

TRP Routine Sheet



Gymnastics Victoria
Trampoline Gymnastics

Name: _____

Stream: _____

Club: _____

Event: _____

Start Number: _____

Category: _____

| 1st Voluntary Routine | | | | |
|--------------------------|---------------|--------------|---------------|----|
| | Skill | Shape | * Adjustments | DD |
| 1. | Seat landing | | | |
| 2. | Up to feet | | | |
| 3. | Tuck jump | | | |
| 4. | 1/2 Turn | | | |
| 5. | Straddle jump | | | |
| 6. | | | | |
| 7. | | | | |
| 8. | | | | |
| 9. | | | | |
| 10. | | | | |
| Requirements met? | Y/N | Total | | |

It is the responsibility of the athlete and their coach to ensure that the competition card is filled in correctly.

All competition cards should be in FIG Numeric Code (English may be used for levels 1-3).

Required elements must be indicated with a (*) and DD should be written for all skills in the voluntary routine, final voluntary and for the indicated skills in the first voluntary routine for Senior elite athletes.

Failure to correctly fill in the competition card may result the routine being terminated early or disqualification from the event.

| 2nd Voluntary Routine | | | | |
|-----------------------|---------------|-------|-------------|------------|
| | Skill | Shape | Adjustments | DD |
| 1. | Seat landing | | | |
| 2. | Up to feet | | | |
| 3. | Tuck jump | | | |
| 4. | 1/2 Turn | | | 0.1 |
| 5. | Straddle jump | | | |
| 6. | | | | |
| 7. | | | | |
| 8. | | | | |
| 9. | | | | |
| 10. | | | | |
| | Total | | | 0.1 |

| Final Voluntary Routine | | | | |
|-------------------------|---------------|-------|-------------|------------|
| | Skill | Shape | Adjustments | DD |
| 1. | Seat landing | | | |
| 2. | Up to feet | | | |
| 3. | Tuck jump | | | |
| 4. | 1/2 Turn | | | 0.1 |
| 5. | Straddle jump | | | |
| 6. | | | | |
| 7. | | | | |
| 8. | | | | |
| 9. | | | | |
| 10. | | | | |
| | Total | | | 0.1 |