



JumpSTART Trampoline & Tumbling Competition

Guidelines and Clarifications

Eligibility:

- This program is for recreational membership only
- Minimum age for all disciplines is 6 years in year of competition (i.e., must turn 6 by the end of the year)
- Gymnasts can compete in one, some or all of the disciplines at one, some or all of the events during the year

Disability Gymnasts: Gymnasts with a disability may compete in levels that are suitable and safe for their disability.

Coaching Requirements: There must be at least 1 coach from each club at the event with a level 2 qualification in any of the disciplines.

Judging Requirements: As per all our competitive events, each club will need to send the appropriate number of judges and qualification levels.

- Clubs who have gymnasts taking part in JumpSTART must provide judges. Fines will be incurred as per National Competition Policy
- Judges must be provided for EACH discipline that the club is taking part in
- The number of judges required is as follows:
 - 1-10 individuals (or 1-10 partnerships for Acro) = 1 judge required
 - 10+ individuals (10+ partnerships for Acro) = 2 judges required
- The above judge requirements are PER DISCIPLINE. For example, if a club has 5 gymnasts in RG, 5 gymnasts in Tumbling and 5 partnerships in Acro, they club require 3 judges, one per discipline. These judges need to hold a qualification in that discipline. All levels of judging qualification are accepted.

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Age Groups: 6 yrs, 7-8 yrs, 9-10 yrs, 11-12 yrs, 13+ yrs

- Age groups are determined by the age of the gymnast on 31st December in the year of competition
- Age groups may be combined or split up depending on numbers

Dress Code:

TRA: Tight fitting t-shirt & shorts/leggings/tracksuit bottoms OR leotard & shorts/leggings. Socks or Trampoline shoes must be worn. No jewellery allowed. Hair neatly and securely tied back.

TUM: Tight fitting t-shirt & shorts/leggings/tracksuit bottoms OR leotard & shorts/leggings. Non-Slip Socks, gym shoes or bare feet are allowed. No jewellery allowed. Hair neatly and securely tied back (girls and boys).

Routine Videos:

Short videos of the Trampoline & Tumbling routines with some coaching points will be available by contacting simon@gymnasticsireland.com

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Competition Order:

Routines & Runs will not necessarily be competed in the order they are stated below due to timetabling. E.g. Half the group may start on Routine 1&2 and half the group may start on Routine 3.

Guide to Constructing a Trampoline Routine:

Every time a gymnast touches the trampoline with any part of their body, a new skill is deemed to have started eg. Front landing = two skills, skill 1: Front landing, skill 2: To feet and are judged as separate skills.

Seat Landing, ½ twist to feet = 2 skills

Half Twist into Front landing = 1 skill as the half twist is completed in the air before the front of the body touches the trampoline bed

Skills cannot be repeated (Multiple 'To Feet' or '1/2 twist to Feet' are not deemed repeats as long as linked to different body landings). 1.0 Penalty per repeated skill.

Examples of Routines for each level with minimum requirements - remember you can exceed the minimum requirements if the minimum is met. However, consider the implications this will have on Execution and Horizontal Displacement. These are just examples and not the prescribed routines - work with your gymnasts to build a routine that suits them:

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Example TRA Grade

Example: TRA Grade 1	Example TRA Grade 2	Example TRA Grade 3
<ol style="list-style-type: none">1. Seat Landing2. To Feet3. Straddle Jump4. Pike Jump5. Tuck Jump6. ½ Twist Jump	<ol style="list-style-type: none">1. Front Landing2. To Feet3. Straddle Jump4. 1/1 Twist Jump5. Tuck Jump6. Pike Jump7. Back Landing8. ½ Twist to Feet	<ol style="list-style-type: none">1. ½ Twist into Front Landing2. To Feet3. Straddle Jump4. Seat Landing5. ½ Twist to Seat Landing6. To Feet7. Pike Jump8. 1/1 Twist Jump9. Tuck Jump10. Front Somersault Tucked (1.0 Bonus)

