



ADULT COMPETITIVE GYMNASTICS & TRAMPOLINE PROGRAM

**BC Provincial Masters Program
2010-11**

Main Charts

November 2010

AGE CATEGORIES BIRTH YEARS AS OF 2010-2011

	ADULT COMPETITIVE		
COMPETITIVE CATEGORIES	AC LEVEL 1	AC LEVEL 2	AC LEVEL 3
	Open Age Group Category	40 and Fabulous Category 1970 and ↓	40 and Fabulous Category 1970 and ↓
		30 and Even Better Category 1971 – 1980	30 and Even Better Category 1971 – 1980
		Under 30s Category 1981 – 1992	Under 30s Category 1981 – 1992

The following guidelines can be applied to the Adult Competitive Gymnastics & Trampoline Program:

- Possibility to combine age categories if there are too few athletes in one age group
- Clubs will specify which warm-up will be followed:
 - a) **Warm-Up Option A:**
 - 30 minutes General warm-up
 - Bars and Beam (WAG); P-Bars, High Bar, Pommels, Rings (MAG): 90 seconds timed apparatus warm-up per athlete (can be blocked)
 - Vault: 3 vaults per athlete
 - Floor: 60 seconds blocked timed warm-up per athlete (minimum of 6 minutes; maximum of 10 athletes per group)
 - TG Events: 3 routines
 - b) **Warm-Up Option B:**
 - 60 minutes General warm-up
 - Bars and Beam (WAG); P-Bars, High Bar, Pommels, Rings (MAG): 60 seconds timed apparatus warm-up per athlete (can be blocked)
 - Vault: 2 vaults per athlete
 - Floor: 30 seconds blocked timed warm-up per athlete (minimum of 3 minutes; maximum of 10 athletes per group)
 - TG Events: 2 routines

ATHLETE ELIGIBILITY:

Athletes who are over 18 years of age who have not competed within the formal competitive structure in the current year.

All athletes must be registered with Gymnastics BC

EVENTS:

There are currently 14 events which are not restricted by gender. Athletes may choose the events they wish to compete in. Minimum of one event. Clubs may choose to offer some or all of these events.

The events are as follows:

Women's Artistic Gymnastics	Men's Artistic Gymnastics	Trampoline Gymnastics
Floor Exercise (with music)*	Floor Exercise (with or without music)*	Trampoline
Balance Beam	High Bar	Tumble Floor
Uneven Bars	Rings	Fast Track
Vault	Parallel Bars	Double Mini
	Vault	
	Pommel Horse	

* A CD player will be available. Please ensure that each athlete's music is on its own CD. CDs with more than one piece of music will not be accepted. CDs must be properly labelled with the name of the athlete.

LEVELS:

There are currently three Masters levels:

- Level 1:
 - Athletes who are new to gymnastics and competition

- Level 2:
 - Athletes who used to be in the interclub level or competed at Beginner Provincial Levels

- Level 3:
 - Athletes who used to compete at Advanced Provincial or National Levels

Athletes may choose the level of competition for each discipline, but only athletes who participate in all of the discipline's events at the same level may qualify for All Around awards.

JUDGING:

The philosophy of the Masters program is based on the principles of gymnastics for life and giving an opportunity to all adults to enjoy the sport. For these reasons, the following judging guidelines will be used:

- Judges do not have to be certified – they can be volunteers with experience in gymnastics, coaches, ex-athletes, etc.
- Athletes will be judged out of 10
- Awards will be presented up to 6th or 10th place (depending on the host club and number of athletes signed up in each category)

COMPETITION CLOTHING:

Athletes are not required to wear spandex – Competitive clothing is NOT required.

It is recommended to wear athletic clothing that allows free movement.

OTHER CONSIDERATIONS:

Athletes will not be penalized for piercings, tattoos or showing bra straps.

