**Adult Gymnastics British Championships**

**Trampoline Difficulty Card**

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| **Trampoline Difficulty Card** | | | | | | |
| ***Please hand in at Registration*** | | **Name:** |  | | **No:** |  |
| **Group:** |  | | **Panel:** | **TRA** |
| **Compulsory routine** | | **Difficulty** | **Voluntary Routine** | | | **Difficulty** |
| **1** |  |  | **1** |  | |  |
| **2** |  |  | **2** |  | |  |
| **3** |  |  | **3** |  | |  |
| **4** |  |  | **4** |  | |  |
| **5** |  |  | **5** |  | |  |
| **6** |  |  | **6** |  | |  |
| **7** |  |  | **7** |  | |  |
| **8** |  |  | **8** |  | |  |
| **9** |  |  | **9** |  | |  |
| **10** |  |  | **10** |  | |  |
|  |  |  |  | **No maximum difficulty value Total:** | |  |

Routines must be completed in FIG terminology.

Voluntary routines of your own construction must sit within the below criteria:

**Introductory**

For gymnasts who are new to the sport and are capable of performing a difficulty between **0.5 and 1.1.**

**Novice**

For beginners, or those who are capable of performing a difficulty between **1.2 and 2.0.**

**Intermediate**

For experienced competitors who are capable of performing a difficulty between **2.1 and 3.8**.

**Pro**

For more experienced competitors who are capable of performing a difficulty between **3.9 and 6.2**.

**Open**

For very experienced competitors who are capable of performing a difficulty above **6.3.**

All skills in the Voluntary must have the difficulty score for each skill completed including the total score, in accordance with rule 7.1 of the BG and International Code of points.

Please Note: It is the responsibility of the competitor to ensure that the routines are correct with correctly defined shapes. Failure to do so may result in the routine being terminated early.

Name of Coach Responsible\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ BG Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Qualification:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Coach Responsible: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ BG Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Qualification: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_