



Invitational

## TRAMPETTE AND BEAM COMPETITION

### Oakwood Sports Centre, Horley

20<sup>th</sup> June 2010

Competition commences 2:00pm

#### TRAMPETTE

##### Intermediate (DOB 2001-2005)

##### Trampoline Score

Jordan Bannister	POINTERS	5.60	3 <sup>rd</sup> BRONZE
Kirsty Chapman	SPRINGFIT	5.65	2 <sup>nd</sup> SILVER
Rebecca Cummings	SPRINGFIT	6.45	1 <sup>st</sup> GOLD
Zoe Smith	SPRINGFIT	4.95	
Kayleigh Matthews	POINTERS	5.30	

##### Intermediate (DOB 2000)

##### Trampoline Score

Molly Meese	SPRINGFIT	6.20	
Sofia Sgambellone	SPRINGFIT	6.10	
Stacey Connor	SPRINGFIT	7.35	2 <sup>nd</sup> SILVER
Chloe Lamy	SPRINGFIT	5.60	
Lucy Parker	SPRINGFIT	6.25	3 <sup>rd</sup> BRONZE
Emilie Marsh	SPRINGFIT	5.10	
Caitlin Healy	SPRINGFIT	5.15	
Hannah Bagley	SPRINGFIT	7.45	1 <sup>st</sup> GOLD
Alice Poole	SPRINGFIT	5.55	

##### Intermediate (DOB 1996-1999)

##### Trampoline Score

Jess Derham	SPRINGFIT	5.25	
Dexter Gauge	POINTERS	7.55	2 <sup>nd</sup> SILVER
Lauran White	SPRINGFIT	6.80	
Kayleigh Hayes	POINTERS	5.45	
Rachael Marklew	SPRINGFIT	7.45	3 <sup>rd</sup> BRONZE
Lucy Phipps	POINTERS	6.40	
Shai Holland	SPRINGFIT	7.65	1 <sup>st</sup> GOLD
Lauren Murray	SPRINGFIT	6.30	

##### Advanced (2.5 hrs per week +)

##### DOB 1999-2001

##### Trampoline Score

Lucy Pidgeon	SPRINGFIT	7.75	3 <sup>rd</sup> BRONZE
Emma French	POINTERS	6.70	
Maxine Coldrey	SPRINGFIT	6.80	

Zara Coen	POINTERS	6.10	
Megan Davies	POINTERS	6.55	
Jamie Kaye	SPRINGFIT	8.85	2 <sup>nd</sup> SILVER
Cheyne D'Souza	SPRINGFIT	9.15	1 <sup>st</sup> GOLD

**Advanced (2.5 hrs per week +)**  
**DOB 1995-1998**

### **Trampoline Score**

Francesca Bagley	SPRINGFIT	8.60	
Daisy Roadnight	POINTERS	7.60	
Amber Clifton	SPRINGFIT	9.15	3 <sup>rd</sup> BRONZE
Hollie French	POINTERS	7.30	
Katie Pidgeon	SPRINGFIT	9.20	2 <sup>nd</sup> SILVER
Lily Fairhall	POINTERS	7.90	
Abbie Clifton	SPRINGFIT	9.30	1 <sup>st</sup> GOLD
<del>Zoe Burcombe</del>	<del>POINTERS</del>		

----- **INTERVAL** -----

### **BEAM**

#### **Intermediate**

#### **Beam Score**

Sofia Sgambellone	SPRINGFIT	5.60	
Stacey Connor	SPRINGFIT	3.60	
Jordan Bannister	POINTERS	5.70	
<del>Chloe Lamy</del>	<del>SPRINGFIT</del>		
Lucy Parker	SPRINGFIT	7.00	3 <sup>rd</sup> BRONZE
Kayleigh Matthews	POINTERS	6.10	
Caitlin Healy	SPRINGFIT	8.10	1 <sup>st</sup> GOLD
Megan Smith	SPRINGFIT	5.70	
<del>Rachael Marklew</del>	<del>SPRINGFIT</del>		
<del>Sacha Copsey</del>	<del>SPRINGFIT</del>		
Lucy Phipps	POINTERS	7.10	2 <sup>nd</sup> SILVER
<del>Alice Poole</del>	<del>SPRINGFIT</del>		
Kayleigh Hayes	POINTERS	5.60	
Hannah Bagley	SPRINGFIT	6.60	

#### **Advanced**

#### **Beam Score**

Daisy Roadnight	POINTERS	7.50	
<del>Zoe Burcombe</del>	<del>POINTERS</del>		
Zara Coen	POINTERS	5.60	
Hollie French	POINTERS	5.80	
Maxine Coldrey	SPRINGFIT	7.60	
Megan Davies	POINTERS	6.50	
Abbie Clifton	SPRINGFIT	7.90	3 <sup>rd</sup> BRONZE
Lily Fairhall	POINTERS	7.40	
Lucy Pidgeon	SPRINGFIT	6.50	
Emma French	POINTERS	6.90	
Katie Pidgeon	SPRINGFIT	8.80	1 <sup>st</sup> GOLD
Francesca Bagley	SPRINGFIT	8.20	2 <sup>nd</sup> SILVER

## BEAM ROUTINE REQUIREMENTS

Minimum of 8 moves taken from the groups below, plus any mount and dismount.

You cannot leave any groups out; you have to choose at least 1 from each group.

You must use the whole beam and travel the length of it at least three times.

One turn chosen must be high, and one low.

You must link two jumps/leaps.

Points will be deducted for adjusting your hair or clothing.

Time starts upon first contact of the beam.

Optional entry and exit for all moves.

**INTERMEDIATE** competitors must complete all moves in **ORANGE** (more than 1 hr training per week)

**ADVANCED** competitors **MUST** complete all moves in **RED** (2.5hrs pw +)

### Group 1 – Turns [one high, one low required]

**Tuck turn** (*high*)

Half turn jump (*high*)

Full turn jump (*high*)

**Pivot half turn** (*low*)

Squat half turn (*low*)

Half spin (*low*)

Full spin (*low*)

Crouching swing leg turn (*low*)

### Group 3 – Balance

Balance on 1 leg (free leg anywhere)

Side support

**Arabesque**

Kettle stand

V-sit

Half lever (piked or straddled)

Russian lever (full lever)

Y balance (wine glass)

**Handstand**

Splits (side or box)

### Mounts:

Basic side mount

Circle up under the beam

Step/leap on

Squat on

Jump on

Forward roll

Straddle mount

Straddle to handstand

### Group 2 – Jumps/ Leaps [link two required]

Straight jump

Star jump

Tuck jump

Straddle jump

Pike jump

Scissor kick

W jump

Stag jump/leap

Split jump/leap

Cat leap

### Group 4 - Tumble

**Forward/Backward Roll**

3 Bunny hops (moving forwards)

Front support to crouch to straight jump

Free roll (no handed forward roll)

**Cartwheel**

Forward/ Backward walkover

Handspring

1 handed cartwheel

Handstand forward roll

Round off

Backflip (to one)

### Dismounts:

Shaped jump (Tuck, star, pike or straddle)

Roundoff (0.2 bonus)

Handspring (0.2 bonus)

Front/back/side somersault or barani (0.4 bonus)

Dance moves/linking moves/different types of walking should be used to show variety and originality.

TIME LIMIT: 1½ minutes.

MUSIC: optional (no lyrics)

## TARIFFS

Marked out of 10. Comprising:

4.00 - Content (0.5 for each move)

4.00 – Execution (0.5 for each move)

2.00 – Bonus – 1.2 for specified moves, 0.8 for overall performance and dismounts.