



BRITISH GYMNASTICS

COMPETITION LOGBOOK

VERSION 1 – 2008



Introduction

The competitor log book has been developed to help clubs and performers develop competition techniques. The moves and combinations are designed to be included in holistic personalised performer programmes and to encourage long term athlete development.

It is part of the competition structure being introduced in October 2008. Clubs may begin taking advantage of it now to help develop their performers and to be ready for competition in October.

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Overview of Competition Levels

October 2008 Onwards

The competition levels have been graded to progress from novice (Club I) to top national and international performance (FIG A).

Development Levels: Club I and Club H

The first two levels are I and H - the '*Jump Start*' stage- which are either run within a club or may be run regionally. The emphasis is on participation and fun whilst developing good technique.

Performance Levels: Regional G to Regional E

The next levels are designed for *LTAD stage* – "*Learning to Train*." These assessments/competitions are ideally run regionally four times a year and are the early learning stages for competition i.e. presenting oneself in public, wearing competition uniform, learning to control nerves, gaining consistency of performance in completing routines and knowing and understanding the competition rules.

Regional G to Regional E is designed to be performance related. The focus is on whether a routine is completed successfully rather than competing against others who may have more or different experience.

(Although Regional D is competed at regional events it is developmentally part of the Training to Compete stage – see below)

National League: Regional D to FIG A

These levels represent '*Training to Compete*' and '*Training to Win*' on the LTAD structure. They are run as traditional competitions and Nat. C to FIG A are held nationally. FIG A and FIG B will apply FIG International rules unless stated in the competition handbook. National C and Regional D will include some BG modifications that can be found in the competition handbook.

Long Term Athlete Development (LTAD)

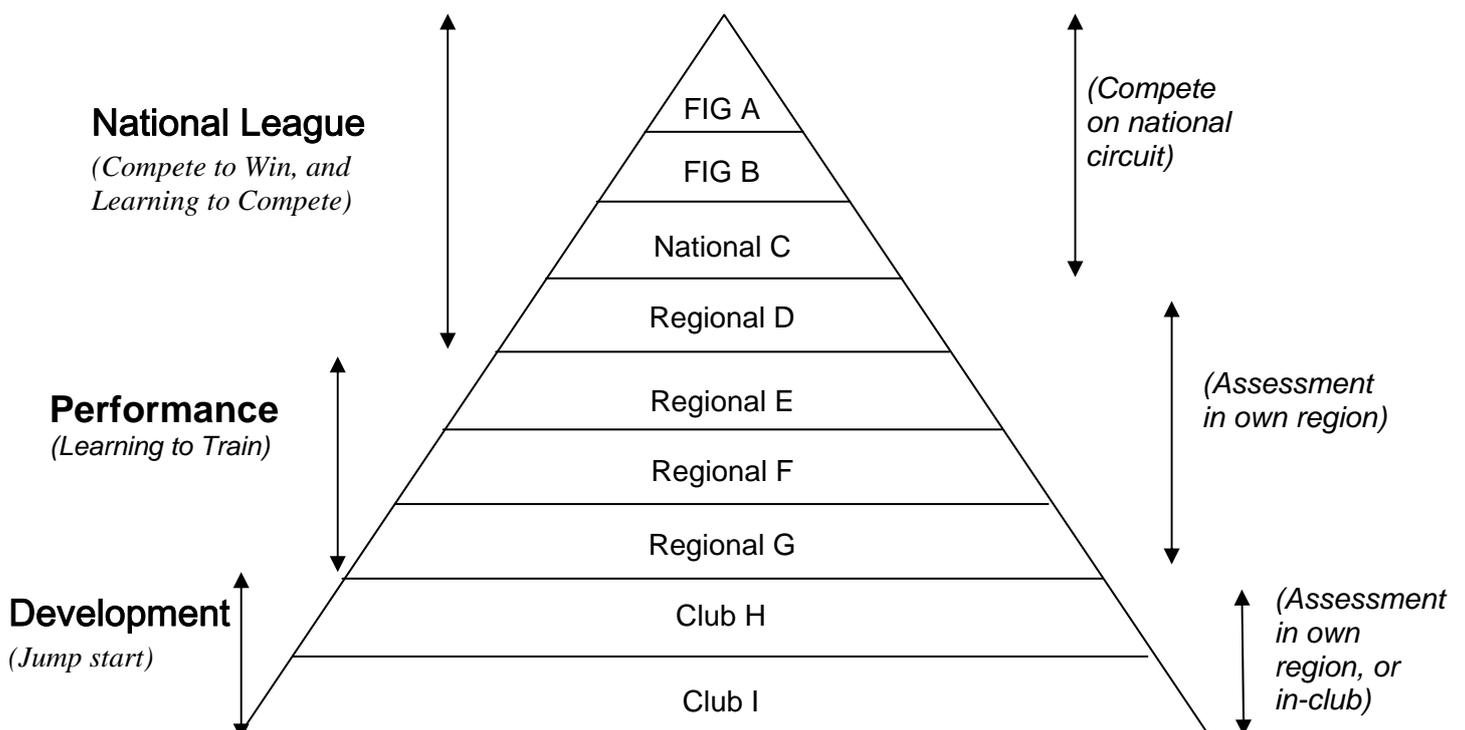
A fuller explanation of this term is included in the coaching Resource Packs for Coach and above. The term LTAD was originally used by Balyi (1990) in describing the nature of an elite competitor's development from early sporting and movement experience to elite success. It was descriptive, (of one sport), and theoretical. The stages have now become useful labels for discussing systems and this document uses similar names:

