

**TRAMPOLINE
&
DOUBLE-MINI
Participation Programme**

Handbook 2022



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To use this guide outside of the above defined purpose please contact:

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NZ GYM FOR ALL PROGRAMME PRINCIPLES

To ensure participation and Gym for All (GfA) programmes are designed to meet the needs of participants they are designed for, the GfA Sport Development Committee developed a set of principles that guide their development.

<i>Principle</i>	<i>Description</i>
1. Inclusive	All abilities and backgrounds can access the programmes and participate.
2. Flexible	Variety and options to choose what works for the participant and enables them to develop at their own pace.
3. Achievement	Participants are challenged and can see themselves developing and progressing.
4. Social	A sense of belonging and connecting with others in a variety of settings and challenges
5. Fun	Personal enjoyment in a supportive, engaging, and exciting environments

NZ GYMCLUB CHALLENGE PATHWAY

5 – 8 years	9 years +
Regional GfA Events: Level 1 - 10	
	NZ GymClub Challenge: Level 4 - 10

This programme offers the opportunity to work towards competing at the NZ Gymnastics Club event. The programme is designed to be flexible so that if it is not offered locally, participants should be able to adapt their routines to compete. See the NZ GymClub Challenge Handbook for more details on the event.

COACH QUALIFICATIONS

Clubs should ensure that the coaches teaching the skills in this programme have the appropriate training and experience relevant to the skills being taught. Gymnastics NZ recommends coaches of participation sports, and Gym for All have a minimum of the Foundation Coach qualification. You can find information on the Gymnastics NZ coach education courses in the Education Handbook (on club portal) or contact your Regional Relationship Manager.

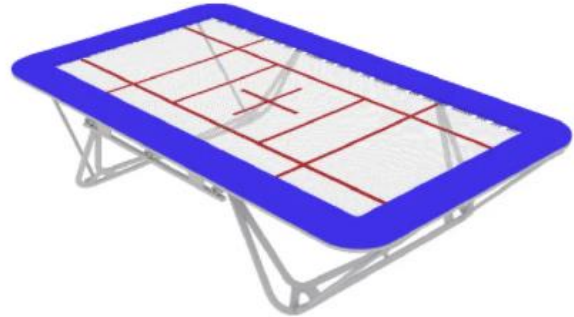
JUDGING

The routines are performance judged out of a score of 10. This includes good form, height, and control of each element (jump), including landing each skill in the middle of the trampoline bed (horizontal displacement). There are no additional marks awarded for the difficulty of skills performed.

INTRODUCTION TO TRAMPOLINE

A trampoline routine consists of 10 contacts with the trampoline bed combining various acrobatic skills. A skill may be considered as two contacts such as a seat drop where dropping onto the trampoline on your seat is one contact then back up to land on feet is another.

Each contact with the trampoline should be in the middle of the trampoline where the cross is marked and contributes to a good performance of the skills.



TRAMPOLINE SKILL GROUPINGS

TRAMPOLINE SKILL GROUPS			
Jumping	Shape Jumps	Twists	Body Landings
Straight Jumps Arm Sets (see description below)	Tuck Straddle Pike	Half Twist Full Twist	Seat Drop Front Drop Back Drop
	Somersaults (SS)	Body Landing with Twists	Advanced Body Landings (ABL)
	Front Tuck Back Tuck	½ Twist in to - Seat Drop - Front Drop or - Back Drop ½ Twist out of - Seat Drop - Front Drop or - Back Drop	¾ Back SS ¾ Front SS Front SS to Front Back SS to Back
	Advanced SS	Twisting SS	Skills off ABL
	Shaped SS - Tuck - Pike or - Straight	Barani's Rudi's Full SS	½ Twist to Feet Cody Ball Out Barani Ball Out Rudi Ball Out

Straight Jump - Arms above head at top of bounce, and down beside body when landing on the trampoline bed.

Arm Set - Arms are down beside body at top of bounce, and above head when landing on trampoline bed.

TRAMPOLINE LEVELS

- 10 Skill Routine. Choose skills from Skills Grouping Table below.
- Skills performed in any order except straight jumps and arm sets are to be performed at the beginning of the routine.

TRAMPOLINE - Level 1	Trampoline - Level 2	Trampoline - Level 3
Start - 5 x Straight Jumps (5) 3 x Shape Jumps (3) 1 x Twist (1) Finish – 1 x Straight Jump (1)	Start - 4 x Straight Jumps (4) 2 x Shape Jumps (2) 1 x Twist Jump (1) 1 x Body Landing (2) Finish - 1 x Straight Jump (1)	Start - 1 x Arm Set (1) 3 x Shape Jumps (3) 1 x Twist Jumps (1) 2 x Body Landings (4) Finish - 1 x Straight Jump (1)
Trampoline - Level 4	Trampoline - Level 5	Trampoline - Level 6
Start - 1 x Arm Set (1) 2 x Shape Jumps (2) 2 x Twist Jumps (2) 2 x Body Landings (4) 1 x Straight Jump (1)	Start - 1 x Arm Set (1) 3 x Shape Jumps (3) 2 x Twist Jumps (2) 1 x Body Landing (2) 1 x Body Landing with Twist (2)	Start - 1 x Arm Set (1) 2 x Shape Jumps (2) 2 x Twist Jumps (2) 1 x Body Landing (2) 1 x Body Landing with Twist (2) 1 x Somersault (1)
Trampoline - Level 7	Trampoline - Level 8	Trampoline - Level 9
* 2 x Shape Jumps (2) 2 x Twist Jumps (2) 1 x Body Landing (2) 1 x Body Landing with Twist (2) 2 x Somersault (2)	* 1 x Twisting Somersault (1) 1 x Advanced Somersault (1) 2 x Body Landing with Twist (4) 2 x Twists (2) 2 x Skills of choice (2)	* 2 x Body Landing with Twist (4) 2 x Twisting Somersault (2) 2 x Advanced Somersault (2) 2 x Skills of Choice (2)
Trampoline – Level 10		
Minimum of: * 1 x Advanced Body Landing (2) 1 x Skill off Advanced Body - Landing (1) 2 x Twisting Somersault (2) 2 x Advanced Somersault (2) 4 x Skills of Choice (4)		

*An Arm Set is required to be performed at the start of routines in Level, 7, 8, 9 and 10, however it will not be included in the 10 skills for those routines.

