

SINGAPORE SCHOOLS SPORTS COUNCIL SPECIFIC RULES AND REGULATIONS FOR TRAMPOLINE 2017

1 RULES AND REGULATIONS

Trampoline shall:

- 1.1 be conducted according to the Specific Rules and Regulations for Trampoline and the Federation Internationale de Gymnastique (FIG) Code of Points **2017-2020** for Trampoline;
- 1.2 in the event that the rules and regulations are modified for safety /developmental reasons to suit the level of our students, it shall be clearly stated in the Specific Rules and Regulations for Trampoline 2017;
- 1.3 be governed by the Rules and Regulations of the Singapore Schools Sports Council;
- 1.4 in the absence of a set of recognised rules to govern the occurrence of situations during the competitions, take reference with the rules of the prevailing International Federations.
- 1.5 be organised, adhering to the Baseline Safety Standards for National School Games.

2 CHAMPIONSHIP ORGANISING COMMITTEE

2.1 COMPOSITION

2.1.1 The Championship Organising Committee shall consist of the following:

The National Convenor,
The Games Adviser,
The Zone Convenors,
Organising Secretaries and
Any other co-opted members deemed necessary.

2.1.2 The Championship Organising Committee and the Zone Convenors are empowered to appoint sub-committees and individual members to assist in the organisation and running of the championships as and when required.

2.2 DUTIES

The Championship Organising Committee shall have the following roles and responsibilities:-

- 2.2.1 to draw fixtures (competition programmes);
- 2.2.2 to fix venues, dates and times;
- 2.2.3 to arrange for equipment and facilities, and perform any other tasks for conducting the championship;

- 2.2.4 to conduct RAMS for the championship;
- 2.2.5 to ensure that court/pitch/venue managers¹ conduct RAMS for the respective Championships venues;
- 2.2.6 to appoint judges/auxiliary personnel/officials;
- 2.2.7 to organize training / upgrading officiating courses for judges/auxiliary personnel/officials (where applicable);
- 2.2.8 to incur expenditure within the allocated budget approved by the SSSC;
- 2.2.9 to select players to represent SSSC in approved local and overseas championships, and to appoint coaches to take charge of the teams;
- 2.2.10 to nominate players for SSSC's Colours Award;
- 2.2.11 to deal with matters pertaining to discipline, protest and other aspects of the championship;
- 2.2.12 to source and organise coaching and officiating courses to upgrade the technical knowledge and expertise of teachers; and
- 2.2.13 to implement the Baseline Safety Standards in the organising of the National School Games.

3 DIVISION

- 3.1 All students shall compete in their respective divisions according to their year of birth as follows:

A Division* 2 Jan 1997 --- 31 Dec 1997
 1 Jan 1998 --- 31 Dec 1998
 1 Jan 1999 --- 31 Dec 1999
 1 Jan 2000 --- 31 Dec 2000
 1 Jan 2001

B Division* 2 Jan 2000 --- 31 Dec 2000
 1 Jan 2001 --- 31 Dec 2001
 1 Jan 2002 --- 31 Dec 2002
 1 Jan 2003

C Division* 2 Jan 2003 --- 31 Dec 2003
 1 Jan 2004 --- 31 Dec 2004
 1 Jan 2005

Except for the following conditions:

- 3.1.1 All students in the Junior Colleges and Centralized Institute must compete in the 'A' Division.
- 3.1.2 Year 1 to Year 4 students in the Integrated Programme (i.e. Through-Train Programme) and International Baccalaureate Programme will compete in their respective age group. Those in Year 5 (equivalent to JC 1) and Year 6 (equivalent to JC 2) must compete in the 'A' Division.

¹ Court/Pitch Managers will be responsible for the safety for the field of play for the competition. Venue Manager will take care of the area beyond the field of play. Venue Manager may also take charge of the entire competition venue including the field of play depending where the competition is held.

- 3.1.3 All students in Secondary Schools must compete in the 'B' or 'C' Division according to their year of birth.
- 3.1.4 All students in Secondary Schools not born in the stipulated year for 'B' or 'C' Division must compete in the 'A' Division.
- 3.1.5 All students in the 'C' Division will not be able to opt to represent the school in the 'B' Division, in all individual and team sports/games from 2012.