AC LEVEL 1 – WOMEN’S APPARATUS ROUTINE REQUIREMENTS – 2010-2011

	VAULT	BARS	BEAM	FLOOR
Requirements	1 or 2 vaults, best to count	Top 3 skills + Dismount	Top 3 skills + Turn + Dismount	Top 5 skills + Turn
Required Elements		<ul style="list-style-type: none"> • A Dismount 	<ul style="list-style-type: none"> • A static hold (held for 3 seconds) • A turn • Jump or leap • One acro skill • A Dismount 	<ul style="list-style-type: none"> • 1/2 turn • Leap or jump series • At least one acro series of minimum 3 skills (skills may be repeating)
Bonuses	+0.1 Stuck Landing Bonus			+0.1 Stuck Landing Bonus applied to dismount only
	+0.1 - 0.2 for each old-school skill performed in routines +0.1 for Creativity (at the discretion of judges)			
Modified A Skills	<ul style="list-style-type: none"> • Tuck on, jump off • Straddle over • Handspring to handstand on vault, tuck on, jump off • Handspring to land on back (stacked mats) • Handspring to feet (mini-tramp only) 	<ul style="list-style-type: none"> • Pull over mount • Jump to front support mount • Cast to feet at bar height • Back hip circle • Squat on (tuck, pike or straddle) to catch HB • Long hang swing pull over • Spin the cat • Long swing to minimum horizontal • Toe on dismount (pike/straddle) • Underswing dismount 	<ul style="list-style-type: none"> • Front support, scissor kick, tuck jump mounts • Pivot, 180° or 360° turn • Straight, tuck, star jumps • Stag, double stag, split leap/sisson • Rolls including shoulder rolls • Handstand, cartwheel, walkover • Shaped jump dismount • Round-off dismount 	<ul style="list-style-type: none"> • Tuck, star, straddle, pike jumps • Cat, stag, double stag, split leap/sisson • Rolls including log rolls, shoulder rolls, dive rolls and back extension • Cartwheel and roundoff (and variations) • Handstand and variations (forward roll, pirouettes,...) • Walkovers • Handsprings
Scoring	Athletes will be loosely scored on a 10 point scale			
Restricted Elements	No vault harder than a handspring	No B+	No B+	No B+
Time	N/A	N/A	Suggested time: approx. 30 seconds Max: 60 seconds	Suggested time: approx. 30 seconds Max: 60 seconds
Apparatus Regulations	Vault Height: 115 cm or FIG (125cm) Stacked mats measured from floor Mats: 125 cm ± 5 cm Athlete can use mini-tramp or beat board (unless specified)	Bars must be at FIG heights Width of bars optional Beat boards or blocks can be used for mounts	Beam height at 110cm or FIG (125cm) Beam pads and mats can be used for additional safety	12m x 12m Music may be instrumental or vocal Only CDs will be accepted
Mats	Mandatory minimum 20 cm safety mat for dismount			Additional 5 or 10 cm allowed for acro series

