



Circular TRA TC 34-2018

23 December 2018

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

2019 TRAMPOLINE ROUTINES ALL LEVELS

Dear Clubs.

Please note that no changes will take place to the existing routines for level 4+ trampoline and double mini trampoline however, the TC has decided to implement the following changes to the level 1-3 routines which we believe will enhance our program.

1. Euro Trampoline – Level 3 Routine (All Ages) – New Routine

Compulsory Routine

1. Seat Drop
2. ½ Twist to Seat (.1)
3. To Feet
4. Pirouette (.2)
5. Tuck Jump
6. Stomach Drop (.1)
7. To Feet (.1)
Outbounce

Difficulty of the voluntary routine must **NOT** exceed 0.5

Age Groups Level 3

6-8 years, 9-10 years, 11-12 years, 13-14 years & 15 years and over

2. Double Mini - Level 3 Routines (All Ages) – New Routine

Compulsory Routines

1. Tuck Jump – Straddle Jump
2. Straddle Jump – Tuck Jump
3. Voluntary
4. Voluntary

The repetition of a single skill (not a straight jump) is allowed in level 3. Difficulty of the voluntary routines must **NOT** exceed 0.5 per routine

Age Groups Level 3

6-8 years, 9-10 years, 11-12 years, 13-14 years & 15 years and over

3. Change of Age Group for Blacktop Trampoline

The age groups of the blacktop trampoline will be changed to the same as those of the mini trampoline. This means that competitions will be held in the following age groups for girls and boys

Levels 1&2 Revised Age Groups

6 – 7 years, 8 years, 9 years, 10 years, 11-12 years, 13 -14 years & 15 years and over

Level 3 Revised Age Groups

12 & Younger and 13 & Older

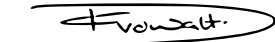
(Black Top Trampoline routines are the same for the different age groups in each level)

4. Changes to Synchro Rules

The rules and regulations for synchro under national events will be changed to allow all age groups from level 4+ to compete and will not exclude the 6-8 age group, as is currently the case.

The rules and regulations will be updated with these changes, distributed and placed on the SAGF website early in January.

Kind Regards

A handwritten signature in black ink, appearing to read "Cheryl van der Walt", enclosed within a hand-drawn oval.

Cheryl van der Walt