



# Trampoline Competitions

## Voluntary Trampoline Routines

### A guide for students

#### General Information

Competition routines must have 10 skills. Each contact with the bed constitutes a skill for routine purposes. This means that each move is from take off to landing, so that a back drop is one move, and coming up to feet from back is another move, and they are scored separately.

**The competition comprises of 2 rounds – a COMPULSORY and a VOLUNTARY routine.**

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.

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.

For Routine G and above only, competitors have the option of creating their own voluntary routine, or repeating the compulsory routine for the second round, if preferred.

**Judges score routines on 3 criteria –**

- 1. Consistent height**
- 2. Degree of control**
- 3. QUALITY OF PERFORMANCE**

*Of these three, the last is most significant -*

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)	= 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 equalling a 0.6 tariff.

**For example, the level G routine (set 1) has a tariff of 1.3 and level F (set 1) of 1.9 made up of the following tariffs:**

Back somersault (T)	0.5	Back Somersault (T)	0.5
Straddle jump	0	Jump to seat landing	0
Half twist to seat landing	0.1	Half twist to feet	0.1
Half twist to feet	0.1	Tuck jump	0
Half twist jump	0.1	Barani (T)	0.6
Pike jump	0	Straddle jump	0
Full twist jump	0.2	Jump to front landing	0.1
Tuck jump	0	To feet	0.1
¾ Front Somersault (S)	0.3	Tuck Jump	0
To Feet	0	Front somersault (T)	0.5
<b>= 1.3</b>		<b>= 1.9</b>	

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 use more basic shape moves to help break up the difficulty of linking somersaults and other moves with rotation.
- 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/back/seat landings require another move to come to feet. Also, moves such as swivel-hips and cradle are actually 3 moves – eg. back landing, half twist to back landing, to feet (cradle).**

As an example, a voluntary routine for someone competing at level F could be:

<b>[Compulsory routine level F – SET 1]</b>		<b>[Voluntary routine level F - based on level F SET 1]</b>	
Back Somersault (T)	0.5	Back Somersault (S)	0.6
Jump to seat landing	0	Jump to back landing	0.1
Half twist to feet	0.1	Half twist to feet	0.2
Tuck jump	0	Tuck jump	0
Barani (T)	0.6	Barani (T)	0.6
Straddle jump	0	Straddle jump	0
Jump to front landing	0.1	Half twist to front landing	0.2
To feet	0.1	To feet	0.1
Tuck jump	0	Tuck jump	0
Front somersault (T)	0.5	Front somersault (P)	0.6
<b>= 1.9</b>		<b>= 2.4</b>	

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, commit it to memory 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.

**Please note: 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 (Tucked)	0.5
Full twist jump	0.2	¾ front somersault (S)	0.3
Back / Front landing	0.1	¾ back somersault (S)	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 ½ twist to feet from back	0.4	Full twisting back somersault	0.7

**Please Note:**

A neat copy of 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.**