



Circular TRA TC 01-2018

30 January 2018

To: SAGF Board & MTC Members
Trampoline HP Coaches
Trampoline Judges
All Provinces, Districts, Clubs & Members

RE: NEW TUMBLING ROUTINES 2018 VERSION 1

Dear Friends.

As many of you know 2017 ended on a high for trampoline with a gold medal achieved at the "World Championships" on the Double Mini Trampoline by Bianca Zoonekynd. Sincere congratulations to both Bianca and her coach Mandy Zoonekynd, for helping us end the year on such a high! It is our hope that 2018 will also be an exceptionally good year for both trampoline and tumbling.

Please find attached the new and revised tumbling routines for 2018 as discussed at the technical assembly. We hope that new routines will provide variety for all ages and levels.

AGES AT 31 DECEMBER: 6-7yrs, 8-9yrs, 10-12yrs, 13-15yrs, 16&0yrs

- **Level 1:**
Forward Roll, ½ Turn, Backward Roll
- **Level 2:**
Forward Roll, Hurdle, Cartwheel
- **Level 3:**
Standing Hurdle, Round Off, Backward Roll, Pirouette

Rules: Level 1-3

- **Level 4:**
2 x Set Routines (No Difficulty)
Hurdle, Round Off, FF
- **Level 5:** 2 Voluntary Routines – 3 Skills
(Max Difficulty 1.0)
- **Level 6:** 2 Voluntary Routines
1st Routine 3 Skills (Max Difficulty 1.5)
2nd Routine 5 Skills (Max Difficulty 1.6)
- **Level 7:** 2 Voluntary Routines
1st Routine 5 Skills (Max Difficulty 1.9)

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2nd Routine 8 Skills (Max Difficulty 2.5)

- **Level 8:** 2 Voluntary Routines

8 Skills

12& U Max Difficulty 5.0

13-14 Max Difficulty 7.0

15-16 Max Difficulty 8.0

17&0 Max Difficulty 8.0

- **Level 9: Age Groups**

FIG Rules

	Female	Male
12/U Min Difficulty	5.0	5.4
13-14 Min Difficulty	7.0	7.5
15-16 Min Difficulty	8.0	8.0
17-18 Min Difficulty	8.0	10.0

- **Level 10: Seniors (17 +)**

FIG Rules

1 Straight Pass

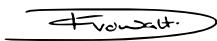
1 Twisting Pass

Min Difficulty 10.0

12.5

ALL SALTO'S TO LAND ON LANDING AREA IN ALL LEVELS

Kind Regards



Cheryl van der Walt
(TRA Chairperson)