4 ENTRIES

- 4.1 Each school is eligible to enter one boys' and one girls' team for:
 - i the A Division
 - ii the B Division
 - iii the C Division
- 4.2 **All entries must be submitted through the SSSC e-Registration portal** on or before the stipulated closing date. This includes details of players along with the necessary supporting documents.
 - a) Baseline Safety Acknowledgement Form
 - b) Supporting documents for Special/Transfer case students
 - c) Other forms as determined by the respective Games Organising Committee

5 REGISTRATION OF COMPETITORS

- 5.1 The total number of competitors to be registered shall not deviate from that laid down in the Rules and Regulation of Trampoline for the National Championships.
 - 5.1.1 Each team shall comprise a minimum of 4 and a maximum of 6 gymnasts. In this case, **6 to perform and 4 best scores to count**.
 - 5.1.2 A school which is unable to enter a team may be represented by individual gymnasts (up to a maximum of 3 only).
- 5.2 The date of posting in the Joint Admission Exercise (JAE) of students announced by MOE shall be the day in which a student would be deemed as a bona fide member of the school or JC or CI.
- 5.3 Students requesting for a transfer after the Joint Admission Exercise may not represent their new school until the transfer has been officially effected.
- 5.4 **Only** in the event that any of the competitor(s) registered is/are transferred or has/have to leave school before commencement of the championship, schools shall be allowed to replace the affected competitor(s).
 - 5.4.1 Schools must write in to inform the Convenors of the replacement at least one (1) working day before the commencement of the championship.

- 5.4.2 No replacement of competitor is allowed once the championship begins.
- 5.5 If a school chooses not to register the maximum number of competitors allowed by the sports/game, at the time of submitting the entry/registration form to the Convenor, the school shall not be permitted to register additional competitors subsequently.
- 5.6 International students can only be registered to play for their school **after** they have been issued with the student passes by the Immigration and Checkpoints Authority (ICA).
- 5.7 International students who are in the schools/junior colleges/centralized institute on exchange programme are not allowed to represent the school.
- 5.8 Students granted Leave of Absence (LOA) by MOE will be allowed to represent the school.
- 5.9 Registration constitutes representation, that is, once a student is registered to play for a school/junior college/centralized institute, he or she is deemed to have represented his or her school/junior college/centralized institute. Hence, the student is not allowed to represent another school/junior college/centralized institute in the same sports/games in the same year.

6 CHAMPIONSHIP FORMAT

- 6.1 For Team Championship, there must be a minimum of **three (3) registered teams** from **three (3) different schools** before a team championship can be organised.

The Team title shall be decided from the sum total of the best four (4) scores in each Division team.

- 6.2 For Individual Competition, there must be a minimum of **three (3) registered individuals** from **three (3) different schools** in the Division Event before a championship can be organised.

The Individual title shall be decided from the score of each Compulsory set performance of the respective Division.

- 6.3 Any deviation from the championship format requires approval from the Council or the Standing Committee and will be clearly stated in the respective sports/games rules and regulations.

7 DIVISION EVENTS

7.1 BOYS

7.1.1 Boys A Division – Compulsory A1 or Compulsory A2

7.1.2 Boys B Division – Compulsory B

7.1.3 Boys C Division – Compulsory C

7.2 GIRLS

7.2.1 Girls A Division – Compulsory A1 or Compulsory A2

7.2.2 Girls B Division – Compulsory B

7.2.3 Girls C Division – Compulsory C

8 PRIZES

8.1 The number of prizes and plaques (for team championships only) to be awarded at the Zone and National Championship shall be as follows:

| | | | |
|-----|---------------------|---|--------------------------|
| i | 3 teams/individuals | - | 2 team/individual prizes |
| ii | 4 teams/individuals | - | 3 team/individual prizes |
| iii | 5 or more teams | - | 4 team prizes |

8.2 For the Individual competition, prizes will be awarded to the best three (3) individuals in each division, with conditions as stated in para. 15.1.

8.3 In the event of a tie, the tie shall remain and prizes will be awarded to the winners as follow:

- i A tie in the 1st place - the next best will be placed 3rd.
- ii A tie in the 2nd place - there will be no 3rd placing.
- lii Three (3) gymnasts tying for the 1st place - there will be no 2nd and 3rd placings.

