

Issued by FIG:

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## Trampoline Gymnastics

### FAST FACTS!

- A routine on the trampoline is characterized by high, continuous rhythmic feet to feet and feet to back, front or seat rotational jumping elements, without hesitation or intermediate straight bounces.

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- A trampoline routine should be planned to demonstrate a variety of forward and backward twisting or non twisting elements. The routine should show good control, form, execution, height and maintenance of height.

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- The wearing of jewellery or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped.

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- In all positions, the feet and legs should be kept together (except straddle jumps), and the feet and toes pointed.

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- The routine must end under control in an upright position, with both feet on the trampoline bed, otherwise there will be a deduction

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- After the final landing on the bed, the gymnast must stand upright for approximately 3 (three) seconds, otherwise there will be a deduction for lack of stability

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- Tumbling is characterised by continuous speedy, rhythmic hands to feet, and feet to feet, rotational jumping elements without hesitation or intermediate steps.

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- A *Full Full Full* is quoted 2.1 in *Tuck* or *Puck* position, 2.3 in *Pike* or *Straight* position

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- A *Half in Half out Triffis* is quoted 1.7 1 in *Tuck* or *Puck* position, 1.9 in *Pike* or *Straight* position.

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- A tumbling pass should be planned to demonstrate a variety of forward, backward and sideward elements. The pass should show good control, form, execution and maintenance of tempo. Each pass consists of 8 (eight) elements.

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- A *CODY* is a backward somersault from the front. A *FLIFFIS* is any double somersault with twist a *TRIFFIS*, any triple somersault with twist, a *QUADRIFISS* any quadruple somersault with twist.