



National League: Regional D

Entry into Reg. D is the final competitive level before entering national competition circuit events. The log book moves and combinations are designed to introduce the more advanced trampolinist to the concepts and early progressions for double and twisting somersaults. They also ensure experience of somersaulting to and from back and front landings. Coaches are advised to focus on creating strong basic jumping technique into moves before and following somersaults and retaining the rhythm of the jump whilst applying optimum rotation to maintain even height. The Reg. D move requirements should be completed in the log book to a maximum deduction per move of 0.2, *before* entry into Reg. D competition.

It is suggested the completed, signed logbook be brought to Reg. D competition.

Requirements must be completed as written.

Compulsory D Routine

Ten different elements with:

- At least seven somersaults of at least 270° somersault rotation to include **one** of the following three elements:
 - One move of at least 270° of somersault rotation, landing on front or back, followed by a move of at least 450° somersault rotation.
 - A back somersault with 360° somersault rotation and a full twist.
 - A front somersault with 360° somersault rotation and 1½ twists

Section A (Requirements must be completed before entering RD competition) ** means ~ jump (arm set)	No x	Date
10 jumps (straight) (<i>time of at least 12.4 seconds + 0.3 per year (up to 16) and a travel score of at least 9.4</i>)	1	
** Barani (S), BSS (S), barani (P), BSS (T), barani (T)	1	
** ¾ BSS (T) (<i>onto a mat</i>)	1	
** ¾ FSS, FSS (T or P) to back landing	1	
First five moves of compulsory routine (the ** may be repeated)	2	
Last five or six moves of compulsory routine (the ** may be repeated)	2	
Compulsory routine to travel >8.5; maintenance of height >90%	1	
Voluntary routine to a standard of 7.5	1	

