

# Fact Sheet: Trampoline Gymnastics

## Trampoline Gymnastics

Trampoline Gymnastics events includes four disciplines: individual trampoline, synchronized trampoline, tumbling, and double mini-trampoline (often referred to as DMT) for both women and men. Canadian athletes compete internationally as Seniors (18+), and Juniors (-17). At domestic competitions, athletes also compete in Level 5 and 6. Level 6 athletes may qualify to compete at the World Age Group Competition, and Level 5 athletes may attend international invitational competitions.

In each discipline, athletes receive five scores from the judges, with the top and bottom scores being rejected. This total is then added to their degree of difficulty score for their final score.

## Trampoline (TRA)

Individual trampoline is the only trampoline gymnastics discipline included in the Olympic Games (it made its Olympic debut at the 2000 Games in Sydney where Karen Cockburn and Mathieu Turgeon both captured bronze medals), and symbolizes freedom, flying, and space.

Multiple somersaults and twists are performed at a height of up to 8 meters and require precise technique and perfect body control. The trampoline is also used as a basic training device for all sports that contain acrobatic elements.

During the preliminary stages of competition, each gymnast is required to compete two routines of ten skills. The first routine is the compulsory routine which consists of ten basic fundamental skills which allow the gymnast to highlight the execution of each skill. The second routine is the optional routine which consists of ten of the gymnast's most difficult skills. After preliminaries, the top ten gymnasts advance to the finals where they are required to perform their optional routine once again.

Trampoline has four scoring categories: execution, horizontal displacement, degree of difficulty, and time of flight. During a routine, a panel of execution judges score the gymnast based on their form and how well each skill is performed - such as proper body lines, travelling, and landings. The horizontal displacement scores are gathered electronically and calculated by the judge's panel. The horizontal displacement deductions are applied to each element that the gymnast performs that lands outside of the designated red box in the centre of the trampoline bed. Each skill performed has a specific difficulty value, and gymnasts are awarded a total difficulty score based on the routines they compete. Time of flight was introduced in 2011 in order to measure and score the total flight time (or amount of time the gymnast is in the air) of the gymnast during their routine.

Trampoline has been Canada's most successful gymnastics discipline – we have medaled at every Olympics since the discipline was introduced: Sydney 2000 - 2 bronze (Cockburn,

Turgeon); Athens 2004 – 1 silver (Cockburn); Beijing 2008 – 2 silver (Cockburn, Jason Burnett); London 2012 – 1 gold (Rosie MacLennan); Rio 2016 – 1 gold (MacLennan).

## **Synchronized Trampoline (TRA – SYNCH)**

Synchronized trampoline is an event which consists of two gymnasts of the same gender who must compete routines with the same elements at the same time. The major focus of this event is that gymnasts must match their height and timing of each element in order to score high synchronized scores.

Synchronized pairs must start facing the same direction. During the preliminary stages of competition, each synchronized pair is required to compete a compulsory and optional routine. After preliminaries, the top ten pairs advance to the finals where they are required to perform their optional routines once again.

In the synchronized competitions, the total score are calculated by adding together the execution scores, horizontal displacement scores, synchronization score, and difficulty scores of each gymnast pair. Synchronization scores are scored by a synchronization judge who deducts each pair based on any deviance the pair makes from one another during each element in their routines.

Some of Canada's most successful synchronized trampoline pairs throughout the years include silver medallists at the 2014 World Championships - Rosie MacLennan and Samantha Sendel, silver medallists at the 2014 World Age Groups - Sophiane Méthot and Sarah Milette, as well as Kyle and Keegan Soehn who placed fourth at the 2013 World Championships.

## **Tumbling (TUM)**

Tumbling is characterized by continuous speedy, complex, rhythmic hands to feet, feet to hands acrobatic elements lasting around 6 seconds. This work is performed on a 25 m long dynamic track. Tumbling is a highly spectacular sport, in which a perfect combination of speed and rhythm in somersaulting and twisting movements are required.

Tumbling competitions are comprised of athletes completing four passes with eight elements in each pass. The qualifying round includes two passes, and then the top ten gymnasts from the qualifying round advance to the finals where they are required to compete two more passes/

Tumbling has two primary scoring categories: degree of difficulty and execution. Similar to how execution and degree of difficulty are scored in trampoline, a gymnast's total score is based on the difficulty of their passes and how they execute them.

Some of Canada's most notable currently-active athletes for tumbling include three-time Women's Canadian Senior Champion - Jordan Sugrim; and six-time Men's Canadian Senior Champion - Jon Schwaiger.

## **Double Mini-Trampoline (DMT)**

Double Mini-Trampoline was developed from the common mini-tramp and is characterized by high, continuous, feet to feet rotational jumping elements. After a running approach, athletes take-off on the first mini-trampoline, then hit the second mini-trampoline before completing their routine on the landing mat. High level gymnasts execute double and triple somersaults with twists. Gymnasts may compete a 'mounter' or 'spotter' pass, where they can make contact with the double mini bed two to three times respectively. When an athlete competes a 'mounter' pass they perform one element from the first min-trampoline to the second, followed by a second element from the second mini-trampoline to the landing zone. When an athlete competes a 'spotter' pass, they perform a straight jump from the first mini-trampoline to the second, followed by an element starting and landing on the second mini-trampoline, and then a final element from the second mini-trampoline onto the landing zone.

Gymnasts competing in double mini-trampoline are required to compete four passes. The qualifying round includes four passes with no repetition of elements. The top ten gymnasts from the qualifying round advance to the finals where they are permitted to compete two more passes with no repetition of elements between those passes.

Double mini trampoline has two primary scoring categories: degree of difficulty and execution. Similarly to how execution and degree of difficulty are scored in trampoline, a gymnast's total scores are based on the difficulty of their passes and how they execute them. Double mini execution has a large focus on travelling and landings, to ensure gymnasts land within the proper landing zones, both on the double mini-trampoline and on the dismount zone.

Some of Canada's most notable current athletes for double mini trampoline include 2017 World Games silver medallist Tamara O'Brien and two-time Canadian senior champion, Jon Schwaiger.