

COMPETITION STRUCTURE

WHAT TO WEAR:

Girls – t-shirt/leotard with shorts/leggings, and white ankle socks

Boys – t-shirt with shorts/joggers, and white ankle socks

No jewellery, watches, fitbits etc

All long hair must be tied back

THE FORMAT OF THE COMPETITION:

Competitions will be run in separate flights, normally lasting approximately 2 hours per flight. If the competition is from 10am to 2pm, the flights will normally run from 10am to 12pm, and 12pm to 2pm (this means the competitors only need to turn up for their flight, rather than for the whole competition).

When the flight starts, the competitors will have a couple of trampolines to choose from on their Panel. They will warm up their routines (both set & voluntary) on a 'one routine and down' basis, so that everyone gets a fair amount of time on the trampoline to practice. Once they have had a minimum of 4 warm ups each we move the competitors away from the trampolines where they will wait to compete.

When the competition starts, the competitors will be called up one at a time for each panel. They will sit and wait on the trampoline they have been practicing on. When the Chair tells them to go they can start their first routine (set). Once completed they must stop, and go back to the waiting area. Once all competitors in their group have competed their set routines, we begin again with their voluntary routines.

After both routines have been competed by all the competitors, the results are processed and we are able to begin the presentations. Trophies are handed out for the top 3 (or 4) places in each group at the end of each Flight.

Competitions can be a scary process which can become overwhelming for some children. We are incredibly proud of your son/daughter already, regardless of how they do at the competition!

APPLAUSE IS WELCOME!!!