

## **Trampolining fact sheet**

### **Health and safety and the basic techniques**

1. Always bounce in the middle of the trampoline.
2. Toes should be pointed.
3. You should always act as a spotter around the trampoline when someone is on there.
4. Don't put your fingers in the trampoline bed.
5. Don't go underneath the trampoline.
6. Always wear socks on the trampoline.
7. Don't lift up the mats on the outside and touch the springs.
8. The basic jumps are a straight jump, star, tuck, straddle and pike jump.
9. For a seat landing, you should always land on the cross in the middle of the trampoline.
10. For a half or full twist always look up and keep your arms up.
11. To gain height, land with feet flat and push your toes deeper into the trampoline immediately before take-off.
12. Always extend your arms up above your head when in the air.
13. Always drop the arms outwards and into the sides of your legs when landing.
14. To stop, bend your knees and keep your back straight. Then stand up and put your arms above your head.
15. A slide in mat can be used to take away the extra bounce for confidence and for health and safety.

### **Competitions**

16. During a routine you are not allowed any extra bounces throughout.
17. More complex skills include twisting and front and back somersaults.
18. In competition, men and women compete separately.
19. At the end of a routine, the participant must remain upright for at least 3 seconds with both feet in contact with the trampoline mat.
20. Trampolining actually consists of 4 competitive disciplines: Trampoline, synchronised trampoline, double mini-trampoline and tumbling.

### **History of trampolining**

21. The first trampoline was built in the early 1930s.
22. The name was invented from the Spanish word "El Trampolin", meaning diving board.
23. Trampolining was not brought into UK schools until 1949.
24. The first world championship was in London in 1964.
25. Trampolining became an Olympic sport from the 2000 summer Olympic games.

### **Regulations**

26. A trampoline measures 4.28m long by 2.14m wide.
27. The trampoline must have shock-absorbent safety platforms called end decks.
28. The trampoline surface is known as the bed.
29. The trampoline bed is marked with a jumping zone and a red cross that marks the centre of the zone.

### **Rules**

- 30. Rules are updated every 4 years in line with the Olympic cycle.
- 31. Performers must memorise their routine.
- 32. There is always the chair of judges, their assistance and a team of 5 specialist judges to score a routine.
- 33. The judges are separated into 5 to mark the execution (how well it is performed) and a team of 2 to assess the difficulty.

### **Scoring**

- 34. A final trampoline mark is based on the difficulty of routine and an execution score.
- 35. A difficulty score starts at 0.0 and goes up continuously with every difficult skill performed.
- 36. An execution score starts at 10.0 and is then deducted by judges for errors in performance.

### **Components of fitness needed**

- 37. Flexibility is needed to perform the specialist moves.
- 38. Balance is needed to stay within the jumping zone.
- 39. Co-ordination is needed to link movements together within a routine.
- 40. Muscular endurance is needed to perform the routines without the muscles getting tired.