive	0.3		
10	Pirouette	0.2	To feet	0.1		
	Total	1.3	Total	1.5		

In level 2      ½, ¼ and ¾ rotation and full twist (pirouette)

**Recommendation:** Voluntary routines - 360° rotation (somersault) and Twist

## LEVEL 3

Element	8 and under		9-10 under		11 – 12 years	
1	Tuck back	0.5	Tuck back	0.5	¾ Layout	0.3
2	Tuck jump	0.0	Pirouette	0.2	To feet	0.1
3	Back drop	0.1	Straddle jump	0.0	Tuck jump	0.0
4	½ twist to feet	0.2	½ twist to back	0.2	Tuck back	0.5
5	Straddle jump	0.0	½ twist to feet	0.2	Straddle jump	0.0
6	Peel off	0.2	Tuck jump	0.0	Layout	0.6
7	To feet	0.1	¾ layout	0.3	Pike jump	0.0
8	Pike jump	0.0	to feet	0.1	Swan-dive	0.3
9	Front turn-over	0.3	swan dive	0.3	Front turn-over	0.5
10	to feet	0.1	to feet	0.1	To feet	0.1
	Total	1.5	Total	1.9	Total	2.4

13 – 14 years		15 and over	
Layout	0.6	Layout	0.6
Tuck jump	0.0	Straight barani	0.6
Tuck barani	0.6	Tuck jump	0.0
Tuck back	0.5	$\frac{3}{4}$ layout	0.3
Pike jump	0.0	to feet	0.1
$\frac{3}{4}$ layout	0.3	Tuck barani	0.6
to feet	0.1	Tuck back	0.5
Swan dive	0.3	Swan-dive	0.3
Front turn-over	0.5	Front turn-over	0.5
To feet	0.1	To feet	0.1
Total	3.0	Total	3.6

In level 3 Front and back somersaults and baranis

**Recommendation:** Voluntary routines - 1  $\frac{1}{4}$  Front and back and 1/1 Twist

## LEVEL 4

Element	10 and under		11 – 12 years		13 – 14 years		15 and over	
1	Pike back	0.6	Layout	0.6	1/1 Twist (back)	0.7	1/1 Twist (back)	0.7
2	Tuck barani	0.6	Straight barani	0.6	Straight barani	0.6	Straight barani	0.6
3	Tuck jump	0.0	Tuck jump	0.0	1 $\frac{1}{4}$ tuck back	0.6	Layout	0.6
4	$\frac{3}{4}$ layout	0.3	$\frac{3}{4}$ layout	0.3	Pull-over (pike)	0.3	Tuck barani	0.6
5	To feet	0.1	Cody tuck	0.6	Tuck jump	0.0	1 $\frac{1}{4}$ Pike back	0.7
6	Pike jump	0.0	Pike jump	0.0	Tuck back	0.5	Pike pull-over	0.3
7	Pike barani	0.6	Tuck barani	0.6	Pike barani	0.6	Pike barani	0.6
8	Straddle jump	0.0	Tuck back	0.5	Pike back	0.6	Pike back	0.6
9	Swan dive	0.3	Swan dive	0.3	Swan-dive	0.3	Swan dive	0.3
10	Tuck front ball-out	0.6	Barani ball-out	0.7	Barani ball-out	0.7	Barani ball-out	0.7
	Total	3.1	Total	4.2	Total	4.9	Total	5.7

**Recommendation:** Voluntary routines - 1  $\frac{3}{4}$  and double somersaults

## LEVEL 5

Level 5 gymnasts who do not meet the required difficulty degree should not compete at Level 5 at SA's and will be penalized. The difficulty that he/she lacks will be deducted from the total score. In the voluntary routines Level 5 must adhere to special requirements as set out in FIG RULES FOR WAGC 2013 – 2016 .