- Jump start
- Learning to train
- Learning to compete
- Compete to win

These stages are not associated with any particular age, but with people's overall (mental, physical and trampolining) development.

LTAD is now often used to describe any effort to provide a better pathway for trampolinists from beginner to elite. A competition system cannot itself provide this pathway; the performer's environment is made up mainly by coaches, peers, parents and other significant others. However, the competition system can enable or discourage appropriate behaviours from these people. This competition system is designed to achieve the following primary outcomes:

- Encourage development of National Technical Priorities, techniques and moves, and remove disincentives (particularly FIG judging of beginners)
- Match developmental stage and competitive pressure (removing incentives to premature outcome-orientation)
- Gradual development from internal process and performance goals, with clear and demonstrable performance feedback (Bandura, 1979)
- Ameliorate intense binary nature of annual qualification/relegation system, and dependence on absolute judging marks
- Realistic practice for world-class competition at elite levels





Progression from Club I to FIG A

Progression to a higher level once qualified is not compulsory.

Club I to Club H

To progress from Club I to Club H, it is strongly advised that a performer completes the log book drills and individual moves.

The performer must be assessed in two separate assessments on the compulsory and voluntary routine, and meet the criteria for height, travel, and form score.

These assessments may be by their own coach in the club, or in regional competitions. The voluntary tariff is not included in the total.

Club H to Regional G

To progress from Club H to Reg. G, it is strongly advised that a performer completes the log book drills and individual moves.

The performer must be assessed in two separate assessments on the compulsory and voluntary routine, and meet the criteria for height, travel, and form score.

These assessments may be by their own coach in the club, or in regional competitions. The voluntary tariff is not included in the total.

Regional G to Regional F

To progress from Reg. G to Reg. F, it is strongly advised that a performer completes the log book drills and individual moves.

The performer must be assessed and meet the criteria for height, travel, and form score, using Compulsory routine 1 and Compulsory routine 2 at separate assessments. These assessments must be in regional competitions. The voluntary tariff is not included in the total.

Regional F to Regional E

To progress from Reg. F to Reg. E, it is strongly advised that a performer completes the log book drills and individual moves.