9 POSTPONEMENT

The Convenor or his representative shall, at his/her discretion, decide to postpone a competition/event if he/she thinks the venue is unfit for play, or for any other valid reasons for which he/she deems a postponement is in order. Teams must abide by the decision of the Convenor or his/her representative.

10 WITHDRAWAL AND WALK-OVER

10.1 Any withdrawal or walk-over is considered contrary to the spirit of the game.

10.2 Schools participating in the championship should not withdraw or give a walk-over.

10.3 For each withdrawal² or walk-over, a written explanation duly endorsed by the Principal shall be submitted to the Convenor and the Game Adviser within two (2) working days.

10.4 When competing for top 4 placing, any walk-over will disqualify the team from being placed.

² All results will be null and void.

11 ABANDONED GAME

- 11.1 The referee/umpire/competition manager is required to submit a written report on an abandoned game within one (1) working day.
- 11.2 For decision on an abandoned game, refer to Para 20 on disqualification.

12 CLARIFICATION AND INQUIRY OF SCORE

- 12.1 Any clarification on points of laws/rules and the difficulty score must be lodged immediately after the publication of the score, or at the very latest before the end of the exercise of the next gymnast, by the **teacher-in-charge** to the **D1 judge** in a professional and friendly manner. The decision taken by the D-Jury will be final, and the Meet Director and Gymnastics Adviser shall be informed of such clarification.
- 12.2 Only inquiries for difficulty scores are allowed provided the verbal inquiry is made in accordance to para.12.1. Inquiries for all other scores (Execution, Artistry) are not allowed.
- 12.3 Late verbal inquiries will be rejected. An inquiry is allowed only for the school's own gymnast.
- 12.4 In case of obvious errors concerning calculation or flashing of scores, a Judge, teacher-in-charge or other official, who recognise this, should promptly approach the D1 Coordinator Judge in a professional and friendly manner before the end of the actual round to allow the D-Jury to clarify the situation before the next round starts.

13 PROTEST

- 13.1 All protests shall be referred to the Championship Organizing Committee. The protest(s) must reach the Committee within **one (1)** working day following the match to which it relates unless stipulated otherwise in the respective games rules. The protest must be in writing and duly signed by the principal. A protest fee of one hundred and fifty dollars plus GST* will be charged. If the protest is upheld, the protest fee will not be required. If it overruled, the protest fee of \$150 plus GST* will be deducted from the protesting school's account, via IFAAS.
- 13.2 For events on the final day of the Championship, the written intention to protest, duly signed by the teacher-in-charge with acknowledgement from the principal, should reach the Committee before the start of the prize presentation. This shall be followed-up immediately with the written protest duly signed by the principal within one (1) working day following the event to which it relates.
- 13.3 The Championship Organizing Committee will meet to deliberate on the protest within **seven (7)** working days. The decision will then be made known in writing to the school concerned.

- 13.4 The Championship Organising Committee may appoint a Jury of Protest to deliberate on the protest. The Jury shall comprise of:

The National Convenor;
4 Zonal Convenors;
1 or 2 Technical Official(s)
Gymnastics Adviser

- 13.5 In the event that the National and Zonal Championship Organizing Committees are involved in a protest, the affected school concerned will inform the SSSC Secretary and shall not be involved in any further deliberations on the matter.

14 APPEAL

- 14.1 Upon the release/disclosure of the decision of the Championship Organizing Committee, **only** schools may appeal to the Council.
- 14.2 Notice of appeal shall be lodged with the Secretary of the Zone/Main Council within **two (2)** working days upon receiving the Championship Organizing Committee's Decision. The appeal must be in writing and duly signed by the principal.
- 14.3 Upon receiving the notice of appeal from the school, the appeal fee of three hundred dollars (\$300) plus GST* will be deducted from the school's account via IFAAS.
- 14.4 The Board of Appeal will deliberate on the appeal. The decision of the Board of Appeal shall be final. **(Please refer to Annex A)**

15 SUSPENSION

A player suspended by any one of the following bodies is barred from participating in SSSC championships for that sports/games for the period of suspension:

- i the School
- ii the Zone Council
- iii the Schools Sport Council
- iv the National Association of the sport/game

16 TEACHER-IN-CHARGE OF TEAM

- 16.1 Each participating team must be accompanied by a teacher who shall remain with the team throughout the duration of play. (Please refer to the CCA Handbook for the role of the teacher in charge)
- 16.2 Teachers-in-charge are not allowed to interfere with the final decision taken by the D1 Judge/Coordinator judge on points of laws/rules after clarification has been sought. If such interference results in disruption of any competition/event, a report shall be made by the Convenor and the matter brought to the attention of the Competition Organizing Committee for appropriate action.

