

TRP Routine Sheet



Gymnastics Victoria
Trampoline Gymnastics

Name: _____

Stream: _____

Club: _____

Event: _____

Start Number: _____

Category: _____

1st Voluntary Routine				
	Skill	Shape	* Adjustments	DD
1.	1/2 Turn to front landing			
2.	Up to feet			
3.	Full Turn			
4.	Tuck jump			
5.	1/2 Turn to seat landing			
6.	1/2 Turn to seat landing			
7.	1/2 Turn to feet			
8.	Straddle jump			
9.	Back landing			
10.	1/2 Turn to feet			
Requirements met?	Y/N	Total		

It is the responsibility of the athlete and their coach to ensure that the competition card is filled in correctly.

All competition cards should be in FIG Numeric Code (English may be used for levels 1-3).

Required elements must be indicated with a (*) and DD should be written for all skills in the voluntary routine, final voluntary and for the indicated skills in the first voluntary routine for Senior elite athletes.

Failure to correctly fill in the competition card may result the routine being terminated early or disqualification from the event.

2nd Voluntary Routine				
	Skill	Shape	Adjustments	DD
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
		Total		

Final Voluntary Routine				
	Skill	Shape	Adjustments	DD
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
		Total		