



Trampolining Terms

Back somersault	A somersault with backward rotation
Back in – full out	A double back somersault with a full twist performed during the 2nd somersault
Back landing (Back drop)	A move starting on feet and rotating backwards $\frac{1}{4}$ of a somersault and landing on back
Back pullover	A move starting on the back, $\frac{3}{4}$ back somersault to feet (also variations to stomach, back or seat)
Ball out	A move starting on the back, $1\frac{1}{4}$ front somersault landing on feet
Barani	A forward somersault with a $\frac{1}{2}$ -twist named after Italian circus acrobat and tumbler Alfonso Barani who "invented" the front salto with $\frac{1}{2}$ twist around 1881
Barrel roll	A move starting on the stomach, with one full twist, landing again on the stomach; also known as a "log roll".
Bed	The part of the trampoline on which performers bounce
Bounce-roll	A move starting on the back, with a front somersault, landing again on the back; less commonly known as a "porpoise" or "dolphin"
Cat twist..	A move starting on the back, with one full twist, landing again on the back
Cody	A move starting on the stomach, $1\frac{1}{4}$ back somersault. Named after Joe Kotys of Akron Ohio, one of the few persons to compete internationally in both trampoline and gymnastics.
Compulsory	Pre-designed routine that contain specific skills / moves required of the trampolinist. Also known as "set".
Cradle	A move starting on the back, $\frac{1}{2}$ front somersault with $\frac{1}{2}$ twist to back
Crash dive	$\frac{3}{4}$ front somersault (straight) to back landing.

Degree of difficulty	A rating that measures the difficulty of specific moves and is factored into the total score after judges have scored the execution of the moves; also known as tariff
Double back	A double back somersault without twist.
Double mini tramp [DMT]	An elongated version of a "mini" trampoline that is open at either end. The 'gymnast' runs and mounts, performs a move whilst rebounding across the apparatus, landing on a foam filled pad at the other end.
End deck	A large, thick mat that sits on a frame at each end of the trampoline to cushion the impact if anyone falls from the apparatus. Less frequently known as "safety platform".
Execution	<ol style="list-style-type: none"> 1. the performance of a routine. 2. the form, style and technique used to complete the skills included in a routine
F.I.G	Federation Internationale Gymnastique, the organizing body for international gymnastics competitions including the Olympics. F.i.g. makes the rules, trains and certifies judges, and determines how competitions are run
Forward turnover	$\frac{3}{4}$ front somersault, starting from feet. A specific variant in the straight position is termed a "crash dive".
Frame	Metal parts of the trampoline.
Front Landing (Front drop)	A move starting on feet and rotating forwards $\frac{1}{4}$ of a somersault and landing on front
Front somersault	A somersault with forward rotation.
Full	Full twisting back somersault
Full in - full out	A double back somersault, with 1 twist in the 1st somersault, and 1 twist in the 2nd somersault
Full in - half out	A double front somersault, with 1 twist in the 1st somersault, and $\frac{1}{2}$ twist in the 2nd somersault
Full twist jump	A move whereby a trampolinist rotates 360° around the body's longitudinal axis, finishes facing the same end of the trampoline.
Gain	Travel arising from excessive displacement of the hips in initiation of somersault movements; e.g. travelling forwards in a back somersault. Carries same penalties from execution judge as "travel".
Half in - half out	A double back somersault with a $\frac{1}{2}$ twist in each somersault.