The performer must be assessed and meet the criteria for height, travel, and form score, using Compulsory routine 1 and Compulsory routine 2 at separate assessments. These assessments must be in regional competitions. The voluntary tariff will be counted.

Regional E to Regional D

To progress from Reg. E to Reg. D, it is strongly advised that a performer completes the log book drills and individual moves.

The performer must be assessed and meet the criteria for height, travel, and form score, using Compulsory routine 1 and Compulsory routine 2 at separate assessments. These assessments must be in regional competitions. The voluntary tariff will be counted.



Regional D to National C

To progress from Reg. D to Nat. C, it is strongly advised that a performer completes the log book drills and individual moves prior to entering the qualifying competition.

To earn the right to a promotion trial at National C, a competitor must earn points in competition at Regional D. Points are gained by finishing in the promotion zone, and lost by finishing in the relegation zone. On reaching two points, competitors may trial in a National C competition; if they finish outside the relegation zone they become a National C competitor, starting on zero points.'

At each competition, a percentage of the highest placed performers are awarded one point each, and a percentage of the lowest placed performers lose one point each. Juniors (Under 15) and Seniors (15+), Male and Female, are ranked separately. (If a competitor already has two points when they compete, they will not be able to accrue further points). The actual percentages are published at the beginning of each year and can be found in the competition hand book.

While the authoritative record of the points held by each competitor are calculated and recorded by the competitions committee, it is strongly advised that performers keep their own record in the log book. Use the draft points results published following the event (either on the internet or in the competition hall).

National C to FIG B

To progress from Nat. C to FIG B, a performer is strongly advised to complete the log book drills and individual moves prior to entering the qualifying competition.

Promotion to FIG B is by accumulating points as for Reg. D to Nat. C.

Reaching minus two points results in the next competition being a relegation trial at Regional D. In the trial if a competitor finishes in the promotion zone they are entitled to trial at National C, otherwise they will start the next competition as a Regional D competitor on zero points.

FIG B to FIG A

Progression from FIG B to FIG A the process is the same as progression from Nat. C to FIG B, (see above) (ie qualification is achieved through accumulating 2 points). Similarly getting 2 minus points will result in downgrading. Trampolinists must be at least 15 in the year of competition to compete in FIG A.



Choosing which Level to Enter in 2008/2009

New Entrants

Trampolinists new to competition must start at Club I. It is advised that the performer be assessed by the coach in the club using the logbook, with additional assessment at regional competitions if regions choose to run them. It is advised that a performer should then progress through each level in turn, completing the logbook requirements for moves and drills in club, and the routine assessments. From Regional G onwards the routines must be assessed at Regional competition.

Trampolinists who Competed prior to October 2008

The table below shows the level with equivalent difficulty routines to the existing grades.

	U9	U11	U13	U15	U17	U19	O19
Mens/Ladies					FIG A		
Grade 1	Regional D		National C		FIG B		
Grade 2	Regional E			Regional D		National C	
Grade 3	Regional F		Regional E			Regional D	
Grade 4	Regional G				Regional F		
Grade 5	Club H				Regional G		
Grade 6	Club I						
Grade 7	Club I						

Competitors wishing to enter at Reg. D or above may qualify during the 2008 competition season using the scores below. However, coaches should consider carefully what LTAD stage is appropriate to their performer and resist simply choosing the most advanced level permitted.

Mens/Ladies in 2008

Qualifying score for FIG A: Achieve a top 50% place or score 58.5.
Competitors who do not achieve this score in 2008 must enter FIG B.

Grade 1 in 2008

Qualifying score for FIG B: 52.0
Competitors who do not achieve this score must not enter any level above Nat. C

Grade 2 in 2008

Qualifying score for National C: 50.0
Competitors who do not meet this score must not enter any level above Reg. D
Qualifying score for FIG B (achieved in validation group): 52.0

Grade 3 in 2008

Competitors who score 50.0 in 2008 may start Regional D with +1 points in October.