AC LEVEL 2 – WOMEN’S APPARATUS ROUTINE REQUIREMENTS – 2010-2011

	VAULT	BARS	BEAM	FLOOR
Requirements	1 or 2 vaults, best to count	Top 3 skills + Mount + Dismount	Top 5 skills + Turn + Dismount	Top 7 skills + Turn
Required Elements		<ul style="list-style-type: none"> • A bar change (no value necessary) • A Dismount 	<ul style="list-style-type: none"> • A static hold (held for 3 seconds) • A turn • Jump or leap series (2 leaps/jumps in a row) • Two acro skills • A Dismount 	<ul style="list-style-type: none"> • Full turn • Leap or jump series • 2 acro series of minimum 3 skills • 1 flight acro (can be included in acro series)
Bonuses	+0.1 Stuck Landing Bonus (awarded on A+ skills)			+0.1 Stuck Landing Bonus applied to dismount only
	+0.1 - 0.2 for each old-school skill performed in routines +0.1 for Creativity (at the discretion of judges)			
Modified A Skills	Beat Board only: <ul style="list-style-type: none"> • Handspring to handstand on vault, tuck on, jump off • Handspring to land on back (stacked mats) Beat Board or Mini-Tramp: <ul style="list-style-type: none"> • Handspring vaults 	<ul style="list-style-type: none"> • Pull over mount • Cast to horizontal • Back hip circle • Squat on (tuck, pike or straddled) to catch HB • Long hang swing pull over • Toe on dismount on HB (pike or straddle) • Min 270° sole circle fwd or bwd legs together or straddled 	<ul style="list-style-type: none"> • Front support, scissor kick, tuck jump mounts • 180° or 360° turn • Straight, tuck, star jumps • Stag, double stag, split leap/sisson • Rolls including shoulder rolls • Handstand, cartwheel, walkover • Round-off or front handspring dismount • Fwd/Sdw aerial dismount 	<ul style="list-style-type: none"> • Tuck, straddle, pike jumps • Stag, double stag, split leap/sisson • Rolls including dive rolls and back extension • Cartwheel and roundoff • Handstand and variations (forward roll, pirouettes,...) • Walkovers • Handsprings and flysprings
Scoring	Athletes will be loosely scored on a 10 point scale			
Restricted Elements	No vault harder than a 1/2 on, 1/2 off handspring	No B+	No B+	No B+
Time	N/A	N/A	Suggested time: approx. 60 seconds Max: 90 seconds	Suggested time: approx. 60 seconds Max: 90 seconds
Apparatus Regulations	Vault Height: 115 cm or FIG (125cm) Stacked mats are measured from the floor Mats: 125 cm ± 5 cm	Bars must be at FIG heights Width of bars optional Beat boards can be used for mounts (no blocks)	Beam height at 110cm or FIG (125cm) Beam pads and mats can be used for additional safety	12m x 12m Music may be instrumental or vocal Only CDs will be accepted
Mats	Mandatory minimum 20 cm safety mat for dismount			Additional 5 or 10 cm mats allowed for acro series

AC LEVEL 3 – WOMEN’S APPARATUS ROUTINE REQUIREMENTS – 2010-2011

	VAULT	BARS	BEAM	FLOOR
Requirements	1 or 2 vaults, best to count	Top 5 skills + Dismount	Top 6 skills + Turn + Dismount	Top 7 skills + Turn
Required Elements	Vaults can be the same or different	<ul style="list-style-type: none"> • 1 bar change LB-HB • Cast to 45° • 1 long hang swing element (ex: long kip, straddle back, uprise, bwd giant) • A Dismount or higher 	<ul style="list-style-type: none"> • Turn minimum 360° • Connection of minimum 2 different dance elements • 1 Acro series (2 acros) • Mix series (acro-dance or dance-acro) • A Dismount or higher 	<ul style="list-style-type: none"> • Turn minimum 360° • Passage of 3 different leaps or hops • 2 Acro series of 3 flight elements • Mix series (acro-dance-acro or dance-acro-dance) • Minimum 1 salto
Bonuses	+0.1 Stuck Landing Bonus (awarded on A+ skills)			+0.1 Stuck Landing Bonus applied to dismount only
	+0.2 for each old-school skill performed in routines +0.1 for Creativity (at the discretion of judges)			
Modified A Skills		<ul style="list-style-type: none"> • Squat/stoop/straddle on LB to catch HB • Back/Front hip circle • Min 270° sole circle fwd or bwd legs together or straddled 	<ul style="list-style-type: none"> • Stag and double stag leap/sisson • Handstand within 10° from vertical • Cartwheels and variations • Front handspring dismount 	<ul style="list-style-type: none"> • Bwd and fwd walkovers and variations
Scoring	Athletes will be loosely scored on a 10 point scale			
Restricted Elements	No restrictions. Please be safe... remember how old you are			
Time	N/A	N/A	Maximum: 90 seconds	Maximum: 90 seconds
Apparatus Regulations	Vault Height: FIG (125cm) Beat Board (no mini-tramp allowed)	Bars must be at FIG heights and width Beat boards can be used for mounts (no blocks)	Beam height at FIG (125cm) Beam pads and mats can be used for additional safety	12m x 12m Music may be instrumental or vocal Only CDs will be accepted
Mats	Mandatory minimum 20 cm safety mat for dismount			Additional 5 or 10 cm allowed for acro series

