

Performance: Regional F

Coaches are advised to focus on minimal rotation, good basic posture and body alignment, high straight jumping into all moves and developing the trampolinist's awareness of first contact, maximum depression and last contact in somersaulting moves. The Reg. F move requirements should be completed in the log book to a maximum deduction per move of 0.2 *before* entry into assessment.

It is suggested the completed, signed logbook be brought to Reg. F assessment.

Requirements should be completed as written. Several of the moves introduced are examples of 'cruising'; twisting and somersaulting together in a way that allows the performer to see the trampoline bed during flight. Example DVD's will be available at <u>www.bg-coaches.org</u>. If coaches are unsure of how to teach these moves, they are advised to seek assistance in the teaching and understanding of these techniques from regional coach education. Complete all requirements in Section A and 2 of Section B.

Compulsory F1
Jump (arm set)
Back somersault (t)
Jump to seat landing
Half twist to feet
Jump (tucked)
Barani (tucked)
Jump (straddled)
Jump to front landing
To feet
Jump (tucked)
Front somersault (t)

Compulsory F2 Jump (arm set) Barani (t) Half twist jump Jump (straddled) Back somersault (t) Full twist jump Jump (tucked) Jump to back landing Half twist to feet Jump (piked) Back somersault (p)

Section A	No x	Date
** means ~ Jump (arm set)		
10 jumps (straight) (time of at least 11.7 seconds + 0.3 per year (up to 16))	1	
** back somersault, 3 jumps (straight), **, front somersault, 3 jumps	3	
(straight)		
** front somersault, 2 jumps (straight)	3	
** barani, 2 jumps (straight)	3	
** jump (tucked), barani, jump (straight), jump (straddle)	3	
** jump to back landing, half twist to feet, jump (straight), jump (tucked),	2	
back somersault (piked)		
** Jump (tucked), front somersault, 1/2 twist jump, jump (straight)	3	
** Jump (tucked), barani, 2 jumps (straight)	3	
** Jump (straddled), back somersault, 3 jumps (straight)	3	
Compulsory F1 to travel >8.5; maintenance of height >95%	1	
Compulsory F2 to travel >8.5; maintenance of height >95%	1	
Voluntary routine to standard 7.5	1	



Section B (two required before entering Regional F competition)	No x	Date
** Full twists into all body landings, one for each landing, executed		
separately		
** Full twists out of all body landings, one for each landing executed		
separately		
** Jump to front landing, half twist (cruise) to front	1	
** ³ ⁄ ₄ front somersault (straight), to feet	3	

Qualification to Regional E

In order to progress to Reg. E the assessment scores below should be achieved on both Compulsory F1 and F2 routines. The assessments should be made in regional competitions, (therefore a minimum of two competitions are required).

The time qualification score is 10.3 seconds, plus 0.3 seconds for each year of age up to 16. Write the time qualification score in the space below. The voluntary routine may include a maximum of four somersaults of no more than 360° somersault and back somersault to seat. Tariff will be added.

Assessment Place,	Height	Travel	Time	Form (2	Regional Official's
Date and Routine	maintain			rounds)	Signature
Qualifying score	95%	9.0		45.5	

Achievements

Date Completed...... Signed

Name of Senior Coach/Judge