

WAGC 2019-2020 Trampoline First Routine

First routine with special requirements (only Individual Trampoline events)

11 - 12 years

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element landing on the front of the body,
2. one (1) element landing on the back of the body.
3. one (1) element with 360° somersault rotation with, at least, 360° of twist.

13–14 years

The routine consists of ten (10) different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk

(*) on the competition card. These requirements cannot be fulfilled by combining them into one (1) element but must be performed as separate elements.

1. one (1) element to front or back,
2. one (1) element from front or back -in combination with requirement No. 1,
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum of 360° somersault rotation.

15-16 years

The routine consists of ten (10) different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one (1) element but must be performed as separate elements.

1. one (1) element to front or back,
2. one (1) element from front or back -in combination with requirement No. 1,
3. one (1) double front or double back somersault with or without twist and
4. one (1) element with a minimum of 540°twist and minimum of 360° somersault rotation.

17-21years

1. The routine consists of ten (10) different elements, each with a minimum of 270° somersault rotation.

2. Two (2) elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution, time of flight and horizontal displacement scores to give the total score for the first routine.

3. None of these two (2) elements may be repeated in the second routine of the qualifying round; otherwise the difficulty will not be counted.