17 REFEREES / UMPIRES / OFFICIALS

- 17.1 For Gymnastics, all participating schools with more than three (3) registered competitors **must** provide at least one (1) teacher to be trained as judge and to serve on the judging panel for the duration of the championship
- 17.2 Schools have to ensure that their referees/umpires/officials are present to fulfill their duties as scheduled by the convenor.

18 EXTERNAL INSTRUCTORS / COACHES

- 18.1 Each team can be accompanied by a maximum of two (2) coaches, including the teacher-in-charge in the competition arena.
- 18.2 External Instructors are expected to conduct themselves with decorum during competitions. (Please refer to Annex B)
- 18.3 All external instructors/coaches accompanying the gymnasts to the competition must be properly attired (sports attire).
- 18.4 During the performance of the exercise, external instructors, teachers, officials and any other members of the team may not communicate with their gymnast(s) in any manner. Violation of this rule will lead to a deduction of 0.5 point from the final score of the gymnast.
- 18.5 Rights and regulation of the coach as described in the FIG Code of Points 2017-2020 applies to this championship, unless otherwise stated. Penalties for behaviour violations and unsportsmanlike conduct will take reference from the Code of Points.
- 18.6 External instructors are not allowed to approach the game officials to query their decisions. Only teachers-in-charge are allowed to approach game officials to seek clarifications. Failure to comply with this rule may lead to a deduction of 0.5 point from the gymnast's final score or total team score, and action taken against the coach.
- 18.7 Schools must ensure that their external instructors adhere to the SSSC Rules and Regulations.
- 18.8 An external instructor who has breached any of the rules and the school which engaged him/her, will be referred to the respective Competition Organizing Committee by the respective convenors for appropriate action to be taken.

19 SUPPORTERS

- 19.1 Schools sending supporters to any competition shall ensure that their students are in proper school uniform and there is sufficient number of teachers on duty to maintain discipline.
- 19.2 All supporters are required to remain within the stipulated area for supporters throughout the championship. They are not allowed to be in the competition arena.
- 19.3 Participating schools must ensure that their supporters and spectators attending the game(s) conduct themselves to the best of their abilities (Refer to Annex C). In the event that unsportsmanlike behaviour is observed, the Convenor may, at his discretion, issue an eviction of the spectator from the training/competition venue.

20 DISQUALIFICATION

A school will be disqualified if it commits any of the following:

- a) fielding overage player
- b) fielding unregistered player
- c) fielding an ineligible player
- d) fielding player without a valid student pass
- e) fielding a non-bona-fide student
- f) team/player not accompanied by a teacher in charge
- g) team/player which caused a game/match to be abandoned

All results involving the team which has been disqualified will be considered null and void.

21 ATTIRE

- 21.1 Boys must be suitably attired in sleeveless leotard/singlet with single coloured gymnastics trousers. Trampoline shoes and/or white foot covering or foot covering of the same colour as the gym trousers is compulsory.
- 21.2 Girls must be suitably attired in skin tight leotard with or without sleeves. Long tights or a full length one piece leotard may be worn. Any other "dress" which is not skin tight is not allowed. Trampoline shoes and/or white foot covering is compulsory. The wearing of jewellery or watches is not permitted during the competition. Long hair must be neatly tied up.
- 21.3 The correct number tag must be sewn and prominently displayed at the back of the competition attire on the upper body.
- 21.4 Members of the same team must wear uniform attire.
- 21.5 Any violation against the attire stipulation will lead to a deduction of 0.3 points from the total team score.

22 EVALUATION OF THE COMPETITION EXERCISES

22.1 Evaluation of a trampoline compulsory exercise is based on the following factors:

- 1) Performance of the exercise as according to the written text. (Please refer to **Annex D**)
- 2) Execution based on technical requirements and form for Trampoline.

