

## Trampoline Competition Entry Form

**Entries Close: Friday 3rd November 2017**

**School:** \_\_\_\_\_

Enter as many competitors as you like (attach additional form if necessary).  
Athletes with the top 3 scores from the same school will be totalled at the end of  
the competition for the team event.

<b>Athlete Name</b>	<b>Contact Email</b>	<b>School Year (0-13)</b>	<b>Tramp Level (1-7)</b>

**Entry Fee \$20 per competitor**

**Total paid:** \_\_\_\_\_

**Cheque Payable to: North Shore Trampoline Inc**

**Direct Credit Payment to: ASB 12 3024 0560559 00**

**Post entry to: North Shore Trampoline Club  
PO Box 316032  
Wairau Valley  
Auckland 0760**

**Email entry to: northshoretrampoline@xtra.co.nz**

**Phone: 478 4411 / 022 478 4411**

## **Trampoline Competition Details**

Following the great success of previous competitions, North Shore Trampoline Club have decided to host another regional competition. The competition is open to all Primary, Intermediate and Secondary school students who live in the North Harbour region. An invitation is extended to athletes enrolled in trampoline clubs in the Greater Auckland Area.

These competitions are a fun opportunity for kids who love to bounce whether it be at home, school or club to test their abilities against other athletes within our region. Who knows, where it may lead, they may find themselves in one of our national competitions or working their way to a place at the Olympic games... the sky is the limit!

**Competition Venue:** Main Stadium North Shore Events Centre (please enter building via rear entrance)  
Silverfield (off Porana Road)  
Wairau Valley

**Comp Start Times:** Years 0-4: 9.00am  
Years 5-6: 11.00am  
Years 7-13: 2.00pm

**Competition Date:** Sunday 12<sup>th</sup> November 2017

**Entry Fee:** \$20 per competitor

**Free Practice Session:** Saturday 11<sup>th</sup> November 2017

North Shore Trampoline Club will be open free of charge on **Saturday 11<sup>th</sup> November** to allow potential competitors the opportunity to practise their routines and be accustomed to an Olympic Style Trampoline. **The free practice sessions will be held in the North Shore Trampoline Club training area on the mezzanine floor at North Shore Events Centre.**

**Students in Years 0-6 please attend 12.00-2.00pm free practice session**  
**Students in Years 7-13 please attend 2.30-4.30pm free practice session**

If you have children in more than one age group, you may bring them together to the same session. In this case they can attend either of the sessions but cannot attend more than one session.

When you arrive at the North Shore Events Centre please park your car around to the right hand end of the building. Our club entrance is as at the rear of the North Shore Events Centre through the first set of green double doors which have stairs leading up to our warm up area.

## Trampoline Competition Rules & Grades

There are 4 age-based competitions. Each age group has medals awarded for 1st, 2nd and 3rd in each level; and a **Top School Cup** (team competition). Schools may enter as many athletes as they desire. Teams will be determined by the 3 highest ranked competitors (after competing) from the same school and within the same age group. Only schools in the North Harbour Region are eligible for the team competition. All competitors will receive a participation certificate.

### Competition Age Groups

#### **Years 0-4, Years 5-6, Years 7-8, Years 9-13**

- Any number of competitors may enter from each school.
- Children should be accompanied by parent supervision (no teachers required).
- Teams will consist of 3 members from any level within their age group (higher scores will be awarded according to skill and difficulty).
- The winning school in each age group competition will be established by the two top teams challenging each other in a final "bounce off".
- Each competitor nominates the level they wish to compete in the competition.
- Competitors may wear school sport gear (preferred), leotard or shorts/t-shirt (but not the club leotard). Please make sure you bring a pair of socks to jump in. We would prefer white ankle socks but school sports socks will do.
- Judging will be done by a panel of officially qualified trampoline judges and coaches according to rules set for this competition (this is because we have different rules than normal, ie lower levels min score is 5.0). **Judges decisions will be final.**

**Note to parents:** Children attending this competition may be photographed with images displayed on our club website, club Facebook page or club newsletter to announce medal recipients, winners of the school trophies and for club promotional purposes only.

## **Trampoline Levels:**

### **Level 1 & 2 (Novice), Level 3, Level 4, Level 5, Level 6, Level 7 (Elite)**

Level 1 starts with simple individual bouncing skills easily learned at home.

Levels 2 to 6 provide increasingly more challenging trampoline routines and level 7 (Elite) is for advanced trampolinists.

- In Levels 1 to 4, each competitor gets to do their set routine twice.
- Levels 5 to 7 compete a set routine and a voluntary routine. The voluntary routines must fit within the difficulty guidelines.

#### **Level 7 (Elite)** - *Set Routine* - Must Contain;

1. 10 different elements
2. No more than two elements with less than a 270 degrees somersault rotation
3. At least one skill to a front or back landing with a minimum rotation of 270 degrees
4. At least one skill from a front or back landing position with a minimum rotation of 270 degrees
5. Requirements 3 & 4 cannot be fulfilled by combining them into one element but must be met in separate elements

- *Voluntary Routine* – Minimum difficulty of 5.4

#### **Level 6** - *Set Routine*

- *Voluntary Routine* – Maximum difficulty of 5.0

#### **Level 5** - *Set Routine*

- *Voluntary Routine* – Maximum difficulty of 3.0

#### **Level 4** - *Set Routine*

- *Voluntary Routine* – Repeat Set Routine

#### **Level 3** - *Set Routine*

- *Voluntary Routine* – Repeat Set Routine

#### **Level 1 or 2 (Novice)** - *Set Routine*

- *Voluntary Routine* – Repeat Set Routine

## North Harbour Schools Invitational- Levels Routines

<b>Level 1 (Novice)</b>	
1	Tuck Jump
2	Straight Bounce (optional)
3	Pike Jump
4	Straight Bounce (optional)
5	Straddle Jump
6	Straight Bounce (optional)
7	1/2 Twist
8	Straight Bounce (optional)
9	Seat Landing
10	To Feet

<b>Level 4</b>	
1	Full Twist
2	Straddle
3	Seat Landing
4	1/2 Twist to Seat Landing
5	1/2 Twist to Feet
6	Pike Jump
7	Back Landing
8	1/2 Twist to Feet
9	Tuck Jump
10	Front S/S (t)

<b>Level 2 (Novice)</b>	
1	Pike Jump
2	Seat Landing
3	1/2 Twist to Feet
4	Tuck Jump
5	1/2 Twist
6	Straddle Jump
7	1/2 Twist to Seat Landing
8	To Feet
9	Tuck Jump
10	1/2 Twist

<b>Level 5</b>	
1	Back S/S (t)
2	Straddle Jump
3	Stomach Landing
4	To Feet
5	Tuck Jump
6	Back Landing
7	1/2 Twist to Feet
8	Pike Jump
9	1/2 Twist
10	Front S/S (t)

<b>Level 3</b>	
1	1/2 Twist to Seat Landing
2	1/2 Twist to Feet
3	Straddle Jump
4	1/2 Twist
5	Pike Jump
6	Stomach Landing
7	To Feet
8	Tuck Jump
9	Back Landing
10	To Feet

<b>Level 6</b>	
1	Back S/S (s)
2	1/2 Twist to Seat
3	1/2 Twist to Seat
4	To Feet
5	Straddle Jump
6	1/2 Twist to Stomach
7	To Feet
8	Tuck Jump
9	Back S/S (t)
10	Barani (t)