



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 www.bg-coaches.org. 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) (<i>time of at least 11.7 seconds + 0.3 per year (up to 16)</i>) | 1 | |
| ** back somersault, 3 jumps (straight), **, front somersault, 3 jumps (straight) | 3 | |
| ** 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), back somersault (piked) | 2 | |
| ** Jump (tucked), front somersault, ½ 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 | |