22.2 DIFFICULTY SCORE

All compulsory routines shall comprise of 10 required elements and shall be evaluated for a Difficulty Score (D) determined by the total sum value of the required elements performed, with a maximum score of 8.5 points for the Compulsory A1 routine, and 10.0 points for the Compulsory A2, B and C routines.

22.3 EXECUTION SCORE

22.3.1 The Execution Score (E) shall be determined from the total number of required elements performed, with the maximum score being 10.0 points for 10 required elements performed, 9.0 points for 9 required elements performed and so on.

22.3.2 The highest and lowest scores of the five execution judges will be deleted and three remaining scores are added together to give the gymnast's E-Score for the routine (E+E+E).

22.3.3 In the case where only four execution judges are on the panel, the highest and lowest scores will be deleted and the two remaining scores are added to the average of the four execution scores to give the gymnast's E-Score for the routine (E+E+AveE).

22.4 FINAL SCORE

The D-Score shall be added to the E-Score for the gymnast's Final Score as illustrated:

$$(E+E+E) + (D) - (\text{penalties}) = \text{Final Score}$$

22.5 REQUIRED POSITIONS DURING AN ELEMENT

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

22.5.2 Depending on the requirements of the element, the body should be tucked, piked or straight.

22.5.3 In the tucked and piked positions the thighs should be close to the upper body.

22.5.4 In the tucked position the hands should touch the legs below the knees except in the twisting phase.

22.5.5 The arms should be straight and/or held close to the body whenever possible.

23 COMPETITION PROCEDURE

23.1 WARM UP

Each gymnast will be allowed (max.) 30 seconds warm up on the competition apparatus.

23.2 START OF A ROUTINE

23.2.1 After the signal has been given by the Chair of Judges Panel to start the routine, the gymnast must initiate the first element within one minute. Otherwise, there will be a deduction of 0.1 point from the gymnast's score.

23.2.2 Gymnasts are allowed to take as many straight jumps as needed before initiating the first element of the routine. However, once the first element is executed, no other intermediate jumps (extra bounces) will be allowed unless it is spelt out in the prescribed text.

23.3 INTERMEDIATE JUMPS

A routine will not be considered interrupted if a gymnast executes an intermediate jump (extra bounce) not spelt out in the prescribed text for this competition. However, there will be a deduction of 0.5 point for every intermediate jump (extra bounce) taken during the routine.

23.4 INTERRUPTIONS OF A ROUTINE

23.4.1 A routine will be considered interrupted if a gymnast:

- i Touches anything other than the trampoline bed with any part of the body.
- ii Is touched by a spotter or spotter mat.
- iii Leaves the trampoline due to insecurity.

23.4.2 A gymnast will be judged only on the number of elements completed on the trampoline bed. (The trampoline bed being the webbed area excluding the suspension springs).

23.5 TERMINATION OF THE ROUTINE

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

23.5.2 The gymnast is allowed to do one (1) more jump in a stretched position (out bounce) after the last element in the prescribed text, using the elasticity of the bed.

24 SAFETY REQUIREMENTS

24.1 A gymnast must have four (4) spotters positioned at each corner of the trampoline, or opposite corners and ends of the trampoline during warm-up and competition. Failure to comply may lead to the disqualification of the team.

24.2 A spotter mat may only be used by the gymnast's own spotter.

25 APPARATUS HEIGHTS AND SETTINGS

| Item | Specification / Provision |
|--|--|
| Trampoline Bed: - Length - Width - Web construction (width) | 3.60m – 4.30m 1.80m – 2.15m 3mm – 15mm |
| Safety pad for frame and springs | Yes |
| Safety Platforms | Yes, at both ends of trampoline |

Trampoline with other specifications may be allowed with the permission of the Director of Meet.

