

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

The TRAMPOLINE NEWSLETTER



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by Mr Horst KUNZE, President of the Trampoline Gymnastics Technical Committee

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Dear Friends,

Over the last months, especially at World Cups and other international tournaments, a discussion about difficulty values in **multiple twisting double somersaults** has started and somehow has confused some of our difficulty judges as well as athletes and coaches.

Let me remind you of the clarifications in the guide to judging:

Guide

4. Twists in different phases of somersaults

• In somersaults of 630°-900° 2 phases are recognised, **early and late**, and these are found by dividing the degrees of rotation by 2.

Example: 2/1 back somersaults, 720° - 2 phases (of 360° each)

According to the existing terminology, a **phase** is the significant and observable/recognisable part of an element, where a gymnast performs some particular task.

The twisting and somersault phases are easy to follow in almost all tuck, puck and pike somersaults. In double layout somersaults the twisting and somersaulting often continues throughout the skill with no recognisable intermediate stop and it is impossible to recognize the early and late phases and the number of twist included, even for a trained eye.

Therefore all multiple twisting double somersaults in layout position, performed without a recognisable pause in twisting rotation, will be considered as repetitions if used more than once.

For example a "miller" in the straight position done twice or more.

A position problem has also occurred in the **full in rudi out (8 2 3) layout**. It can be done nicely, but often the lay out (as described on the competition card) will start with almost 180° in pike position to get the necessary somersault rotation. These athletes will be in danger that this will be judged as a repetition if they also use skills like 823 < and/or 805 <

Dear athletes and coaches, we will not stop you to go for the goal of a higher difficulty over your colleagues, but this should be done within our rules, which means, with different skills as described in our Code and Guide and not with repetitions of elements.

Best Regards.

Horst Kunze,
TRA-TC President