

ENGLISH TRAMPOLINING SELECTION CRITERIA FLIFFUS CUP 2009

Date of Competition : 28/29 AUG 2009

Name of Competition : FLANDERS FLIFFIS CUP

Venue of Event : OSTEND , BELGIUM

AGE GROUPS :

YOUTH BOYS	(Born 1998 - 1995)	x 4	Trampoline Gymnasts
YOUTH GIRLS	(Born 1998 - 1995)	x 4	Trampoline Gymnasts
JUNIOR BOYS	(Born 1992 - 1994)	x 4	Trampoline Gymnasts
JUNIOR GIRLS	(Born 1992 - 1994)	x 4	Trampoline Gymnasts

One synchronised pair will also be selected for each of these categories.

ROUTINES

Youth

9 Skills with minimum of 270' Rotation

5 compulsory Skills:

1. $\frac{3}{4}$ s/s backward
2. Cody
3. Back s/s Straight
4. Full twisting Back s/s Straight
5. Barani ball out PIKED

Junior FIG B

9 Skills with a minimum of 270' Rotation

4 compulsory Skills:

1. One element to front and back
2. One element from front or back (in combination with 1.)
3. One double front or back s/s with or without twist
4. One element with a minimum of 540' twist

INDIVIDUAL TRAMPOLINE

Only current FIG 'B' and FIG 'A' competitors may apply for individual selection. All applicants must have competed in the 2009 National Championships in either FIG 'B' or FIG 'A'. FIG 'A' competitors will have their tariff removed from the set routine prior to score calculations being made.

To be selected for the individual Trampoline event at the Flanders Cup, coaches must submit their trampoline gymnast's best two, two round preliminary scores from the season plus their Nationals preliminary scores. These will be added together and averaged to produce a ranking list from which the highest ranked trampoline gymnasts will be selected.



SYNCHRONISED TRAMPOLINE

Only current FIG 'B' and FIG 'A' competitors may apply for synchronized selection.
All applicants must have competed in the 2009 National Synchronised Championships.

To be selected for the Synchronised Trampoline event at the Flanders Cup, coaches must submit their trampoline gymnast's best two, two round preliminary scores from the season plus their Nationals Voluntary score. These will be added together and averaged to produce a ranking list from which the top ranking pair will be selected for each category. Additional Pairs may be selected from the individual team.

SCORE SUBMISSIONS

Score submissions must have the trampoline gymnasts name, DOB and all relevant score information. Please send to sarah.s@ktacademy.co.uk by JULY 24th 2009. The team will be announced shortly after.