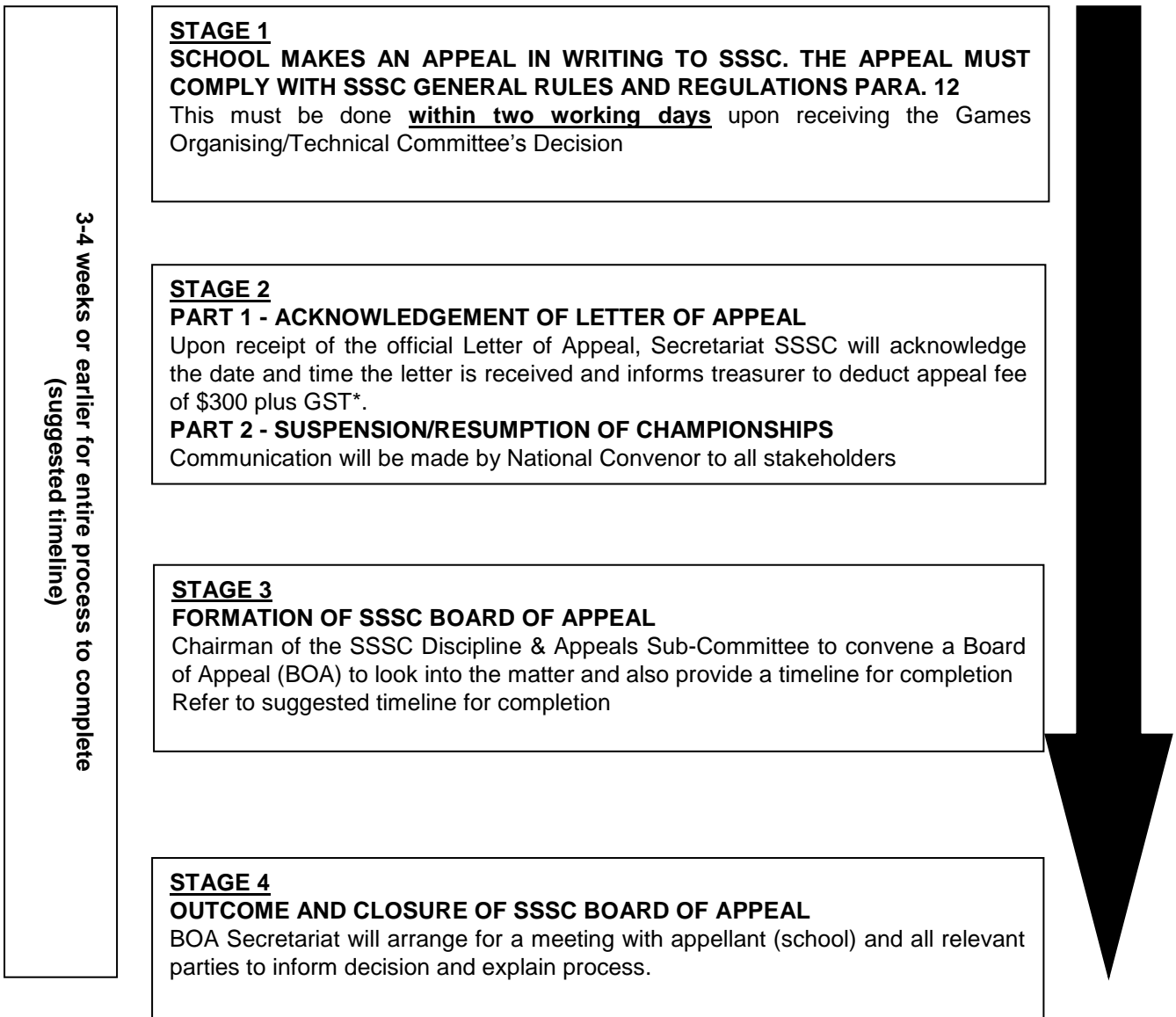
26 MATTERS NOT PROVIDED FOR

All matters not provided for in these Rules and Regulations shall be dealt with by the respective Championship Organising Committee.

27 AMENDMENTS

The Singapore Schools Sports Council shall have the right to delete, add or amend the rules and regulations laid down herein.


SSSC PROCEDURE FOR APPEALS
WORKFLOW



As in accordance with the SSSC General Rules and Regulations under para.12, the decision of the Board of Appeal or the Standing Committee shall be absolute.

