

Performance: Regional G

Reg. G may be the first regional competitive level in some trampolinists' careers. The log book moves, combinations and routines are designed to introduce the novice trampolinist to the basic principles required in all trampolining moves as well as to introduce somersaulting, linking and twisting for the first time.

Coaches are advised to focus on minimal rotation, good basic posture and body alignment, high straight jumping into all moves and developing the trampolinist's awareness of first contact, maximum depression and last contact in somersaulting

The Regional G move requirements should be completed in the log book to a maximum deduction per move of 0.2 *before* entry into Regional G assessment.

It is suggested the completed, signed logbook be brought to Reg. G assessment.

Requirements should be completed as written, e.g. when repeating a combination, repeat all the moves including the arm set in the exact order. Complete all requirements in Section A.

Compulsory G1

Jump (arm set)
 Back somersault (tucked)
 Jump (straddled)
 Half twist to seat landing
 Half twist to feet
 Half twist jump
 Jump (piked)
 Full twist jump
 Jump (tucked)
 3/4 FSS (P or S)
 To feet

Compulsory G2

Jump (arm set)
 Half twist to front landing
 To feet
 Jump (straddled)
 Full twist jump
 Jump (piked)
 Jump to back landing
 Half twist to feet
 Jump (tucked)
 Half twist jump
 Front somersault (tucked)

Section A	** means ~ Jump (arm set)	No	Date
10 jumps (straight) (time of at least 11.3 seconds + 0.3 per year (up to 16))		1	
3 jumps (straight), jump to front landing, to feet, 3 jumps (straight), jump to back landing, to feet		2	
** ½ twist to seat landing, ½ twist to feet, ½ twist jump		3	
** jump to back landing, ½ twist to feet, jump (tucked), 2 jumps (straight)		3	
** ¾ front somersault, (P or S) ½ twist to feet, 3 jumps (straight)		3	
** front somersault, ½ twist jump, jump (straddled)		3	
** back somersault, 2 jumps (straight), **, back somersault		1	
** back somersault, jump (straddled), 2 jumps (straight)		3	
** ½ twists into and out of front, seat and back landings. Execute each ½ twist into a body landing separately and not consecutively.			
** jump to back landing, ¾ back somersault to feet (back pullover)		1	
Compulsory G1 to travel >8.5; maintenance of height >95%		1	
Compulsory G2 to travel >8.5; maintenance of height >95%		1	



Qualification to Regional F

In order to progress to Regional F the assessment scores below must be achieved on both Compulsory G1 and G2 routines. The assessments must be made in regional competitions, (therefore a minimum of two competitions are required). The time qualification score is 10.0 seconds, plus 0.3 seconds for each year of age up to 16.

Write the time qualification score in the space below. The voluntary routine may include a maximum of three somersaults, and two body landings. No tariff will be counted

Achievements

Assessment Place, Date and Routine	Height maintain	Travel	Time	Form (2 rounds)	Regional Official's Signature
<i>Qualifying score</i>	<i>95%</i>	<i>9.0</i>		<i>45.5</i>	

Date Completed..... Signed

Name of Senior Coach/Judge