AC LEVEL 1 – MEN’S APPARATUS ROUTINE REQUIREMENTS – 2010-2011

	FLOOR	POMMELS	RINGS	VAULT	P-BARS	HIGH BAR
Required Elements	Athletes must perform a minimum of 6 skills	Athletes must perform a minimum of 4 skills. Routine must include: <ul style="list-style-type: none"> • A Dismount • Continuous movement 	Athletes must perform a minimum of 4 skills. Routine must include: <ul style="list-style-type: none"> • A Dismount 	Athletes can perform 1 or 2 vaults (can be the same or different)	Athletes must perform a minimum of 4 skills. Routine must include: <ul style="list-style-type: none"> • A Dismount 	Athletes must perform a minimum of 4 skills. Routine must include: <ul style="list-style-type: none"> • A Dismount
Bonuses	+0.1 Stuck Landing Bonus applied to dismount only	+0.1 Stuck Landing Bonus (awarded on A+ skills)				
+0.2 for each old-school skill performed in routines +0.1 for Creativity (at the discretion of judges)						
Skill Options <small>*Please refer to the Code of Points for additional A skills</small>	<ul style="list-style-type: none"> • Tuck, straddle, pike jumps • Rolls including shoulder rolls, dive rolls and back extension • Handstands and variations (forward roll, pirouettes...) • Cartwheel, roundoff • Walkovers • Handsprings 	<ul style="list-style-type: none"> • Leg cut series • Single leg circles • Squat through • Front support walk around 	<ul style="list-style-type: none"> • Skin the cat • Shoulder stand • Swings • Front support hold • L-hang hold 	<ul style="list-style-type: none"> • Tuck on, jump off • Straddle over • Handspring to handstand on vault, tuck on, jump off • Handspring to land on back (stacked mats) 	<ul style="list-style-type: none"> • Front support ½ turn • Shoulder stand • Support swing • Upper arm swing • Kip to upper arms 	<ul style="list-style-type: none"> • Pull over mount • Cast to horizontal • Back hip circle • Min 270° sole circle fwd or bwd legs together or straddled • Toe on dismount on HB • Spin the cat • Beat swing • Long hang swing to horizontal
Scoring	Athletes will be loosely scored on a 10 point scale					
Restricted Elements	No B+	No B+	No B+	Any vault harder than a handspring	No B+ Handstands, Flyaways	No B+ Handstands, Flyaways
Apparatus Regulations	12m x 12m	Pommels must be at FIG height (105cm) Beat boards can be used for mounts (no blocks)	Rings must be at FIG height (260cm)	Vault Height: 125cm or FIG (135cm) Stacked mats are measured from the floor Mats: 135 cm ± 5 cm Athlete can use mini-tramp or beat board	Bars must be at FIG height (180cm) Beat boards can be used for mounts (no blocks)	Bar must be at FIG height (260cm)
Mats	Additional 5 or 10 cm allowed for tumbling lines	Mandatory minimum 10 cm safety mat				