CODE OF CONDUCT FOR EXTERNAL INSTRUCTORS

- External instructors are expected to conduct themselves well in carrying out their duties.
- They are to observe the rules and regulations of the school.
- They should not replace the role of the teacher in-charge.
- They will prepare the training schedule for the team, in consultation with the Principal and the teacher in-charge (i.e. 30-week programme)
- They are not allowed into the competition area except where the rule of the game requires the presence of the instructor e.g. Softball.
- They cannot represent the school in any matters.
- They must not interfere with the organisation of the tournament.
- They are not allowed to approach the game officials to query their decisions. Only teachers-in-charge are allowed to approach game officials to seek clarifications.
- External instructors violating the above rules will be asked to leave the competition arena.
- Action will be taken against the school if the external instructors fail to comply with the tournament rules.
- The onus for the external instructors to adhere to the above rules and to be well versed with the competition rules amended to meet the needs of our pupils' lies with the school concerned.
- Ensure that the team has adequate rest and given water breaks.
- Instructors should refrain from using foul language or in a tone not becoming of proper behaviour.



ATHLETES' OATH

"In the name of all competitors
we promise that we shall take part
in these National School Games,
respecting and abiding by the rules which govern them,
committing ourselves to the true spirit of sportsmanship,
without doping and without drugs,
for the glory of sport
and the honour of our teams."

(Revised version 2015; Adapted from the Olympic Athletes' Oath, 1999)

Character in Sporting Excellence




COACHES' OATH

*In the name of all the coaches,
we promise to respect all athletes,
officials and coaches in these
National School Games.
We shall act in the best interest of the
athletes and schools,
without doping and without drugs.
We commit ourselves to ensure that the
spirit of sportsmanship and fair play is
fully adhered to and upheld always."*

(Revised version 2015; Adapted from the Olympic Coaches' Oath, 2012)

Character in Sporting Excellence



OFFICIALS' OATH

"In the name of all the judges and officials,
we promise that we shall officiate
in these National School Games
with complete impartiality,
without doping and without drugs.
We will respect and abide by
the rules which govern the Games,
in the true spirit of sportsmanship."

(Revised Version 2015; Adapted from the Olympic Officials' Oath, 1999)

Character in Sporting Excellence



SPECTATORS' CREED

Be a Respectful Supporter

- Applaud excellence and fair play
- Appreciate the efforts of all athletes, teachers, coaches, officials and organisers

Be a Caring Motivator

- Cheer to encourage and motivate
- Care for athletes' well-being

Be a Responsible Spectator

- Keep the venue safe and comfortable for all
- Keep the venue clean

Character in Sporting Excellence



SINGAPORE SCHOOLS SPORTS COUNCIL
COMPULSORY ROUTINES FOR NATIONAL INTER-SCHOOL TRAMPOLINE CHAMPIONSHIPS

'C' Division

| Compulsory C | Value |
|-------------------------------|----------|
| 1. Full twist jump | 1.0 |
| 2. Pike straddle jump | 1.0 |
| 3. Seat drop | 1.0 |
| 4. ½ twist to seat drop | 1.0 |
| 5. ½ twist to feet | 1.0 |
| 6. Piked jump | 1.0 |
| 7. Back drop | 1.0 |
| 8. ½ twist to feet | 1.0 |
| 9. Tuck jump | 1.0 |
| 10. Forward somersault tucked | 1.0 |
| Optional out bounce | 0.0 |
| Maximum Difficulty Score | 10.0 pts |

'B' Division

| Compulsory B | Value |
|-------------------------------|----------|
| 1. Backward somersault tucked | 1.0 |
| 2. Tucked jump | 1.0 |
| 3. Full twist jump | 1.0 |
| 4. Pike straddle jump | 1.0 |
| 5. ½ twist to front drop | 1.0 |
| 6. To feet | 1.0 |
| 7. Back drop | 1.0 |
| 8. ½ twist to feet | 1.0 |
| 9. Piked jump | 1.0 |
| 10. Forward somersault piked | 1.0 |
| Optional out bounce | 0.0 |
| Maximum Difficulty Score | 10.0 pts |