Arrangements for the 2008 Season

The existing competition structure for individual trampoline will continue during the 2008 season until the National finals. During the season, coaches should help their competitors prepare for the 2008/2009 season by working through the log book.

Competitors who during the 2008 season achieve their qualifying score to the Grade above, may choose whether to progress to that grade during the season as normal. At the end of the 2008 season, when choosing your level for the 2008/2009 season, the last Grade at which you competed shall apply.

The following qualifying scores shall apply for the 2008 season:

	Under 11	Under 13	Under 15	Under 17/ Over 17	Under 17/ Under 19/ Over 19	Mens/ Ladies
5 to 4	47.0	47.5	47.5	48.0		
Max Tariff	2.0	2.5	2.5	3.0		
4 to 3	48.0	48.5	48.5	49.0		
Max. Tariff	3.0	3.5	3.5	4.0		
3 to 2	49.0	49.5	50.0	50.0		
Max. Tariff	4.0	4.5	5.0	5.0		
2 Nats	48.5	49.0	50.5		51.0	
Max. Tariff (G2)	5.0	5.5	7.0		7.5	
2 Val to 1	49.0	50.0	51.5		52.0	
(incl min set)	22.0	22.0	22.0		22.0	
Max. Tariff (val)	5.5	8.5	n/a		n/a	
2 to 2009 NAT C	50.0	50.0	50.0		50.0	
2 Val to 2009 FIG B	52.0	52.0	52.0		52.0	
1 Nats	50.0	51.0	52.5		53.0	Top 40% or 60.0
Max. Tariff	5.5	8.5	n/a		n/a	
1 to M/L					55.5	
1 to 2009 FIG B	52.0	52.0	52.0		52.0	
M/L to 2009 FIG A						Top 50%

- Qualifying Scores are calculated using the first TWO rounds only
- All competitors competing at Grade 1, 2, 3 or 4 must be 9 in the year of competition in line with British Gymnastics Policy.
- All competitors wishing to enter the Mens and Ladies category must be 15 in the year of competition

RED Change to 2007

BLUE Qualification into new competition structure



Log Book Requirements

How to use the log book

- Coaches should ascertain the competitive level of the competitor and teach the moves and combinations prior to assessment.
- Log Book assessment of the moves and drills is to be carried out in the Club situation.
- Coaches should accurately assess the form of all moves and combinations. A maximum judging deduction of 0.2 (preferably 0.1/0.0) is permitted.
- Height of routines is assessed as shown in the appendix, Pages 17 and 18.
- Travel on routines is assessed as shown in the appendix, Page 18.
- The Senior Coach or Judge of the Club can sign off each level when the requirements have been met to satisfaction.
- At each level, moves and combinations may be completed and passed in any order.
- The Club is responsible for the competitor achieving the required level of performance before entering competition. If it is apparent at Regional competition that a competitor is performing below an acceptable standard, the Chair of the panel will request a representative of the Regional Competitions committee to assist and advise the club.
- In the 2008/2009 season, there will be no penalty for not producing the log book at competition or for not accurately completing the requirements. However, all clubs are strongly recommended to make use of this valuable resource.

Language

A glossary has been provided for competitive levels from Club I to National C. Trampolining language has developed historically. The use of more accurate language throughout the new structure is to assist the competitor and coach in making accurate and precise internal representations of the moves they are executing/teaching. For example, it is not appropriate to talk of a $\frac{3}{4}$ BSS (S) as a 'lazy' back, and many coaches have problems teaching 'crash' dives. Evidence suggests that it is easier to teach a $\frac{3}{4}$ BSS (S) and $\frac{3}{4}$ FSS (S). These are just two very obvious examples. Our trampolining language is littered with such ambiguous and anomalous language. It is recommended that coaches adjust their language to communicate precisely so that they receive the response they want from the competitor. An easy-reference guide is provided in this log book.



The Use of 'Push in' Mats

The use of 'push in' mats in developing moves and combinations is discretionary. The log book requires moves and combinations to be performed on the trampoline with a controlled out bounce except where it has been specified that the 'push in' mat must be used.

