



# NZ SECONDARY SCHOOLS

## Tier 2 GYMNASTIC SPORTS CUP

# TRAMPOLINE & DOUBLE MINI TRAMPOLINE MANUAL

## 2023

This manual outlines the routine requirements for Trampoline and Double Mini-Trampoline at the NZ Secondary School Gymnastic Sports Cup event.

This event is endorsed by School Sport NZ



## 1. DIVISIONS

The following table shows the divisions offered for Trampoline and Double Mini-Trampoline

TRAMPOLINE (TRA) & DOUBLE MINI-TRAMPOLINE (DMT)			
Division	Criteria	Category	Requirements
<b>TRA &amp; DMT Grade 1</b>  (Formerly C Grade)	Recommended for school based and GNZ club recreational participants.  <b>No retired competitive gymnasts</b>	Individual Male Individual Female  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	TRA: 2 Set Routines  DMT: 2 Set Passes
<b>TRA &amp; DMT Grade 2</b>  (Formerly B Grade)	Recommended for recreational club participants and gymnasts from other codes.  <b>No retired competitive gymnasts who have competed 11-12 Age or over.</b>	Individual Male Individual Female  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	TRA: 2 Set Routines  DMT: 2 Set Passes
<b>TRA &amp; DMT Grade 3</b>  (Formerly A Grade)	Recommended for advanced recreational club participants, gymnasts from other codes, retired Age Group 15-16 Age and Under Competitive Gymnasts.  <b>No current competitive TRA and DMT age group No current and retired international athletes.</b>	Individual Male Individual Female  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	TRA: 2 Set Routines  DMT: 2 Set Passes
<b>TRA Open Grade</b>  (Formerly Junior Elite)	Recommended for retired age group and international TRA athletes.  <b>No current competitive TRA and DMT age group or international athletes.</b>	Individual Male Individual Female  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	TRA: 2 Routines meeting the minimum requirements.  DMT: 2 Passes meeting the minimum requirements.

## 2. ROUTINE REQUIREMENTS

Two routines will be performed by each competitor;

- Grades 1, 2 and 3 have set routines.
- Open Grade has minimum requirements to be met. The minimum requirements must be met in both routines.
- The Set Routines can only contain the skills specified below and they must be undertaken in the order shown.

Note:- there are no finals.

## 3. GENERAL

**Attire** – see General Manual for general attire requirements.

- Trampoline and Double Mini athletes are required to wear white socks while on the trampolines.

### **Judging**

- Each routine is marked out of 10 by the judges.
- Degree of Difficulty (dd) will NOT be included into the mark for any routines.
- If a competitor forgets, or stops in a routine, at any stage before the 10th skill is completed, the routine score is calculated up to that point.
- A routine must be performed in a continual motion.
- There will be no bounces in between skills.
- A competitor may not do flick-flacs, forward/backward rolls, round off etc as part of their routine.
- No repeated skills.
- The skill “to feet” is not considered a repeat if coming from a different landing position.
- The competitor should stand still for 3 seconds at the end of each routine.
- The final or 10th skill must finish on the 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 athlete can complete with good style, confidence, and safety

<b>TRAMPOLINE COMPETITION REQUIREMENTS</b>	
<b>TRA Grade 1</b> (Formerly C Grade)	<p><b>Perform:</b> 1 Set Routine, twice</p> <p><b>Set Routine</b></p> <ol style="list-style-type: none"> <li>1. Half twist to Seat drop</li> <li>2. Half twist to feet from seat</li> <li>3. Straddle jump</li> <li>4. Half twist jump</li> <li>5. Pike jump</li> <li>6. Front drop</li> <li>7. To feet from front</li> <li>8. Tuck jump</li> <li>9. Back drop</li> <li>10. To feet from back</li> </ol>
<b>TRA Grade 2</b> (Formerly B Grade)	<p><b>Perform:</b> 1 Set Routine, twice</p> <p><b>Set Routine</b></p> <ol style="list-style-type: none"> <li>1. Back drop</li> <li>2. Half twist to feet from back</li> <li>3. Straddle jump</li> <li>4. Seat drop</li> <li>5. Half twist to Seat drop (swivel hips)</li> <li>6. To feet from seat</li> <li>7. Half twist to Front drop</li> <li>8. To feet from front</li> <li>9. Tuck jump</li> <li>10. Front somersault (tuck)</li> </ol>
<b>TRA Grade 3</b> (Formerly A Grade)	<p><b>Perform:</b> 1 Set Routine, twice</p> <p><b>Set Routine</b></p> <ol style="list-style-type: none"> <li>1. Back somersault (tuck)</li> <li>2. Straddle</li> <li>3. Front drop</li> <li>4. To feet from front</li> <li>5. Tuck jump</li> <li>6. Back drop</li> <li>7. Half twist to feet from back</li> <li>8. Pike jump</li> <li>9. Half twist jump</li> <li>10. Front somersault (tuck)</li> </ol>
	<p><b>Perform:</b> 2 routines meeting the minimum requirements below - you may repeat the routine twice or do 2 different routine</p>

