

## KS3 Girls Trampolining League Information

### Teams:

- Teams will consist of 4 girls and must be from the same year group i.e. all year 7's or all year 8's.
- We would like you to enter 2 teams from each year group.
- Teams must wear matching outfits

### Format:

- Each athlete must complete a compulsory routine and a voluntary routine (the voluntary routine can be the compulsory routine repeated). The routines are included in this information pack.
- The team score will be determined by the top 3 scorers per team. The team score will determine the overall winner of the match.
- Athletes from the same team may do **different** routines from the compulsory list.
- Certificates will be awarded for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed team and then 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed individuals.

### Judges:

- Each event will require 3 judges.
- Competition manager will provide judges once the date and venue for each match has been fixed.
- Judges will be responsible for awarding “form” marks. The senior judge will be responsible for awarding “Tariff” marks.

### Scoring:

- Please refer to the attached pack.
- In addition to the pack, Year 7 athletes will be allowed interim bounces but will be deducted 0.5 marks. Year 8 students will not be allowed any interim bounces.

### Event Organisation:

- The home team will be responsible for contacting the opposition and arranging a fixture date.
- ***Team Managers must inform the Competition Manager when the event is to take place. 3 Judges will be provided by the Competition Manager.***
- Each school will be required to attend 1 fixture per month starting from January.

### Programme of Event:

3:30pm – 4pm – Arrival

4:00pm – Warm-ups and Competition

5:30pm - Presentation

### Checklist for Team Managers:

#### Prior to the event:

- Check your fixture sheet

- Contact opposition and arrange a date for fixture.
- Contact Competition Manager to confirm date of fixture and confirm judges required (if you have your own judges these will be used).
- Confirm match details / routine details and scoring with your team.

**During the event:**

- Provide suitable venue arrangement with trampolines, benches, judges table, score boards, tariff sheets, certificates (these will be forwarded to you by the Competition Manager) and young leaders / helpers.

**After the event:**

- Forward team scores to Competition Manager
- Prepare for your next event!

**Clothing Promotion:**

Any school looking to purchase new kit are entitled to a 10% discount at:  
ALL THAT JAZZ  
128 Sutherland Avenue  
Eastern Green  
Coventry  
CV5 7NJ  
Tel: 02476 465691

*Mention Debbie Skene and the manager will give you the 10% discount*



# Routines

	<b>FIRST ROUTINE</b>		<b>SECOND ROUTINE</b>
1	Full twist jump	1	Full twist jump
2	Piked straddle jump	2	Piked straddle jump
3	Seat landing	3	Seat landing
4	Half twist to seat landing	4	Half twist to seat landing
5	Half twist to feet	5	Half twist to feet
6	Pike jump	6	Pike jump
7	Front landing*	7	Back landing
8	Half twist to feet	8	Half twist to feet
9	Tuck jump	9	Tuck jump
10	Half twist jump	10	Front Somersault (tucked)

**\*PLEASE NOTE THIS MOVE HAS CHANGED FROM A BACK DROP**

## HOW TO IMPROVE - FIRST ROUTINE

Numbers	Skill	Coaching Points
1	<b>Full twist jump</b>	Lead into the routine with several straight bounces and an arm set. Focus eyes on end-frame/mat during take-off and regain focus of end-frame/mat as quickly as possible during flight. The twist is initiated by turning the shoulders in the direction of the twist during take-off. Keep the body very upright and straight during twist. Keep the arms vertical and straight during flight. The arms return to the side of the body and remain there until first contact of the trampoline.
2	<b>Piked straddle</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the piked straddle shape must be

