NEW ZEALAND SECONDARY SCHOOLS GYMSPORTS CHAMPIONSHIPS

2019

TRAMPOLINE MANUAL

Please also refer to the New Zealand Secondary Schools GymSports Championships General Manual for more information relating to the event

NZ Secondary Schools - GymnasticsNZ

Gymnastics NEW ZEALAND

"Growing Great New Zealanders through Gymnastics"

COMPETITION GRADES

Each student must be entered in one of the five following grades. The particular grade they enter is dependent upon their ability and experience in competitive trampoline.

TRAMPOLINE		
Level	Pre-requisite	Category
Elite	Any student who has competed as a Junior International or Senior International in a New Zealand trampoline competition* within the last 24 months must compete in this grade.	Individual Team
Junior Elite	Any student who has competed as a Youth International or Sub-Junior International in a New Zealand trampoline competition* within the last 24 months must compete in this grade or the Elite grade.	Individual Team
A Grade	Any student who has competed as an 11 - 12 year old or older in a New Zealand trampoline competition* within the last 24 months must compete in this grade or a higher grade. This grade is suitable for students who regularly undertake trampoline as a recreational activity or past athletes.	Individual Team
B Grade	This grade is suitable for students who have some trampoline knowledge but who do not visit a trampoline club regularly	Individual Team
C Grade	This grade is for students who are just beginning trampoline at a recreational level	Individual Team

* for the purposes of this protocol, a New Zealand trampoline competition is any trampoline competition at which a student can qualify for the annual NZ Gymsports Championships.

TRAMPOLINE ROUTINES

- Each student must perform two routines; a 'Set Routine' and a 'Voluntary Routine'.
- The Routines performed by a student must follow the requirements specified for the Grade in which they are competing.

- A Grade, B Grade and C Grade:
    - the Set Routine can only contain the skills specified below and they must be undertaken in the order shown
    - Students in C Grade must use the Set Routine specified for C Grade as their Voluntary Routine however the difficulty of the skills in the routine will be counted in the total score for their Voluntary Routine.

- Elite Grade can chose their own skills for the Set Routine as long as the overall routine meets the requirements specified.

- The Voluntary Routine for Elite, Junior Elite, A Grade and B Grade can include any 10 skills chosen by the student, but it should be noted that some grades have limits on the difficulty of each skill allowed. The order in which the skills are undertaken can also be chosen by the student.

- The Trampoline card in this manual is required to be filled out and handed to the event office prior to the competition start.

ROUTINE REQUIREMENTS

Specific Requirements for each Grade:

Elite Grade	Junior Elite	A Grade	B Grade	C Grade
Set Routine: FIG B Requirements – this routine consists of • 10 elements • Only one (1) element allowed with less than 270 degrees somersault rotation. • Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element, but must be performed as separate elements: o One (1) element to front or back o One (1) element from front or back – in combination with requirement number one o One (1) double front or double back somersault with or without twist o One (1) element with a minimum of 540 degrees twist and minimum of 360 degrees somersault	**Set Routine:** Youth International routine requirements - • 10 elements • Only two (2) elements allowed with less than 270 degrees somersault rotation. • Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element, but must be performed as separate elements: o One (1) element landing on the front of the body o One (1) element landing on the back of the body o One (1) skill with a minimum of 360 degrees of twist and a minimum of 360 degrees somersault OR Sub Junior International routine requirements if preferred (FIG B Requirements – the same as Elite Grade set routine).	**Set Routine:** 1. Back somersault (tuck) 2. Straddle 3. Front drop 4. To feet from front 5. Tuck jump 6. Back drop 7. Half twist to feet from back 8. Pike jump 9. Half twist jump 10. Front somersault (tuck)	**Set Routine:** 1. Back drop 2. Half twist to feet from back 3. Straddle jump 4. Seat drop 5. Half twist to Seat drop (swivel hips) 6. To feet from seat 7. Half twist to Front drop 8. To feet from front 9. Tuck jump 10. Front somersault (tuck)	**Set Routine:** 1. Half twist to Seat drop 2. Half twist to feet from seat 3. Straddle jump 4. Half twist jump 5. Pike jump 6. Front drop 7. To feet from front 8. Tuck jump 9. Back drop 10. To feet from back
Voluntary Routine: No maximum difficulty.	**Voluntary Routine:** Maximum total difficulty of 8.5	**Voluntary Routine:** Maximum total difficulty of 5.0	**Voluntary Routine:** Maximum total difficulty of 3.0	**Voluntary Routine:** Must be a repeat the C Grade Set Routine

Trampoline

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

Competitor No.
N/A