

# Trampoline Gymnastics - Competition Card

Name: \_\_\_\_\_

Level: \_\_\_\_\_

Age Group: \_\_\_\_\_

Club: \_\_\_\_\_

Flight: \_\_\_\_\_

Panel: \_\_\_\_\_

First Routine					
#	FIG Notation	S	*	Adjustments	D Value
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
<b>Total</b>					

Second Routine					
#	FIG Notation	S	*	Adjustments	D Value
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
<b>Total</b>					

Notes for Completion

**Prescribed Compulsory Routines** - No \*'s or D values are required, unless there is a **bonus** to be applied.

**Routines with Special Requirements** (e.g. WAGC) - Please add \*'s in the column provided to indicate elements meeting the special requirements.

**Routines with Counting Difficulty** - Please add a D value for each element with a counting difficulty and a total D score.

**FIG Senior Events** - No element(s) with counting difficulty from the first routine may be repeated in the second routine, otherwise the difficulty will not be awarded.

Final Routine				
#	FIG Notation	S	Adjustments	D Value
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

*This declaration must be made by the responsible coach who must be present at the event and qualified to the level of the gymnast's performance*

Name of Coach \_\_\_\_\_

Qualification \_\_\_\_\_

Signature \_\_\_\_\_

BG Number \_\_\_\_\_