**Adult Gymnastics British Championships 2018**

**Trampoline Pro Difficulty Card**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Trampoline Pro** | | | | | | |
| ***Please hand in at Registration*** | | **Name:** |  | | **No:** |  |
| **Group:** |  | | **Panel:** | **TRA** |
| **Set routine** | | **Tariff** | **Voluntary Routine** | | | **Tariff** |
| **1** | Straight or Pike Back Somersault | **0.60** | **1** |  | |  |
| **2** | Straddle Jump | **0.00** | **2** |  | |  |
| **3** | Tuck Back Somersault | **0.50** | **3** |  | |  |
| **4** | Seat Landing | **0.00** | **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** | Tuck Front Somersault | **0.50** | **10** |  | |  |
|  |  | **2.00** |  | **No maximum difficulty value Total:** | |  |

Pro: No maximum difficulty value.

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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_