Normal coaching practice should be followed in teaching the moves which should then be transferred onto the trampoline bed when executed confidently, consistently, controlled and with technical accuracy. When trying a move from a jump (arm set) for the first time it might be necessary to use the mat.

Jump (Arm Set) (For full explanation see Appendix Page 21)

The log book requires the jump (arm set) to be used as preparation for the execution of many different moves and drills. It is advised that all moves are taught in accordance with current coach education guidance and that the jump (arm set) is introduced to precede a move before a shaped jump is used. For example, teach jump (arm set), jump to seat landing, to feet, before teaching tuck jump, jump to seat landing, to feet. It may be easier to teach the drills listed in CI and CH with the arms above the head before teaching with the jump (arm set) for the log book.

Jump (arm sets) are necessary as an early introduction to normal routine 'starts' throughout trampolining. It also allows the routine to be accurately timed as no time score can be given unless the routine commences with a jump (arm set). Coaches should take time to develop the jump (arm set) as a fundamental skill in its own right. The DVD due to be published on the bg-coaches.org website provides examples of jump (arm-sets).



Personal Development

Use this sheet to record your trampolining development outside of competition.

Judge Development

Course	Place	Date
Club Judge		
County Judge		
Regional Judge		
Zonal Judge		
National Judge		
DMT Judge		

Coach Development

Course	Place	Date
Assistant Trampoline Coach		
L2 Trampoline Coach		
L3 Trampoline Coach		
L4 Trampoline Coach		
L5 Trampoline Coach		

Other

Event	Place	Date



Glossary of Terms

Updated Language

Current Term	Historic Term
Jump (straight)	Straight jump
*Jump (arm set) **	Arm set
Jump (straddled)	(Piked) straddle jump
Jump (tucked)	Tucked jump
Jump (piked)	Piked jump
(Jump to) front landing	Front drop
(Jump to) seat landing	Seat drop
(Jump to) back landing	Back drop
(Jump to) back landing, $\frac{3}{4}$ back somersault to feet	Back drop, back pullover
$\frac{3}{4}$ front somersault (SL)	FTO to back drop with straight legs
$\frac{3}{4}$ front somersault (S)	Crash dive
$\frac{3}{4}$ back somersault (S)	Lazyback
$\frac{3}{4}$ FSS (S), $1\frac{1}{4}$ FSS with early half twist	Crash dive, baby fliffus
$\frac{3}{4}$ FSS (S), Ballout barani	Crash dive, barani ballout
$\frac{3}{4}$ FSS (S), Ballout rudi	Crash dive, rudi ballout
$\frac{3}{4}$ FSS (S), FSS (S,T or P) (bounce roll)	Crash dive, shaped bounce rolls
$\frac{3}{4}$ FSS (S), FSS with full twist to back landing	Crash dive, full twisting bounce roll (or Porpoise)
$\frac{3}{4}$ BSS with early half twist	Half twist to crash dive
BSS with early half twist to feet (Arabian)	

* Whenever ** is displayed in the log book it refers to a jump (arm set). See Appendix 2 for a full explanation.

Abbreviations

Abbreviation	Phrase in Full
BSS	Back Somersault
FSS	Front Somersault
FTO	Forward Turnover
(P)	Piked
(S)	Straight
(T)	Tucked
**	Jump (arm set)



Development: Club I

Club I and Club H are designed to introduce the trampolinist to moves, combinations and routines which incorporate the basic principles required in all trampolining. Coaches are advised to focus on minimal rotation, good basic posture and body alignment, high straight jumping into all elements (developed progressively) and to develop the trampolinist's awareness of first contact, maximum depression and last contact in each jump.

The following moves and drills should be completed in the log book to a maximum deduction per skill of 0.2 *before* entry into Club I assessment.

It is suggested the completed, signed logbook be brought to Club I assessment.