**10 And under age group** must have in voluntary the following elements:

- 1 element landing on the front of the body
- 1 element landing on the back of the body

10 and under	5.4
11 – 12 years	6.5
13 – 14 years	7.0
15 – 16 years	8.0
17 and over	9.0
<b>LEVEL 7</b>	
Open Men & Ladies	8 skills with a minimum of 720 degrees somersault rotation

**Recommendation:** Voluntary routines Level 5 - Start practising twisting doubles

Level 6 - Olympic Development - Do twisting doubles  
Level 7 - Open - Twisting doubles and triples.

PLEASE NOTE! - in .synchro competitions a competitor is allowed to move up to the same level or age group as the synchro mate in the highest level or age group. However, the team member competing in a higher level or age group is not allowed to move down.

**At all competitions at least one of the two trampoline routines and two of the double mini routines must be completed to receive a medal.**

**TEN POINTS TO FOCUS ON**

1. Arms! Stretch arms and shoulders
2. Press feet out of trampoline bed - toes pointed!
3. Body position
4. Kick-outs
5. Arms slide
6. Height
7. Chin out
8. Focus point, eyes, padding not feet
9. Red cross in centre
10. Stick

## DOUBLE-MINI

IMPORTANT: Voluntary routines ARE NOT ALLOWED EXCEEDING THE DIFFICULTY DEGREE OF THE NEXT LEVEL within the same age group - UP TO LEVEL5. From level5 upwards there is no restriction on the difficulty.

Skills within prescribed routines' difficulty degree don't count towards final mark.

### PRESCRIBED ROUTINES

#### LEVEL 2

Pass	8 and under		9 – 10 years		11 – 12 years	
3.	Tuck jump	0.0	Tuck jump	0.0	Pike jump	0.0
	½ Twist	0.2	Pirouette	0.4	Pirouette	0.4
4.	Straddle jump	0.0	Pike jump	0.0	½ Twist	0.2
	Pike jump	0.0	Straddle jump	0.0	Tuck jump	0.0
Pass	13 – 14 years		15 and over			
3.	Straddle jump	0.0	Pike jump	0.0		
	Pirouette	0.4	Pirouette	0.4		
4.	Pirouette	0.4	Pirouette	0.4		
	Tuck jump	0.0	½ Twist	0.2		

#### LEVEL 3

Pass	8 and under		9-10 years		11 – 12 years	
3.	Tuck jump	0.0	tuck jump	0.0	½ Twist	0.2
	½ Twist	0.2	pike front	0.6	tuck back	0.5
4.	Straddle jump	0.0	straddle jump	0.0	Tuck jump	0.0
	Tuck front	0.5	tuck front	0.5	Tuck barani	0.7
Pass	13 – 14 years		15 and over			
3.	Tuck back	0.5	Tuck back	0.5		
	Tuck barani	0.7	Straight barani	0.7		
4.	Tuck front	0.5	Straight barani	0.7		
	Tuck front	0.5	Lay-out	0.6		

#### LEVEL 4

Pass	10 and under		11 – 12 years	
3.	Tuck back	0.5	Tuck back	0.5
	Tuck jump	0.0	Straight barani	0.7
4.	Tuck front	0.5	Tuck front	0.5
	Tuck front	0.5	Pike front	0.6
Pass	13 – 14 years		15 and over	
3.	Pike back	0.6	Tuck back	0.5
	Straight barani	0.7	Rudi	1.2
4.	tuck barani	0.7	Straight barani	0.7
	pike back	0.6	1/1 Twist	0.9

## LEVEL 5

### REQUIRED DIFFICULTY DEGREE FOR 4 ROUTINES

Level 5 gymnasts who do not meet the required difficulty degree should not compete at Level 5 at SA's and will be penalized. The difficulty that he/she lacks will be deducted from the total score

10 and under	All skills to be somersault skills
11 – 12 years	5.9
13 – 14 years	8.2
15 – 16 years	11.1
17 and over	12.9
<b>LEVEL 7</b>	
Open Men	21.0
Open Ladies	17.6