* Additional landing mats can be used as needed

AC LEVEL 2 – MEN’S APPARATUS ROUTINE REQUIREMENTS – 2010-2011

	FLOOR	POMMELS	RINGS	VAULT	P-BARS	HIGH BAR
Requirements	Top 5 Skills + Dismount	Top 5 Skills + Dismount	Top 5 Skills + Dismount	1 or 2 vaults, best to count	Top 5 Skills + Dismount	Top 5 Skills + Dismount
Required Elements	Skills must be present from 3 different element groups (one being group V)	Skills must be present from 3 different element groups (one being group V)	Skills must be present from 3 different element groups (one being group V)	Use of mini-tramp is allowed with a deduction of 1.0 point Vaults can be the same or different	Skills must be present from 3 different element groups (one being group V)	Skills must be present from 3 different element groups (one being group V)
Skill Options	All elements listed in the current FIG Code of Points. All other gymnastics and acrobatic elements will be considered as skills, if previously recognized in the Code of Points for Men’s Artistic Gymnastics.					
Bonuses	+0.1 Stuck Landing Bonus applied to dismount only	+0.1 Stuck Landing Bonus (awarded on A+ skills)				
	+0.1 - 0.2 for each old-school skill performed in routines +0.1 for Creativity (at the discretion of judges)					
Scoring	Athletes will be loosely scored on a 10 point scale					
Restricted Elements	No C+ Skills, No vault with a somersault					
Apparatus Regulations	12m x 12m	Pommels must be at FIG heights Beat boards can be used for mounts (no blocks)	Rings must be at FIG height (260cm) Beat boards can be used for mounts (no blocks)	Vault Height: FIG (135cm) Stacked mats are measured from the floor Mats: 135 cm ± 5 cm Athlete can use mini-tramp or beat board	Bars must be at FIG height (180cm) Beat boards can be used for mounts (no blocks)	Bar must be at FIG height (260cm) Beat boards can be used for mounts (no blocks)
Mats	Additional 5 or 10 cm allowed for tumbling lines		Mandatory minimum 10 cm safety mat			

* Additional landing mats can be used as needed

AC LEVEL 3 – MEN’S APPARATUS ROUTINE REQUIREMENTS – 2010-2011

	FLOOR	POMMELS	RINGS	VAULT	P-BARS	HIGH BAR
Requirements	Top 7 Skills + Dismount	Top 7 Skills + Dismount	Top 7 Skills + Dismount	1 or 2 vaults, best to count	Top 7 Skills + Dismount	Top 7 Skills + Dismount
Required Elements	Skills must be present from 3 different element groups (one being group V)	Skills must be present from 3 different element groups (one being group V)	Skills must be present from 3 different element groups (one being group V)	Use of mini-tramp is allowed with a deduction of 1.0 point Vaults can be the same or different	Skills must be present from 3 different element groups (one being group V)	Skills must be present from 3 different element groups (one being group V)
Skill Options	All elements listed in the current FIG Code of Points. All other gymnastics and acrobatic elements will be considered as skills, if previously recognized in the Code of Points for Men’s Artistic Gymnastics.					
Bonuses	+0.1 Stuck Landing Bonus applied to dismount only	+0.1 Stuck Landing Bonus (awarded on A+ skills)				
	+0.1 - 0.2 for each old-school skill performed in routines +0.1 for Creativity (at the discretion of judges)					
Scoring	Athletes will be loosely scored on a 10 point scale					
Restricted Elements	Restricted elements will follow the Junior FIG Code of Points Otherwise, no restrictions – please remember how old you are...					
Apparatus Regulations	12m x 12m	Pommels must be at FIG heights Beat boards can be used for mounts (no blocks)	Rings must be at FIG height (260cm) Beat boards can be used for mounts (no blocks)	Vault Height: FIG (135cm) Stacked mats are measured from the floor Mats: 135 cm ± 5 cm Athlete can use mini-tramp or beat board	Bars must be at FIG height (180cm) Beat boards can be used for mounts (no blocks)	Bar must be at FIG height (260cm) Beat boards can be used for mounts (no blocks)
Mats	Additional 5 or 10 cm allowed for tumbling lines		Mandatory minimum 10 cm safety mat			