Requirements must be completed as written. E.g. 'Arm set, 2 straight jumps x 5' is Arm set, 2 straight jumps, repeated consecutively 5 times. Complete all requirements in Section A.

Compulsory I

Jump (arm set)

Jump to seat landing

To feet

½ twist jump

Jump (straddled)

Full twist jump

Jump (piked)

½ twist jump

Jump (tucked)

Jump to front landing

To feet

Section A	** means ~ Jump (arm set)	No x	Date
10 jumps (straight) (<i>time of at least 10.2 seconds + 0.3s per year (up to 16)</i>)		1	
** 2 jumps (straight)		4	
** jump (straddled), **, full twist jump		4	
** jump (piked), **, ½ twist jump		4	
** jump to seat landing, to feet, straight jump, straight jump, ½ twist jump		2	
** jump to front landing		1	
** jump (tucked), **, jump to front landing, to feet		2	
** full twist jump, jump (piked), ½ twist jump, jump (tucked)		3	
(Jump to) Back landing, to feet starting from an arms up position		1	
½ twist to front landing		1	
Shape into and out of all seat landings (tucked, pike and straight shapes). These are carried out separately and not consecutively			
Compulsory I to travel >8.5; maintenance of height >95%		1	



Development: Club H

CI and CH are designed to introduce the trampolinist to moves, combinations and routines which incorporate the basic principles required in all trampolining. Coaches are advised to focus on minimal rotation, good basic posture and body alignment, high straight jumping into all elements (developed progressively) and to develop the trampolinist's awareness of first contact, maximum depression and last contact in each jump.

The following should be completed in the log book to a maximum deduction per skill of 0.2 *before* entry into Club H assessment.

It is suggested the completed, signed logbook be brought to Club H 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.

<p>Compulsory H <i>Jump (arm set)</i> Half twist jump Jump to front landing To feet Jump (piked) Half twist jump Jump (straddled) Jump to back landing To feet Jump (tucked) Full twist jump</p>
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Section A	** means ~ Jump (arm set)	No x	Date
10 jumps (straight) (<i>time of at least 10.8 seconds + 03 per year (up to 16)</i>)		1	
**jump (tucked), **, jump (piked), jump (arm set), jump (straddled)		2	
** ½ twist jump, jump to front landing, to feet, 2 jumps (straight)		2	
** ½ twist, jump (straddled), jump to back landing, to feet, 2 jumps (S)		2	
½ twist to front landing, to feet, (<i>starting from an arms up position</i>)		1	
** ½ twist to front landing		1	
Execute each shape into and out of front and back landings separately and not consecutively. Use tucked, piked and straight shapes (<i>all 9 combinations</i>)			
Compulsory H to travel >8.5; maintenance of height >95%		1	
Voluntary H to travel >8.5; maintenance of height >95%		1	

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	



Performance: Regional F

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

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

Requirements should be completed as written. Several of the moves introduced are examples of 'cruising'; twisting and somersaulting together in a way that allows the performer to see the trampoline bed during flight. Example DVD's will be available at www.bg-coaches.org. If coaches are unsure of how to teach these moves, they are advised to seek assistance in the teaching and understanding of these techniques from regional coach education. Complete all requirements in Section A and 2 of Section B.

Compulsory F1

Jump (arm set)
Back somersault (t)
Jump to seat landing
Half twist to feet
Jump (tucked)
Barani (tucked)
Jump (straddled)
Jump to front landing
To feet
Jump (tucked)
Front somersault (t)

Compulsory F2

Jump (arm set)
Barani (t)
Half twist jump
Jump (straddled)
Back somersault (t)
Full twist jump
Jump (tucked)
Jump to back landing
Half twist to feet
Jump (piked)
Back somersault (p)

