**GENERAL RULES OF COMPETITION**

Each School Sports may enter a maximum of 15 gymnasts in each team (5 level 1, 5 level 2 and 5 level 3).

Teams if possible should be a mix of boys and girls.

Each team entered must provide a ‘Team Manager; (Level 2/3 coach or teacher who completed the trampolining qualification). If teachers are happy to judge please let me know.

Gymnasts do not have to compete in leotards however this is preferred. General indoor PE kit can be worn.

 **The competition is based on individual performances and the top 5 scores will make the team total.**

**The gymnasts must complete all three elements (Set Skills, Set Routine and Voluntary Routine)**

**Set Skills**

Competitors are allowed to take 5 bounces before they perform the skills and can pause in between each skill. Competitors can pause between each school. Set skills will be performed to two judge who give a mark out of 10.

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| Level 1 | Level 2 |  |
| 1. Five Straight Jumps
2. Tuck Jump with Stretch and Touch
3. Half Twist Jump
4. Seat Drop, landing to feet and immediate half twist
5. Picked straddle Jump
 | 1. Pike Jump
2. Seat Drop, half twist to feet
3. Front Drop Landing to feet
4. Back Drop Landing to feet
5. Full Twist
 | 1. Combination of any 3 shape jumps dpme om succession
2. Seat Drop, half twist to seat drop, to feet.
3. Front Drop half twist landing to feet
4. Back drop half twist landing to feet
5. Full twist jump, half twist, done in succession.
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| Set Routines |
| Level 1 | Level 2 | Level 3 |
| 1. Picked Straddle Jump
2. Seat Drop
3. Land to Feet
4. Tuck Jump
5. Half Twist Jump
 | 1. Front Drop
2. Land to Feet
3. Picked Straddle Jump
4. Half Twist Jump
5. Seat Drop
6. Half Twist to seat drop
7. Half twist to feet
8. Tuck Jump
9. Pike Jump
10. Full Twist Jump
 | 1. Full Twist Jump
2. Picked Straddle
3. Seat Drop
4. Half Twist To seat Drop
5. Half twist to feet
6. Pike Jump
7. Back Drop
8. Half Twist to feet
9. Tuck Jump
10. Half Twist Jump
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Competitors can perform as many straight jumps as he/she wants before commencing the set routines, However they will be deducted 1.0 mark if they take more than 1 minute to execute the fist skills) . There should be no additional bounces between skills once the set routine has started.

Set routines will be marked by two judges and given a mark out of 10.

**Voluntary routines**

Student own routines should consist of 10 bounces. with the following conditions on rules.

Students are allowed as many bounces as they wish before commencing their routine.

There should be no additional bounces once the routine has started.

Level 1: no skills with a rotation greater than 360 degrees, No more than one somersault allowed.

Level 2: No Skills with more than 360 degrees of somersault rotation is allowed. No more than 7 skills with 360 degrees of somersault rotation are allowed.

Level 3: no maximum difficulty mark.