Half turntable	A move starting on the stomach, 180° of side somersault, landing again on the stomach
Half twist jump	A move whereby a trampolinist rotates 180° around the body's longitudinal axis, finishes facing the opposite end of the trampoline
Kaboom	Somersault from front (or back) landing, where a double contact is made. the legs hit the trampoline bed momentarily after the body, reversing the rotation generated from the body.
Kick out	Extension of the legs to straight body position after the shape phase of a somersault is completed (line out).
Killer	A double back somersault with 4 complete twists. also known as a miller plus, and a poliarush (Dimitri Poliarush - BLR - winner, 1996 World Championships).
Lazy back	$\frac{3}{4}$ back somersault
Line out	Good technique where trampolinist neatly places arms beside body on completion of shape phase, or whilst twisting
Miller	A triple-twisting double back somersault, originally performed as "2½ in - ½ out", nowadays usually performed as "full in - double full out", with 1 twist in the 1st somersault, and 2 twists in the 2nd somersault; named after Wayne Miller (USA) - winner, 1966 & 1970 world championships. (For Miller plus see Killer)
Overhead rig	Overhead apparatus with a belt, ropes, pulleys and fittings allowing the coach to provide remote support for a move whilst the performer is learning.
Pike	A position where the body is bent forward at the hips to 90° or more while the legs are kept straight, with the thighs close to the upper body.
Poliarush	A double back somersault with 4 complete twists. Named after Dimitri Poliarush (blr) - winner, 1996 world championships.
Puck	Semi-tucked shape allowable in competition for multi-twisting multiple somersaults. For competition, the rules require an angle between the body and thighs, and the thighs and lower legs, of 90° - 120°.
Push-in mat	A foam filled mat that a coach might use to reduce the rebound of a trampolinist when developing a new move. It is not a substitute for proper coaching of technique. Also known as "throw-in mat", and "crash mat"
Randy	A front somersault with 2½ twists; also known as a "randolph"

Roller	A move starting on the seat, full twist to seat drop
Routine	A combination of movements or manoeuvres displaying a specific range of skills
Rudi	A front somersault with 1½ twists, also known as a rudi.. Named after Dave Rudolph who executed the 1½ twisting front somersault on a trampoline in the late 1920's in vaudeville. Randolph and Adolph were "invented" names for the kindred skills they represent.
Rudi-out	A double front somersault with 1½ twists in the 2nd somersault".
Safety platform	A large, thick mat that sits on a frame at each end of the trampoline to cushion the impact if anyone falls from the apparatus. Also known as "end deck"
Side somersault	A 360° rotation around an axis passing through the navel (dorso-ventral axis).
Skill	A specific move that has a recognised way of performance and technical value.
Somersault	An acrobatic movement where the body makes a complete revolution, heels over head; also known as 'salto'
Straddle	A position where the legs are split at least shoulder width apart and the legs are kept straight whilst the upper body is aligned forward at the hips at an angle greater than 45°.
Straight	A position where the body is extended in a straight line, technically defined as the upper body and the legs being positioned at an angle of more than 135°.
Spotter(s)	People positioned at points around a trampoline in order to ensure additional safety for performers who might otherwise fall off without their intervention
Swivel hips	A move starting on the seat, a ½ twist in upright position, landing again on seat.
Synchronised trampolining	Two people jumping on separate trampolines in time with each other. They must perform identical moves or skills simultaneously.
¾ Turnover	¾ front somersault, starting from feet. Also known as 'forward turnover'. a specific variant in the straight position is termed a "crash dive.
Throw-in mat	A foam filled mat that a coach might use to reduce the rebound of a trampolinist when developing a new move. it is not a substitute for proper coaching of technique. Better name is "push-in mat", often known as "crash mat".

Travel	<ol style="list-style-type: none">1. movement away from the centre of the bed, with appropriate form deduction if excessive (outside the box).2. movement along the bed in the same direction as the shoulders in somersault rotation, i.e. travelling backwards in a back somersault.
Triffis	Any triple somersault combined with a component of twist.
Tuck	A position where the knees are bent and drawn into the chest, with the upper body folded at the waist at angle of greater than 45° from the upper legs.
Turntable	A move starting on the stomach, a complete side somersault, landing again on the stomach. (Also called a "Blutch". after Jim Blutch (pronounced blootsh) who "invented" the move during the 1940's and the skill carried his name until about 1955.).
Twist	Rotation around the body's longitudinal axis, roughly defined by the spine
Quadriffis	Any quadruple somersault combined with a component of twist.