

(Nova Trampoline & DMT Club)

Entries to: Ealing Trampoline Championships, 28 Sandringham Road, Northolt Middlesex, UB5 5HN

CLOSING DATE: 21st September 2009

AGE GROUPS

Primary (All)

Year 7 & 8

Years 9

Years 10 & 11

Years 12 & 13

Groups

Novice (note different routines for primary, 7 & 8 and for years 9 and above)

Intermediate (All Ages)

Open (All Ages)

Competitors compete both individually and in teams

Novice, Primary, Year 7 & Year 8

Compulsory

1. Jump to seat landing (seat drop)
2. To feet
3. ½ twist jump
4. Jump (straddled)
5. Full twist jump
6. Jump (piked)
7. ½ twist jump
8. Jump (tucked)

Voluntary

Any 8 bounce routine (including the above). NO SOMERSAULTS ARE ALLOWED. Tariff/difficulty will not be calculated for this group. Only the form scores will be counted.

Novice Year 9, and above

Compulsory

1. Jump to seat landing (seat drop)
2. To feet
3. ½ twist jump
4. Jump (straddled)
5. Full twist jump
6. Jump (piked)
7. ½ twist jump
8. Jump (tucked)
9. Jump to front landing
10. To feet

Voluntary

Any 10 bounce routine (including the above). NO SOMERSAULTS ARE ALLOWED. Tariff/difficulty will be limited to a value of 1.0 (tariff cap 1.0).



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Intermediate (all age groups)	
<i>Compulsory</i>	<i>Voluntary</i>
1. Half twist jump 2. Jump to front landing (front drop) 3. To feet 4. Jump (piked) 5. Half twist jump 6. Jump (straddled) 7. Jump to back landing (back drop) 8. To feet 9. Jump (tucked) 10. Full twist jump	The voluntary routine may include a maximum of two body landings NO SOMERSAULTS ARE ALLOWED. difficulty will be awarded but capped at 1.5

OPEN (all age groups)	
<i>Compulsory</i>	<i>Voluntary</i>
1. Full twist 2. Jump (straddled) 3. Seat Drop 4. Half Twist to seat drop 5. Half twist to feet 6. Jump (piked) 7. Jump to back landing 8. Half twist to feet 9. Jump (Tucked) 10. Front somersault (T)	The voluntary routine has a difficulty cap of 5.0

(NB This is the National/Regional Schools Open Routine-This event is held every year – regional/London round in December. Further detail will be made available to schools.)

