

# **JUMPSTART**

## **TRAMPOLINE NATIONAL TESTING**

### **COACHES & JUDGES GUIDE**

The Trampoline JumpStart Program is designed to test drills and skill specific combinations that have been identified as key to the development of the trampoline athlete. The routines are based on Levels 5-8 for three Age Groups to help with development of these future athletes.

This guide serves both the coach and judge. Each trampoline specific skill and routine will be defined. The method of judging will be included with each description.

#### **Calculation of a Score**

- \*J.O. Code of Points will be used to determine all appropriate scoring and deductions.
- \*All skills and routine testing will add back to appropriate values to determine the score out of a 10.0
- \*Additional JumpStart skill specific deductions will be included where appropriate for deductions not addressed in the J.O. Code of Points.

#### **Judging Requirement**

- \*Two judges are required for each skill and routine test.
- \*Both scores are added together for a total score for each test.
- \*Do not use one judge and double the score or use more than two judges.

#### **General Rules**

- \*J.O. Code of Points will be used to determine skill, landing, and additional deductions.

#### **Warm-Up**

Each athlete will have 4 touches prior to performing the skill combinations.

#### **Competition**

The athletes will compete all three skill sets at one time. Athletes will:

- Salute the judges, perform skill set 1, salute again and wait while the judges figure their scores.
- Salute the judges, perform skill set 2, salute again and wait while the judges figure their scores.
- Salute the judges, perform skill set 3, salute.

Skill sets must be competed in order. If not competed in order, the judges will refer to the J.O. guide for proper deductions.

#### **Equipment Requirement**

7 x 14 Trampoline with Euro or String Bed

## **JumpStart Trampoline Skills and Routines**

### **7-8 Skill #1**

Front Tuck

Jump ½ Turn with arms pressed to side

### **7-8 Skill #2**

Back Pike

Pike Jump

### **7-8 Skill #3**

\*Seat Drop

\*Hands and Knees Drop

¾ Front Straight

To Feet

\*Prep Skills (only the ¾ Front to feet will be judged)

### **Calculation of a Score:**

\*Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 2.0. Add the appropriate points (8.0) to show out the mark out of 10.0 to the completed skills. If only the first skill is completed, take the deduction of the one skill and add back (6.0). The maximum score would be 7.0.

\*Per J.O. Code of Points: Execution, landing, Superior Judge's deduction and additional JumpStart specific deductions are subtracted from the maximum mark.

### **7-8 Routine**

Back Tuck

Tuck Jump

Full Twist

Seat Drop

½ Turn to Feet

Straddle Jump

Half twist to stomach

Return to Feet

Pike Jump

Front Pike

### **Calculation of a Score**

Routine will be judged as per J.O. Code of Points.

### **9-10 Skill #1**

¾ Back Tuck

Return to Feet

### **9-10 Skill #2**

¾ Front Straight

Return to Feet

### **9-10 Skill #3**

Back Straight

Straddle Jump

### **Calculation of a Score**

\*Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 2.0. Add the appropriate points (8.0) to show the mark out of 10.0 to the completed skills. If only the first skill is completed, take the deduction of the one skill and add back (6.0). The maximum score would be 7.0.

\*Per J.O. Code of Points: Execution, Landing, Superior' Judge's deduction and additional JumpStart specific deductions are subtracted from the maximum mark.

### **9-10 Routine**

Back Pike  
Tuck Jump  
Full Twist  
Straddle Jump  
Back Tuck  
Barani Tuck  
Seat Drop  
½ Turn  
Pike Jump  
Barani Pike

### **Calculation of a Score**

Routine will be judged as per J.O. Code of Points

### **11-12 Skill #1**

Back Tuck  
Barani Tuck

### **11-12 Skill #2**

¾ Front Straight  
Ball Out (Tucked)

### **11-12 Skill #3**

Back Straight  
Barani Straight

### **Calculation of a Score**

\*Maximum Mark: Performance deductions taken per skill are subtracted from the maximum score of 2.0. Add the appropriate points (8.0) to show the mark out of 10.0 to the completed skills only .If only the first skill is completed, take the deduction of the one skill and add back (6.0). The Maximum Score would be 7.0.

### **11-12 Routine**

Back Straight  
Barani Straight  
Pike Jump  
Back Pike  
Barani Pike  
Straddle Jump  
Back Tuck  
Tuck Jump  
¾ Front Straight  
Ball out Tuck or Barani Ballout Tuck

## **Trampoline Routine for Time**

There will be one person timing the routine and a Superior Judge.

Time the routine until completion of the routine or a skill touches the pads. The Superior Judge will then determine the number of skills completed correctly. If a pass is terminated at any point or skills added to the end, a 2 second per skill not done correctly will be taken. If skills are added to the end of the pass a 2 second per extra skill penalty will be taken. If an athlete hits the pads, a 2 second penalty for the skill that hits the pads will be taken. The lowest possible time is 0, no negative times will be given.