<b>RA Open Grade</b>  (Formerly Junior Elite)	<b>Set Routine:</b> Requirements suited for retired athletes.  17+ Age Group Competitive routine <ul style="list-style-type: none"> <li>• 10 different elements</li> <li>• no more than two elements with less than a 270-somersault rotation</li> <li>• at least one skill to a front or back landing with a minimum rotation of 270</li> <li>• at least one skill from a front or back landing with a minimum rotation of 270 requirements 3 &amp; 4 cannot be fulfilled by combining them into one element but must be met in separate elements.</li> </ul>
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<b>DOUBLE MINI TRAMPOLINE COMPETITION REQUIREMENTS</b>		
<b>DMT Grade 1</b>	<b>Perform:</b> 2 Set Passes	
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td data-bbox="415 625 902 785" style="width: 50%; vertical-align: top;"> <b>Pass 1</b>            Straddle Jump            Half Twist Jump         </td> <td data-bbox="902 625 1375 785" style="width: 50%; vertical-align: top;"> <b>Pass 2</b>            Tuck Jump            Full Twist Jump         </td> </tr> </table>	<b>Pass 1</b> Straddle Jump Half Twist Jump
<b>Pass 1</b> Straddle Jump Half Twist Jump	<b>Pass 2</b> Tuck Jump Full Twist Jump	
<b>DMT Grade 2</b>	<b>Perform:</b> 2 Set Passes	
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td data-bbox="415 816 902 951" style="width: 50%; vertical-align: top;"> <b>Pass 1</b>            Straddle Jump            Full Twist jump         </td> <td data-bbox="902 816 1375 951" style="width: 50%; vertical-align: top;"> <b>Pass 2</b>            Tuck Jump            Tuck Front Somersault         </td> </tr> </table>	<b>Pass 1</b> Straddle Jump Full Twist jump
<b>Pass 1</b> Straddle Jump Full Twist jump	<b>Pass 2</b> Tuck Jump Tuck Front Somersault	
<b>DMT Grade 3</b>	<b>Perform:</b> 2 Set Passes	
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td data-bbox="415 982 902 1117" style="width: 50%; vertical-align: top;"> <b>Pass 1</b>            Tuck Jump            Tuck Front Somersault         </td> <td data-bbox="902 982 1375 1117" style="width: 50%; vertical-align: top;"> <b>Pass 2</b>            Half Twist Jump            Tuck Back Somersault         </td> </tr> </table>	<b>Pass 1</b> Tuck Jump Tuck Front Somersault
<b>Pass 1</b> Tuck Jump Tuck Front Somersault	<b>Pass 2</b> Half Twist Jump Tuck Back Somersault	
<b>DMT Open Grade</b>	<b>Perform:</b> 2 passes meeting the below minimum requirements. Please note, dd will not be added to your total.	
	<p>Each pass must include,</p> <ul style="list-style-type: none"> <li>• A skill with the minimum of 360 rotation &amp; 180 twist eg. a barani</li> </ul> <p>One pass must include,</p> <ul style="list-style-type: none"> <li>• A minimum of two skills with the minimum of 360 rotation</li> </ul>	