Section A	No x	Date
** means ~ Jump (arm set)		
10 jumps (straight) (<i>time of at least 11.7 seconds + 0.3 per year (up to 16)</i>)	1	
** back somersault, 3 jumps (straight), ** , front somersault, 3 jumps (straight)	3	
** front somersault, 2 jumps (straight)	3	
** barani, 2 jumps (straight)	3	
** jump (tucked), barani, jump (straight), jump (straddle)	3	
** jump to back landing, half twist to feet, jump (straight), jump (tucked), back somersault (piked)	2	
** Jump (tucked), front somersault, ½ twist jump, jump (straight)	3	
** Jump (tucked), barani, 2 jumps (straight)	3	
** Jump (straddled), back somersault, 3 jumps (straight)	3	
Compulsory F1 to travel >8.5; maintenance of height >95%	1	
Compulsory F2 to travel >8.5; maintenance of height >95%	1	
Voluntary routine to standard 7.5	1	



Performance: Regional E

The Reg. E and remaining Reg. F move requirements should be completed in the log book to a maximum deduction per move of 0.2 *before* entry into Reg. E assessment.

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

Requirements must be completed as written. Complete all requirements in Section A and 2 of Section B.

<p>Compulsory E1 <i>Jump (arm set)</i> Back somersault (t) Jump (straddled) Full twist jump Jump (tucked) Back somersault (t) BSS to seat landing (t) ½ twist to feet ½ twist jump Jump (piked) Barani (p or s)</p>

<p>Compulsory E2 <i>Jump (arm set)</i> Barani (piked) Jump (straddled) Back somersault (t) Barani (tucked) ½ twist jump Jump (tucked) 1½ twist jump Jump (piked) ¾ front somersault (S) To feet</p>

Section A	No x	Date
** means ~ Jump (arm set)		
10 jumps (straight) (<i>time of at least 12.1 seconds + 0.3s per year (up to 18 and a travel score of at least 9.4)</i>)	1	
** Jump (tucked), 1½ twist jump, 3 jumps (straight)	3	
** Back somersault	3	
** Barani, back somersault, barani	1	
** Back somersault, 2 jumps (straight), Barani, 2 jumps (straight), ** front somersault	2	
** BSS (S), jump (straight), half twist jump, jump (straight), BSS (P), jump (straight), ½ twist jump, jump (straight), BSS to seat landing, ½ twist to feet	1	
** ½ twist jump, jump (piked), barani	3	
** ¾ front somersault (straight), ½ twist to feet, 3 jumps (straight)	3	
First five moves of compulsory routine (<i>do separately for routine 1 and 2</i>) May repeat **	2	
Last five moves of compulsory routine (<i>do separately for routine 1 and 2</i>) May repeat **	2	
Compulsory E1 to travel >8.5; maintenance of height >95%	1	
Compulsory E2 to travel >8.5; maintenance of height >95%	1	
Voluntary routine to standard of 7.5	1	

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	

National League: National C

The Nat. C move requirements should be completed in the log book to a maximum deduction per skill of 0.2, *before* entry into Nat. C competition.

It is suggested the completed, signed logbook be brought to Nat. C competition.

Requirements should be completed as written.

Compulsory Routine

Ten different elements with:

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

Requirements (all required before entering National C)	No x	Date
** means ~ Jump (arm set)		
10 jumps (straight) (<i>time of at least 12.6 seconds + 0.3 per year (up to 16) and a travel score of at least 9.4</i>)	1	
** 1¾ FSS (<i>on mat</i>)	1	
** ½ twist to 1¼ fss on a mat	1	
First five moves of compulsory routine (** may be repeated)	2	
Last five or six moves of compulsory routine (** may be repeated)	2	
Compulsory routine to travel >8.5; maintenance of height >95%	1	
Compulsory routine to a standard of 7.8	1	
Voluntary routine to a standard of 7.5	1	

Move Requirements (three required before entering NC)	No x	Date
** ¾ FSS (S), 1¼ FSS with early half twist (baby Fliffus)	1	
** ¾ FSS (S), Ball out barani (S and P) (1 of each)	1	
** ¾ BSS, 1¼ BSS with full twist (cruise) to feet (full twisting cody)	1	
** 1¼ BSS, ¾ bss to feet (back pullover)	1	
* ¾ FSS (s), 1¼ fss with full twist (<i>on mat</i>)	1	

Assessment Appendix

Time Assessors: Stopwatch Instructions



Press the start (ST./STP.) button as the performer's feet touch the trampoline before his/her first contact. This will be obvious due to the jump (arm-set).