Example 1: a routine is determined to be out of 7 skills, a 2 second penalty will be taken for the 3 skills after the termination point. So 3 times 2 seconds = 6 second penalty off the total time.

Example 2: an athlete hits the pads on skill 6. The clock is stopped when the athlete hits the pads. The Superior Judge determines that the incorrect skill was done on skill 3, so judge out of 2. The time deduction would be 4 x 2 seconds = 8 second penalty.

The J.O. Code of Points applies for judging of these Skill Passes and Routines. Any changes made to the J.O. Code of Points by USA Gymnastics, goes immediately into effect for JumpStart with the time frame set by USA Gymnastics.

The following section is from the USA Code of Points for Trampoline Levels 5-8. Judging of JumpStart Passes will follow these guidelines.

1. Routine Definition
  - 1.1 Competition is comprised of a ten-skill compulsory routine.
  - 1.2 All routines are scored out of 10.0 points
  - 1.3 After the last skill, the competitor is allowed to do one more jump in a straight position (out-bounce) using the elasticity of the bed.
  - 1.4 No final routines are required
2. JumpStart Skill Passes and Complete Routines will be used for JumpStart Testing.
3. Accepted Skills
  - 3.1 Routines will be interrupted if skills other than those listed in Rule 2 are performed
4. Start of a Routine
  - 4.1 The starting order is decided by a draw.
  - 4.2 Each competitor will start upon a signal given from the Superior Judge.
  - 4.3 After the signal has been given, the competitor must initiate the first skill within one minute: otherwise there will be a deduction as follows by each of the Execution Judges:
    - \* 1:01 minutes deduct 0.1pt.
    - \* 1:31 minutes deduct 0.2 pt
    - \* 2:01 minutes deduct 0.3 pt.
  - If this time limit is exceeded as a result of faulty equipment or other substantial cause, not deduction will be applied. The decision is made by the Superior Judge. Competitor's apparel may not be considered as equipment.
  - 4.4 A competitor's routine will be considered started once the first skill is initiated.
  - 4.5 Second attempts at routines are not allowed.
    - 4.5.1 If a competitor is obviously disturbed in a routine (faulty equipment or substantial external influence), the Superior Judge may allow another attempt. A competitor's apparel is not considered 'equipment'. (See Guide to Judging.)
    - 4.5.2 Spectator noise, applause and the like would not normally constitute a disturbance.
5. Interruptions of a Routine
  - 5.1 A routine will be considered interrupted if the competitor:
    - 5.1.1 Obviously does not land simultaneously on both feet on the bed.
    - 5.1.2 Does not use the elasticity of the bed after landing for the immediate continuation of the next skill.
    - 5.1.3 Touches anything other than the trampoline bed with any part of the body.
    - 5.1.4 Is touched by a spotter or spotter mat.
    - 5.1.5 Leaves the trampoline due to lack of control or insecurity.
    - 5.1.6 Does not perform the compulsory routine as required. The routine is interrupted at the point of change.
    - 5.1.7 Performs an incomplete skill. (See Guide to Judging)
    - 5.1.8 Performs an intermediate straight jump.
  - 5.2 No credit will be given for the skill in which the interruption occurs in respect to Rules 5.1-5.7. In respect to Rule 5.1.7 no additional deductions are taken.

5.3 The competitor will be judged only on the number of skills completed on the trampoline bed.

5.4 The decision is made by the Superior Judge.

## 6.1 Scoring

Judges Panels are set as per JumpStart Guidelines.

## 6.2 Execution

6.2.1 Slight faults, for each occurrence 0.1-0.2

6.2.2 Substantial faults, for each occurrence 0.3-0.4

6.2.3 Major faults, for each occurrence 0.5

6.2.4 Execution Judge's scores must be no more than 0.5 higher or 0.5 lower than the median score. The Superior Judge will instruct the Execution Judges to re-evaluate their score if the score(s) are out-of-range.

6.2.5 After the last skill of a completed routine, take a single deduction for the greater fault only (instability or landing deduction) on the instruction of the Superior Judge.

6.2.5.1 Landing on both feet but lacking stability and not standing still for approximately 3 seconds 0.1-0.2

**OR**

6.2.5.2 Falling to or touching the bed with one or both hands 0.5

6.2.5.3 Touching or stepping out on the springs, pads or frame 0.5

6.2.5.4 Landing/falling outside the trampoline bed, leaving the trampoline area 1.0

## 6.3 Superior Judge Deductions

*(In addition to form and landing deduction)*

6.3.1 Talking to or giving any form of signal to a competitor by his/her own coach or spotter during the routine, for each occurrence. 0.3

6.3.2 Performing more than the required skills 1.0

6.3.3 Exceeding the time limit as per Rule 4.3 0.1-0.3

6.3.4 Abusing the warm-up time 0.1