INTRODUCTION TO DOUBLE MINI TRAMPOLINE

A Double Mini Trampoline pass (or routine) consists of two or three jumps;

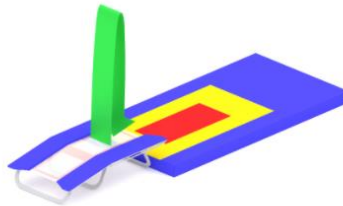
A mounting jump and dismount OR a straight jump, spotter jump and a dismount

Mount



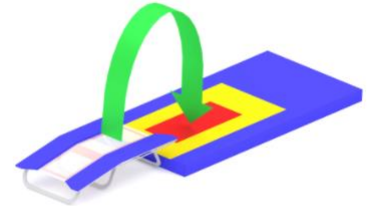
The mounting element must take off from the mounting area and land in the dismount/spotter area.

Spotter jump

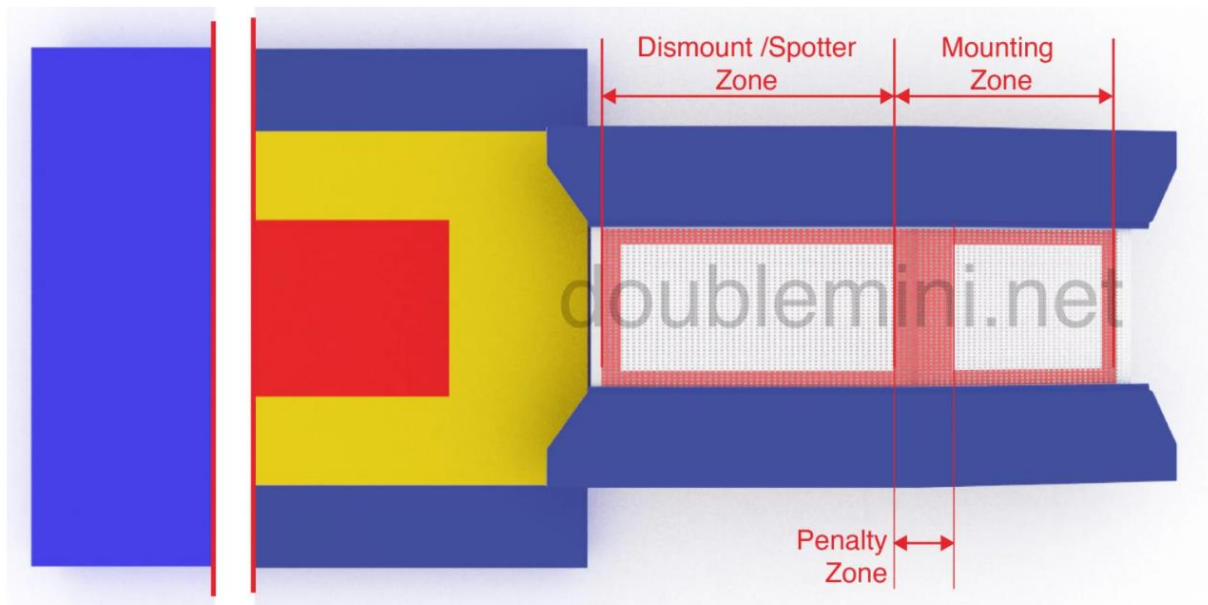


If a spotter element is performed it must take off and land in the dismount/spotter area.

Dismount



The Dismount element must take off from the dismount/spotter zone and terminate with a landing on both feet inside the landing area



DOUBLE-MINI SKILL GROUPINGS

DOUBLE-MINI SKILL GROUPS		
Jumping	Shape Jumps	Twists
Hurdle Jump (mount)	Tuck Pike Straddle	Half twist Full twist 1 and half twist Double twist
	Somersaults (SS)	
	Front Tuck Back Tuck	
	Advanced SS	Twisting SS
	Shaped SS - Tuck - Pike or - Straight	Barani's Rudi's Full SS

DOUBLE-MINI LEVELS

DOUBLE MINI - Level 1	DOUBLE MINI - Level 2	DOUBLE MINI - Level 3
Hurdle jump on Straight jump spotter Straight jump dismount	Hurdle jump on Shape jump spotter Shape jump dismount	Hurdle jump on Shape jump spotter Shape jump dismount
DOUBLE MINI - Level 4	DOUBLE MINI - Level 5	DOUBLE MINI - Level 6
Hurdle jump on Shape or twist mount or spotter Shape or twist dismount	Hurdle jump on Shape jump mount or spotter Basic somersault off	Hurdle jump on Shape or twist mount or spotter Advanced somersault off.
DOUBLE MINI - Level 7	DOUBLE MINI - Level 8	DOUBLE MINI - Level 9
Hurdle jump on Shape or twist mount or spotter Twisting somersault off	Hurdle jump on Basic somersault spotter Choice of basic or advanced twisting dismount.	Hurdle jump on Advanced somersault mount or spotter Choice of basic or advanced twisting dismount
DOUBLE MINI - Level 10		
Free choice of skills		