After the fifth contact, when the feet touch the trampoline, press the lap (LAP/RESET) button. The display will show the time for the first five contacts.



After the tenth contact, when the feet touch the trampoline, press the stop (ST./STP) button. The time for the first five contacts is still shown. Write this *first-five time* down.



Press the lap (LAP/RESET) button again to show the total time for the routine. Write this *total time* down.



Working out Time Assessors Marks

The time assessor does not need to be a qualified judge; a judge, coach, or experienced competitor may be shown the method. However it is suggested several practice routines are assessed to get used to using the stopwatch.

Calculating using an Excel Spreadsheet

The easiest way to work out the marks is to type the first-five time and total time into the Excel spreadsheet. This will tell you the mark to show. If one Assessor misses the routine (or if there is only one time assessor), just leave the second judge's spaces blank.

Calculating by hand: Time Mark

If there are two time assessors, average the total times from Assessor 1 and Assessor 2. This is the Time Mark. Record it rounded to the nearest 0.1 seconds.

Calculating by hand: Maintenance of Height Mark

If there are two time Assessors, average the *total times* and the *first-five times*. Subtract the *first-five time* from the *total time* to give the *last-five time*. Divide the *last-five time* by the *first-five time*. This is the *Maintenance of Height Mark*. Record it as a percentage, rounded to the nearest percent.

If fewer than ten moves are performed, the time marks are zero.

Travel Assessor

The travel assessor does not need to be a qualified judge; a judge, coach, or experienced competitor may be shown the method. However it is suggested several practice routines are assessed to get used to using the stopwatch. The **landing** from each move is assessed, giving a total of ten deductions for a complete routine.

Coloured tape is attached to the frame pads of each trampoline used in the competition, to allow assessors to easily make their assessment. (The central zone is one third the total length of the metre box, splitting it into thirds).

The trampoline area is split into zones; each zone is given a deduction to be made when a trampolinist lands in it:

Deduct 0.6	Deduct 0.4	Deduct 0.4	Deduct 0.4	Deduct 0.6
Deduct 0.4	Deduct 0.2	Deduct 0	Deduct 0.2	Deduct 0.4
Deduct 0.6	Deduct 0.4	Deduct 0.4	Deduct 0.4	Deduct 0.6

Landings on Feet

The lowest deduction should apply for the complete foot. For example, if a trampolinist lands with their feet across the 0/0.2 line, a deduction of 0 will apply. For cast to the side of the trampoline, one foot must be completely outside the line for the deduction to apply. There is only one deduction per move.

Landings on Seat, Front or Back

The deduction shall be made based on the position of the belly-button on landing (This approximates the position of the centre of mass, within 20 cm).

Jump (Arm Set) Appendix

Reference to 'Jump' before shaped jumps and an arm set (or **) has been used to encourage the coach and competitor to train a vertical jump into all basic jumps. The arm set or shaped part of the jump should be seen as an 'interruption' to the basic jump hence creating a delay with correctly aligned posture into shape or arm set.



The jump (arm set), commonly known as an 'arm set', takes its name from the action of the 'setting' down of the arms in preparation for take-off into a move, generally a first move. Hence the setting action refers in sequence to:

1. the lifting up of the arms to a vertical position above the head
2. a touching down ie. setting of the arms to the sides of the body
3. passing the arms in front of the body upwards to create a vertical position at the bottom of the trampoline with the arms directly and straight above the head.

The body is now in the correct position for the take-off phase.