

Competition Quick Tips

Before you get there

Check you have all the appropriate clothing you need (Competition clothing can be bought or hired). Bring a drink.

What to expect on the day

Your coaches will tell you before hand what time you will be performing. Please make sure you arrive with plenty of time. On arrival a STC coach will give you a warm up card this gives you a minimum of 4 practices during the general warm-up (2 for each routine) before completing your routines before the judges.

Starting the Routine

When you get on the trampoline, sit neatly in the seat drop position on the cross. The chair of judges will tell you when you can start. Now turn to face the judges and 'present' (Right arm for the boys, both arms for the girls) and smile (This helps both you and the judges enjoy the routine). Next turn to face the direction you need and start your routine.

During the Routine

Positioning

When you perform your routine, try to **land on the cross**, in the centre of the bed. If you travel forwards, backwards or sideways, you may be deducted marks for travel.

Body shape

When performing your moves keep your **legs together and point your toes**. This improves the move, helps keep your legs straight and also looks nicer to the judges.

Height

Whilst performing your routine try and to **bounce at a constant height**. If you lose height you can use tuck, pike and straddle jumps to regain it, but remember that you are being marked on these moves so try to do them well. If you have a back landing, front landing or seat drop in your routine, some height loss is allowed, but you should be able to regain about 75% of your original height.

Pike and Straddle jumps

Put plenty of effort into these jumps as they are marked. Don't allow your legs to point downwards remember to lift them up to a horizontal position, and point your toes.

Seat drops

Try not to lean back and remember to place your hands at your sides with your fingers pointing towards your toes.

Back Landing

Often the recoil of the backlanding makes you travel forwards to your feet. Try to kick out from your back landing, (with the kick coming from your hips), this will help you to land neatly in the middle of the trampoline bed.

Ending the routine

As you finish your routine **stop bouncing** and then **stand still for 3 seconds** on the trampoline, and **smile**. This will show the judges that you have controlled the landing and you will not lose any points for the ending of the routine.