**Adult Gymnastics British Championships 2018**

**Trampoline Novice Difficulty Card**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Trampoline Novice** | | | | | | |
| ***Please hand in at Registration*** | | **Name:** |  | | **No:** |  |
| **Group:** |  | | **Panel:** | **TRA** |
| **Set routine** | | **Tariff** | **Voluntary Routine** | | | **Tariff** |
| **1** | Full Twist Jump | **0.20** | **1** |  | |  |
| **2** | Straddle Jump | **0.00** | **2** |  | |  |
| **3** | Seat Landing | **0.00** | **3** |  | |  |
| **4** | 1⁄2 Twist to Seat Landing | **0.10** | **4** |  | |  |
| **5** | 1⁄2 Twist to Feet | **0.10** | **5** |  | |  |
| **6** | Pike Jump | **0.00** | **6** |  | |  |
| **7** | Back Landing | **0.10** | **7** |  | |  |
| **8** | 1⁄2 Twist to Feet | **0.20** | **8** |  | |  |
| **9** | Tuck Jump | **0.00** | **9** |  | |  |
| **10** | 1⁄2 Twist Jump | **0.10** | **10** |  | |  |
|  |  | **0.80** |  | **Maximum of 2.00 difficulty value Total:** | |  |

Novice: Maximum difficulty value for the voluntary routine of 2.0.

Routines must be completed either in English or FIG terminology.

All skills in the Voluntary and the Final 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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_