	<b>jump</b>	performed quickly after first showing the straight shape. The legs are horizontal and 90° apart during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
3	<b>Seat landing</b>	On take off the arms stretch to vertical. On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. After the apex of the jump the arms descend to be by the hips on making the seat landing.
4	<b>Half twist to seat landing</b>	Keep vision focused on the end-frame/mat, press hips forward and upward during take-off from the seat landing to create rotation. Lift the arms and twist the shoulders whilst maintaining focus on the end-frame/mat, Once contact with the bed is broken, move the focus of the eyes from one end-frame/mat to the other. Arms remain above head during the twisting phase. Attempt to regain straight bodyline before the second seat landing by straightening hips, but do not touch bed with feet. The arms drop down again for the second seat landing.
5	<b>Half twist to feet</b>	Keep vision focused on the end-frame/mat, press hips forward and upward during take-off from the seat landing to create rotation. Lift the arms and twist the shoulders. Once contact with the bed is broken, move the focus of the eyes from one end-frame/mat to the other. Arms remain above head during the twisting phase. The arms return to the side of the body and remain there until first contact of the trampoline.
6	<b>Pike jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the pike shape must be performed quickly after first showing the straight shape. The legs are horizontal and together during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
7	<b>Front landing</b>	On take off focus eyes on the end-frame/mat during take off. Displace the hips backwards and keep hands above shoulders at take off. Allow the front landing position to occur. The contact area is from the chest to the knees. The feet are clear of the bed by bending of the knees no more than 45°. The arms make a diamond shape in front of the face. All the arms make contact with the bed, with the hands flat and the head held level.
8	<b>Half twist to feet</b>	To return to feet, kick feet forwards and upwards first, then turn the body whilst maintaining visual focus on the ceiling. Then look for the end-frame/mat behind once contact with the bed has been broken. The arms return to the side of the body and remain there until first contact of the trampoline.
9	<b>Tuck jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the tuck shape is performed quickly after first showing the straight shape. Perform a tight tuck shape with touch below the knees at highest point of jump. As the knees flex to tuck position the ankles remain straight and the toes are pointed. The arms return to the side of the body and remain there until first contact of the trampoline.
10	<b>Half twist jump</b>	On take off the arms stretch to vertical. The twist is initiated by turning the shoulders in the direction of the twist during take-off. Keep the body very upright and straight during twist. Keep the arms vertical and straight during flight. Focus eyes on end-frame/mat during take-off and end-frame/mat behind during flight. . Keep the arms vertical and straight during flight. The arms return to the side of the body and remain there until first contact of the trampoline. Finish with control, following one straight out jump.

## HOW TO IMPROVE – SECOND ROUTINE

Numbers	Skill	Coaching Points
1	<b>Full twist jump</b>	Lead into the routine with several straight bounces and an arm set. Focus eyes on end-frame/mat during take-off and regain focus of end-frame/mat as quickly as possible during flight. The twist is initiated by turning the shoulders in the direction of the twist during take-off. Keep the body very upright and straight during twist. Keep the arms vertical and straight during flight. The arms return to the side of the body and remain there until first contact of the trampoline.
2	<b>Piked straddle jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the piked straddle shape must be performed quickly after first showing the straight shape. The legs are horizontal and 90° apart during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
3	<b>Seat landing</b>	On take off the arms stretch to vertical. On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. After the apex of the jump the arms descend to be by the hips on making the seat landing.
4	<b>Half twist to seat landing</b>	Keep vision focused on the end-frame/mat, press hips forward and upward during take-off from the seat landing to create rotation. Lift the arms and twist the shoulders whilst maintaining focus on the end-frame/mat, Once contact with the bed is broken, move the focus of the eyes from one end-frame/mat to the other. Arms remain above head during the twisting phase. Attempt to regain straight bodyline before the second seat landing by straightening hips, but do not touch bed with feet. The arms drop down again for the second seat landing.
5	<b>Half twist to feet</b>	Keep vision focused on the end-frame/mat, press hips forward and upward during take-off from the seat landing to create rotation. Lift the arms and twist the shoulders. Once contact with the bed is broken, move the focus of the eyes from one end-frame/mat to the other. Arms remain above head during the twisting phase. The arms return to the side of the body and remain there until first contact of the trampoline.
6	<b>Pike jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the pike shape must be performed quickly after first showing the straight shape. The legs are horizontal and together during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
7	<b>Back landing</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat during take-off and landing and on the ceiling during back landing. Press hips forwards and upwards during take-off. During back landing the line from hips to head are flat on the bed with the arms and legs vertical at maximum depression.
8	<b>Half twist to feet</b>	To return to feet, kick feet forwards and upwards first, then turn the body whilst maintaining visual focus on the ceiling. Then look for the end-frame/mat behind once contact with the bed has been broken. The arms return to the side of the body and remain there until first contact of the trampoline.
9	<b>Tuck jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the tuck shape is performed quickly after

		first showing the straight shape. Perform a tight tuck shape with touch below the knees at highest point of jump. As the knees flex to tuck position the ankles remain straight and the toes are pointed. The arms return to the side of the body and remain there until first contact of the trampoline.
10	<b>Front Somersault</b>	On take off arms stretch to vertical and focus eyes on end-frame/mat. Hips are drawn up and back as knees tuck and arms are drawn forward to help momentum. This element starts in the middle of the bed and little travel should be made across it. The somersault is performed at the highest point of the jump. As the knees flex to the tuck position the ankles remain straight and the toes pointed. Keep knees together and avoid throwing the head forwards. Tucking increases acceleration so to avoid over rotation, stretch out as the wall is seen. When landing, focus eyes on end-frame/mat. Land with soft knees to avoid injury.