



Trampoline Competitions

Voluntary Trampoline Routines

A guide for students

General Information

Competition routines must have 10 skills. Each of the 10 skills must also be different. (exception: in advanced routines, shaped jumps can be repeated once). Each contact with the trampoline bed constitutes a skill for routine purposes.

For example: this means that each move is from take off to landing, so that a back landing is one skill, and coming up to feet from back is another skill, and they are scored separately.

Different shape jumps can count as different skills (for example Tuck, Straddle and Pike can be 3 skills). In addition shaped somersaults can count as different skills (for example a routine may include both piked back somersault and tucked back somersault)

The competition comprises of 2 rounds – a COMPULSORY and a VOLUNTARY routine. Only Grades D, E, F and G may have a voluntary routine, other grades repeat the Compulsory routine a second time in the voluntary round.

Compulsory

The first round is the compulsory round and comprises of a routine that is set for the level of the performer. Each entrant is required to perform this routine as it is laid down with no variations – hence the term compulsory. This routine will be performed twice by all competitors unless they are in a category that allows a Voluntary routine.

Voluntary (for Grades D,E,F,G only)

The voluntary round is a routine of 10 skills of the competitors choice – straight jumps are not allowed.

This routine is performed and judged as for the compulsory round, however extra points can be achieved through increasing the difficulty of moves.

Competitors have the option of creating their own voluntary routine, or repeating the compulsory routine for the second round, if preferred.

Judging

Judges score routines on 3 main criteria – 1. Consistent height

2. Degree of control

Of these three, the last is most significant - **3. QUALITY OF PERFORMANCE**

Any break in routine (ie wrong skill performed, performer stops etc) then the score is calculated from a maximum of correct skills up to that point. As the voluntary round can allow variations, it's always worth carrying on, as the score is calculated by the ten moves performed.

Each skill has a maximum **FORM** of 1.0 point, so a total routine with no points deducted for faults has a potential maximum form score of 10.0 points. The difficulty of a move is calculated in terms of its 'tariff'.

The tariff is only added on for the second round (voluntary) and once the form score has been worked out.

Any repeated skill means the tariff value is not counted.

Tariff –

The tariff of a move is calculated by earning 0.1 per ½ twist jump and 0.1 per ¼ somersault.

Eg. ½ twist jump	= 0.1	Full twist jump	= 0.2
Feet to front landing	= 0.1	Front landing back to feet	= 0.1
Back landing to front landing	= 0.2	¾ front somersault (S) [ie crash dive]	= 0.3

A complete feet-to-feet somersault (front or back) earns the performer a bonus, and equals 0.5.

Additional shapes in non-twisting somersaults (ie piked, straight) also earn an extra 0.1 equaling a 0.6 tariff.

For example, the Level F routines have tariffs of 1.9 and 2.3 made up of the following tariffs:

Back Somersault (T)	0.5	Barani (T)	0.6
Jump to seat landing	0	Half twist jump	0.1

Half twist to feet	0.1	Jump (straddled)	0
Jump (tucked)	0	Back somersault (T)	0.5
Barani (T)	0.6	Full twist jump	0.2
Jump (straddled)	0	Jump (tucked)	0
Jump to front landing	0.1	Jump to back landing	0.1
To feet	0.1	Half twist to feet	0.2
Jump (tucked)	0	Jump (piked)	0
Front Somersault (T)	0.5	Back somersault (P)	0.6
= 1.9		= 2.3	

To start creating your voluntary routine, we recommend that you base it upon an existing compulsory routine and change some of the moves to ones that you are capable of, comfortable with, (and good at!) to increase the overall tariff score of the routine. It is useful to make a list of your best skills and write their tariff next to each one, then insert them into a routine in a logical order. **Remember – the final skill must finish on feet.**

Tips:

- Routines should have the hardest moves at the beginning and end, and utilize more basic shape moves to help break up the difficulty of linking somersaults and other rotational moves.
- Tucked, piked or straddled jumps can be repeated a maximum of 2 times in difficult routines.
- You should avoid linking a front somersault followed by a back somersault, as it is hard to achieve the right rotation. It is easier to spot your landing from a back somersault first.

Remember – each move is tarified separately. Body landing moves such as front drop require another move to come to feet. Moves such as swivel-hips and cradle are 3 moves

– eg. back drop, ½ twist to back drop, to feet (cradle)

As an example, a voluntary routine for someone competing at Level E could be:

[Compulsory Level E]		[Voluntary based on Level E]	
Back Somersault (S)	0.6	Back Somersault (S)	0.6
Jump (straddled)	0	Jump (straddled)	0
Full twist jump	0.2	Back somersault (P)	0.6
Jump (tucked)	0	Barani (T)	0.6
Back somersault (T)	0.5	Tuck jump	0
Back SS to seat landing	0.5	Back somersault to back landing	0.6
Half twist to feet	0.1	Half twist to feet	0.1
Half twist jump	0.1	Jump (piked)	0
Jump (piked)	0	3/4 Front Somersault (S)	0.3
Barani (SL)	0.6	Ball-out	0.6
= 2.6		= 3.4	

If you are happy that you have created a good routine with high tariff score, then try it out on the trampoline under your coaches' supervision, memorize it and practice it in plenty of time for the competition.

Please let your coach have a copy of the routine to help you get the best performance from it.

It is better to perform a routine with a lower tariff well, than lose marks for a badly executed one with high difficulty level.

To help you out with calculating the tariff for your routine, a few moves are listed below with their corresponding tariff score, which you may like to include in the routine:

Half twist jump	0.1	Front or back somersault (T)	0.5
Full twist jump	0.2	3/4 front somersault (crash dive)	0.3
Back landing / Front landing	0.1	3/4 back somersault (lazy back)	0.3
Return to feet from back/front	0.1	Back somersault (straight)	0.6
Half twist to feet from seat	0.1	Barani (tucked, piked or straight)	0.6
Half twist to feet from back	0.2	Ball-out	0.6
1.5 twist to feet from back	0.4	Full twisting front somersault	0.7

Please Note:

All voluntary routines must be handed to the competition judges before the start of the competition, complete with calculated tariff.

For further assistance, please ask your coach.