

REVOLVE TRAMPOLINE CLUB – 10TH DECEMBER 2017

COMPETITION ROUTINES

CATEGORY	CRITERIA	SET ROUTINE	VOLUNTARY ROUTINE
NOVICE	<ul style="list-style-type: none"> Gymnasts unable to perform front or back landings competently without a mat 	Seat Landing To Feet Half Twist Straddle Jump Full Twist Pike Jump Half Twist Tuck Jump Seat Landing Half Twist To Feet	Repeat Set Routine Tariff Given.
INTERMEDIATE	<ul style="list-style-type: none"> Gymnasts are able to perform front and back landings competently without a mat 	Front Landing To Feet Straddle Jump Seat Landing To Feet Half Twist Tuck Jump Pike Jump Back Landing To Feet	Ten bounce routine with a maximum of one somersault. Tariff Given.
ADVANCED	<ul style="list-style-type: none"> Gymnasts are able to perform front somersaults competently without a mat and have competed before 	Full Twist Straddle Jump Seat Landing Half Twist to Seat Landing Half Twist to Feet Pike Jump Back Landing Half Twist to Feet Tuck Jump Front Somersault (T)	Ten bounce routine. No Tariff Limit.
SYNCHRO	<ul style="list-style-type: none"> Open to all Mixed entries allowed (age group will be determined by the oldest gymnast) 	Highest graded gymnast's set routine	Ten bounce routine. No Tariff Limit.