'A' Division

| Compulsory A1 | Value | Compulsory A2 | Value |
|-------------------------------|---------|--|----------|
| 1. Backward somersault tucked | 1.0 | 1. Backward somersault stretched | 1.0 |
| 2. Pike straddle jump | 1.0 | 2. Pike straddle jump | 1.0 |
| 3. Full twist jump | 0.5 | 3. Forward somersault piked/stretched with ½ twist | 1.0 |
| 4. Tucked jump | 1.0 | 4. Tucked jump | 1.0 |
| 5. ½ twist to seat drop | 1.0 | 5. Backward somersault piked | 1.0 |
| 6. ½ twist to feet | 1.0 | 6. ½ twist to seat | 1.0 |
| 7. Back drop | 0.5 | 7. ½ twist to feet | 1.0 |
| 8. ½ twist to feet | 1.0 | 8. Piked jump | 1.0 |
| 9. Piked jump | 1.0 | 9. ¾ forward somersault stretched (to back) | 1.0 |
| 10. Forward somersault tucked | 0.5 | 10. To feet | 1.0 |
| Optional out bounce | 0.0 | Optional out bounce | 0.0 |
| Maximum Difficulty Score | 8.5 pts | Maximum Difficulty Score | 10.0 pts |

c/o **PHYSICAL AND SPORTS EDUCATION BRANCH**

Trampoline Technical Review Committee: Tan Yuen Yuen, Eleonora Klidzia, Khoo Kim Heng, Jia Lu Hong, Teng Yu Yan, Subramaniam s/o Kaliappan
Special thanks to Mr Jack Kelly, National Development Coach for Trampoline, British Gymnastics
APRIL 2012



INTERPRETATION OF TEXT

- All the set compulsory routines do not require gymnasts to bounce to great height to perform the elements, hence, no extra point or bonus points will be awarded for "Time of Flight". Gymnasts will be evaluated on technical execution, form and control of elements performed at a reasonable height.
- A gymnast must include in his/her exercise only elements that he/she can perform with complete safety and with a high degree of aesthetic and technical mastery. The responsibility for his/her safety rests entirely with him/her.

EXECUTION DEDUCTIONS

| | | | |
|--|---------|------------------------------|---------|
| Opening of Somersaults | 0.1-0.3 | Position of body (S/P/T) | 0.1-0.3 |
| Bent legs Landing | 0.1 | Bent/Position of Arms | 0.1each |
| Travelling | 0.1-0.2 | Position of Head | 0.1 |
| Insufficient Height (loss) | 0.1-0.3 | Lack of Body Control/tension | 0.1-0.5 |
| Bent Legs | 0.1-0.3 | Feet | 0.1 |
| Position of Legs | 0.1-0.2 | | |
| <u>Landing (No additional deductions for interrupted routines)</u> | | <u>Others</u> | |
| Lack Stability (3 secs) | 0.1-0.3 | Intermediate Jump | 0.5 ea |
| Touch/Step Out | 0.5 | Fall | 0.5 |
| Land out/Additional Somersault | 1.0 | | |

REQUIRED POSITIONS DURING AN ELEMENT

- In all positions, the feet and legs should be kept together (except straddle jumps), and the feet and toes pointed.
- Depending on the requirements of the element, the body should be tucked, piked or straight.
- In the tucked and piked positions the thighs should be close to the upper body.
- In the tucked position the hands should touch the legs below the knees except in the twisting phase.
- The arms should be straight and/or held close to the body whenever possible.

FINAL SCORE

- The D-Score shall be added to the E-Score for the gymnast's Final Score as illustrated:
 $(E+E+E) + (D) - (\text{penalties}) = \text{Final Score}$

INTERMEDIATE JUMPS

- A routine will not be considered interrupted if a gymnast executes an intermediate jump not spelt out in the prescribed text for this competition. However, there will be a deduction of 0.5 point for every intermediate jump taken during the routine.

INTERRUPTIONS OF A ROUTINE

- A routine will be considered interrupted if a gymnast:
 - Touches anything other than the trampoline bed with any part of the body.
 - Is touched by a spotter or spotter mat.
 - Leaves the trampoline due to insecurity.
- A gymnast will be judged only on the number of elements completed on the trampoline bed. (The trampoline bed being the webbed area excluding the suspension springs).

TERMINATION OF THE ROUTINE

- After the final landing on the bed, the gymnast must stand upright and show stability for approximately three (3) seconds, otherwise there will be a deduction for lack of stability.
- The gymnast is allowed to do one (1) more jump in a stretched position (out bounce) after the last element in the prescribed text, using the elasticity of the bed.

c/o PHYSICAL AND SPORTS EDUCATION BRANCH

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