* Additional landing mats can be used as needed

AC LEVEL 1 – TG APPARATUS ROUTINE REQUIREMENTS – 2010-2011

	TRAMPOLINE	FAST TRACK	TUMBLE FLOOR	DOUBLE MINI
Required Elements	Athletes must perform 4 skills consecutively	Athletes must perform a tumbling pass of 2 skills	Athletes must perform a tumbling pass of 3 skills	Athletes must perform 2 passes (total of both to count): One mount and one dismount (skills must be different)
Skill Options	All Level 1 Skills (please see Appendix A)	<ul style="list-style-type: none"> • Cartwheel • Fwd and bwd handspring • Flyspring • Roundoff 	<ul style="list-style-type: none"> • Rolls and variations (fwd, bwd, back extension, dive roll) • Cartwheel, Roundoff • Fwd and bwd handspring • Flyspring <p>Jumps will be considered a skill when performed last</p> <ul style="list-style-type: none"> • Tuck, straddle and pike jumps <p>* For example: front handspring, roundoff, tuck jump</p>	<ul style="list-style-type: none"> • Tuck, straddle, pike jumps • Jump half turn • Jump full turn
Bonus	+0.1 Bonus for staying in the middle of the trampoline	+0.1 Stuck Landing Bonus		
Scoring	Athletes will be loosely scored on execution based on a 10 point scale			
Restricted Elements	No inversion skills	No saltos	No saltos	No saltos
Apparatus Specifications	Safety throw-in mat available if needed	Final skill may be performed on or off apparatus. If final skill is performed off the apparatus, additional 5, 10 or 20 cm mats allowed		Mandatory minimum 20 cm safety mat

AC LEVEL 2 – TG APPARATUS ROUTINE REQUIREMENTS – 2010-2011

	TRAMPOLINE	FAST TRACK	TUMBLE FLOOR	DOUBLE MINI
Required Elements	Athletes must perform 6 skills consecutively	Athletes must perform a tumbling pass of 3 skills	Athletes must perform a tumbling pass of 4 skills	Athletes must perform 2 passes (total of both to count): One mount and one dismount (skills must be different)
Skill Options	All Level 1 and 2 Skills (please see Appendix A)	<ul style="list-style-type: none"> • Roundoff • Fwd and bwd handspring • Flyspring <p>Jumps will be considered a skill when performed last</p> <ul style="list-style-type: none"> • Tuck, straddle and pike jumps <p>* For example: front handspring, roundoff, tuck jump</p>	<ul style="list-style-type: none"> • Dive roll • Cartwheel, Roundoff • Fwd and bwd handspring • Flyspring <p>Jumps will be considered a skill when performed last</p> <ul style="list-style-type: none"> • Tuck, straddle and pike jumps <p>* For example: front handspring, cartwheel, roundoff, tuck jump</p>	<ul style="list-style-type: none"> • Tuck, straddle, pike jumps • Jump half turn • Jump full turn
Bonus	+0.1 Bonus for staying in the middle of the trampoline	+0.1 Stuck Landing Bonus		
Scoring	Athletes will be loosely scored on execution based on a 10 point scale			
Restricted Elements	No Double Twisting or Double Somersaulting Maximum 2 saltos	Only one salto allowed	No saltos	Only one salto allowed
Apparatus Specifications	Safety throw-in mat available if needed	Final skill may be performed on or off apparatus. If final skill is performed off the apparatus, additional 5, 10 or 20 cm mats allowed		Mandatory minimum 20 cm safety mat

AC LEVEL 3 – TG APPARATUS ROUTINE REQUIREMENTS – 2010-2011

	TRAMPOLINE	FAST TRACK	TUMBLE FLOOR	DOUBLE MINI
DV	10 Consecutive Skills	One pass of a minimum of 5 skills	One pass of a minimum of 5 skills	Athletes must perform 2 passes (total of both to count): One mount and one dismount (skills must be different)
Requirements	<ul style="list-style-type: none"> • Minimum 2 saltos 	<ul style="list-style-type: none"> • The 5th element must be a salto • Minimum 1 salto 	<ul style="list-style-type: none"> • The 5th element must be a salto • Minimum 1 salto 	<ul style="list-style-type: none"> • Minimum 1 salto per pass
Bonus	+0.1 Bonus for staying in the middle of the trampoline	+0.1 Stuck Landing Bonus		
Scoring	Athletes will be loosely scored on execution based on a 10 point scale			
Restricted Elements	No restrictions. Please be safe... remember how old you are.			
Mats	Safety throw-in mat available if needed	Final skill may be performed on or off apparatus. If final skill is performed off the apparatus, additional 5, 10 or 20 cm mats allowed		Mandatory minimum 20 cm safety mat

