

# Manchester Schools' Trampoline Competition

## Competition Format

This will follow the Next Step Trampoline Resource, published by English Gymnastics.

There are 4 categories for entry:

### Beginners

Aimed at pupils **new** to Trampolining with **no competition experience** and with a limited skill base. Ages at 1<sup>st</sup> Jan 2017

Girls - Under 14 : Girls - Over 14

Boys - Under 14 : Boys - Over 14

Competitors perform the set skills and the set routine

Set Skills - Beginners (all set skills are performed individually, not as a routine, with the performer pausing between each set skill)

- 2x Tuck jump touch knees
- Seat drop to feet
- Straight jump with stretch
- 5 controlled bounces
- Half-twist jump, with arms raised

Set Routine - Beginners

- Tuck jump touch knees
- Straight jump with arms raised
- Half twist with arms raised
- Seat drop to feet
- Piked straddle jump, touching feet
- Straight jump with arms raised
- Half twist with arms raised

### Next Step 2

Aimed at pupils relatively new to Trampolining with little competition experience and with a limited skill base. Ages at 1<sup>st</sup> Jan 2017

Girls - Under 14 : Girls - Over 14

Boys - Under 14 : Boys - Over 14

Competitors perform the set skills (NS2) and the set routine (NS2)

Set Skills - Next Step 2 (all set skills are performed individually, not as a routine, with the performer pausing between each set skill)

- Pike jump with stretch and touch feet
- Seat drop, with half-twist to feet
- Front landing to feet
- Back landing to feet
- Full-twist jump, with arms raised

Set Routine - Next Step 2

- Front landing to feet
- Piked straddle jump, touching feet

- Half-twist jump, with arms raised
- Seat drop, with half-twist to seat, followed by half-twist to feet
- Tuck jump, touching knees
- Pike jump, touching feet
- Full twist jump, with arms raised

### Next Step 3

Aimed at intermediate performers who **cannot** perform somersaults. They should not have competed in any external club trampoline competitions. Ages at 1<sup>st</sup> Jan 2017

Girls - Under 14 : Girls - Over 14

Boys - Under 14 : Boys - Over 14

Competitors perform the set skills (NS3) and the set routine (NS3)

Set Skills - Next Step 3 (all set skills are performed individually, not as a routine, with the performer pausing between each set skill)

- Combination of three shape jumps performed in succession, with stretch and touch:  
Pike – touching feet : tuck – touching knees : Piked straddle jump - touching feet
- Swivel-hips to feet
- Front landing, with half-twist to feet
- Back landing, with half-twist to feet
- Full twist jump, with half-twist jump performed in succession, both with raised arms

Set Routine - Next Step 3

- Full twist jump with raised arms
- Piked straddle jump, touching feet
- Swivel hips, with half-twist to feet
- Pike jump, touching feet
- Back landing, with half-twist to feet
- Tuck jump, touching knees
- Half-twist jump, with raised arms

### Open Competition

Aimed at more experienced performers – somersaults can be included where performer is capable

**(NB. teachers should not allow pupils to perform skills above their level of coaching qualification, the organisers take no responsibility for providing high level coaching cover for the performers).**

Ages at 1<sup>st</sup> Jan 2017

Girls - Under 14 : Girls - Over 14

Boys - Under 14 : Boys - Over 14

Competitors perform the set skills (NS3) and a voluntary routine

Set Skills - (Open) using the Next Step 3 (all set skills are performed individually, not as a routine, with the performer pausing between each set skill)

- Combination of three shape jumps performed in succession, with stretch and touch:  
Pike – touching feet : tuck – touching knees : Piked straddle jump - touching feet
- Swivel-hips to feet
- Front landing, with half-twist to feet
- Back landing, with half-twist to feet
- Full twist jump, with half-twist jump performed in succession, both with raised arms

Voluntary Routine is a routine made up by the teacher and/or pupil. This routine can include somersaults to a level appropriate to the coaching qualification of accompanying teacher. Maximum tariff 3.0

**Please note:**

**In the Open Category, if pupils fail to complete a full skill they will only be marked up to the last full skill completed.**

**Please note that entry is a maximum total of 10 competitors per school**

(N.B. this is not 10 per category, but 10 in total for the whole competition)

**U14 boys / U14 Girls @Beginners**

**O14 boys / O14 Girls @Beginners**

**U14 boys / U14 girls @ NS2**

**O14 boys / O14 girls @ NS2**

**U14 boys / U14 girls @NS3**

**O14 boys / O14 girls @NS3**

**U14 boys / U14 girls @Open**

**O14 boys / O14 girls @Open**

**Please note: Once you have entered on the website, you will be sent a performer registration form to complete. This will secure your entry as the number of competitors will be restricted, not the number of schools who enter.**