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TRAMPOLINE ROUTINES

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JumpSTART TRAMPOLINE - Grade 1: routine with 6 skills	
ROUTINE 1 & 2	ROUTINE 3
<ul style="list-style-type: none"> - Must include min. 1 Body Landing - Must include min. 1 Skill with min. 1/2 twist - Cannot combine requirements in same skill - 1.0 penalty per missing required element - Body Landing = Seat, Front or Back landing - Judged on Execution & Horizontal Displacement - Highest scoring routine counts as score 	<ul style="list-style-type: none"> - 10 High Bounces - 6 in bounces followed by 10 high bounces - Judged on Time of Flight & Horizontal Displacement

JumpSTART TRAMPOLINE - Grade 2: Routine with 8 skills	
ROUTINE 1 & 2	ROUTINE 3
<ul style="list-style-type: none"> - Must include min. 2 Body Landings - Must include min. 1 Skill with min. 1/2 twist & min. 1 skill with min. 1/1 twist - Cannot combine requirements in same skill - 1.0 penalty per missing required element - Body Landing = Seat, Front or Back landing - Judged on Execution & Horizontal Displacement - Highest scoring routine counts as score 	<ul style="list-style-type: none"> - 10 High Bounces - 6 in bounces followed by 10 high bounces - Judged on Time of Flight & Horizontal Displacement

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JumpSTART TRAMPOLINE - Grade 3: Routine with 10 skills	
ROUTINE 1 & 2	ROUTINE 3
<ul style="list-style-type: none">- Must include min. 2 Body Landings (1 body landing must have a twist included)- Must include min. 1 Skill with min. 1/2 twist & min. 1 skill with min. 1/1 twist- 1.0 bonus for including either a tucked front or back somersault- Cannot combine requirements in same skill- 1.0 penalty per missing required element- Body Landing = Seat, Front or Back landing- Judged on Execution & Horizontal Displacement- Highest scoring routine counts as score	<ul style="list-style-type: none">- 10 High Bounces- 6 in bounces followed by 10 high bounces- Judged on Time of Flight & Horizontal Displacement

Final Score = Highest Scoring routine of Routines 1 & 2 + Routine 3

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TUMBLING ROUTINES

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JumpSTART TUM LEVEL 1		
RUN 1	RUN 2	RUN 3
Run Entry (10m run up) Straight jump from springboard (underarm action in hurdle) to land on mats (40cm) Immediate punch tucked forward roll Stand up straight and hold for 3 seconds	From a standing start and step.. Cartwheel snap down Piked backward roll Piked Backward roll Tucked backward roll Stand up straight, and hold for 3 seconds	Standing straight, jump to step out into.. Side cartwheel Front to back cartwheel snap down Fall to pike Extend to open (hips & shoulders open) <u>tight</u> arch shape - hold for 3 seconds Bonus: 1.0 - No interruptions throughout the routine

JumpSTART TUM LEVEL 2		
RUN 1	RUN 2	RUN 3
Run Entry (10m run up) Jump from Springboard (underarm action in hurdle) Pass through hollow $\frac{3}{4}$ Handstand to mats (60cms) Immediately into forward roll	Round Off Rebound back in pike (30cm mat) Controlled finish in dish - hold dish 3 seconds	Handspring Fall to mat (30cm) maintaining open (hips & shoulders open) <u>tight</u> arch shape Bonus: 1.5 - No interruptions throughout the routine <i>*No bonus if handspring lands in squat/ hips closed</i>

JumpSTART TUM LEVEL 3		
RUN 1	RUN 2	RUN 3
Run entry (10m run up) Jump from Springboard (underarm action in hurdle) Front tuck salto to mat (40cm) Stand upright - hold 3 seconds	Round off Flic Rebound back in pike on mat (30cm) Controlled finish in dish - 3 second hold Bonus: 1.5 for additional flic	Handspring Rebound Jump step out Round Off Flic Straight Jump and land, hold landing for 3 seconds Bonus: 2.0 - No interruptions throughout the routine <i>*No bonus if handspring lands in squat/ closed hip position.</i>

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- Runs 1 & 2 will receive an execution score and bonuses or penalties where appropriate.
- In Runs 1 & 2, any pauses between skills will receive a 0.5 penalty per pause.
- Run 3 will not receive an execution score - just a bonus.
- In Run 3, any deviation from the prescribed run and guidance or any pauses will result in no bonus being awarded
- Runs 2 & 3 on 15m Air Track

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