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- **Twyla Ryan** – Twyla created the Original Adult Program, developing a set of rules and guidelines when there was no program of this kind in BC; Key City Gymnastics Club; Gymnastics BC President
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- **Mary Morice** – Mary has been a proud adult competitor for many years and was the driving motion to put together a formal document of this nature; Vancouver Phoenix Gymnastics; Meet Director for the Annual Vancouver Phoenix Gymnastics Masters Meet
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- **Sheila Mozes** – Whistler Gymnastics; Gymnastics for All Committee Member
- **Vivien Symington** – Club Aviva; Gymnastics for All Committee Chair
- **Chris Webster** – Cariboo-Chilcoltin Gymnastics Club; Gymnastics for All Committee Member

Gymnastics BC would also like to recognize Gymnastics Ontario’s adult program. Their Master’s Rules handbook and Master’s program not only served as great resources to develop the current BC Program – it is something to aspire to in our province.

QUESTIONS / SUGGESTIONS ON THE ADULT COMPETITION CODE?

Send your questions or suggestions for the Adult Competitive Gymnastics & Trampoline Program directly to the Gymnastics for All Coordinator: Louise Demers at 604.333.3494 or ldemers@gymnastics.bc.ca.

Appendix A

NCCP Trampoline Skills by Level

The progressions for the following skills are taught in the appropriate Level NCCP course.

Level 1

- Foot to Foot Skills
 - Straight Jump
 - Shaped Jumps
 - Twisting Jumps
- Seat Drop Skills
 - Seat Drop
 - Seat Drop, Half Twist to Feet
 - Half Twist to Seat Drop
 - Seat drop Half Twist to Seat drop (Swivel Hips)
 - Seat drop Full twist to Seat drop (Roller)
- Front Drop Skills
 - Hand Knee Drop
 - Front Drop
 - Half Twist to Front Drop (Airplane)
 - Seat Drop to Front Drop
 - Front Drop to Seat Drop
 - Half Turntable
 - Front Drop Half Twist to Feet
- Back Drop Skills
 - Back Drop
 - Back Drop, Half Twist to Feet
 - Half Twist to Back Drop
 - Back Drop to Front Drop
 - Seat Drop Half Twist to Back Drop (Baby Cradle)
- Advanced Skills
 - Full Twist to Back Drop
 - Back Drop Half Twist to Back Drop (Cradle)
 - Back Drop Full Twist to Back Drop (Cat Twist)
 - Front Drop Half Twist to Front Drop (Cruise)
 - Back Drop 1 1/2 Twist to Back Drop (Corkscrew)

Level 2

- Forward Somersault
- Backward Pullover
- Backward Somersault Tucked and Piked
- Backward Somersault Layout
- Forward $\frac{3}{4}$ Somersault
- Ball-Out
- Backward $\frac{3}{4}$ Somersault
- Backward $1\frac{1}{4}$ Somersault
- Barani
- Arabian $\frac{3}{4}$
- Backward Somersault, Full Twist

Level 3

- Forward Twisting Somersaults
 - Rudolf
 - Randolph
- Backward Twisting Single Somersaults
 - Back Full
 - Double Full
 - Triple Full
- Somersaults from the Back
 - Barani Ballout
 - Rudi Ballout
- Backward Rotations Greater than 1 Somersault
 - Cody
 - Double Back
- Forward Rotations Greater than 1 Somersault
 - $1\frac{3}{4}$ Front
 - Half-Out