



COMPETITION CARD

INDIVIDUAL TRAMPOLINE

Name:
Category:

Institution:	
Panel:	Number:

Exercise 1		
	Element	Difficulty
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
Total		

Exercise 2		
	Element	Difficulty
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
Total		

Exercise 3 (Final)		
	Element	Difficulty
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
Total		

Please complete in **FIG notation only**.

Required elements (where applicable) must be marked by an asterisk (*).

Competitor's Signature: _____

Coach Name: _____

Qualification Level: _____

Coach Signature: _____



COMPETITION CARD

SYNCHRONISED TRAMPOLINE

Names:
Category:

Institution:
Panel: Number:

Exercise 1	
	Element
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Exercise 2		
	Element	Difficulty
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
Total		

Please complete in **FIG notation only**.

Required elements (where applicable) must be marked by an asterisk (*).

Competitors' Signatures: _____

Coach Name: _____

Qualification Level: _____

Coach Signature: _____



COMPETITION CARD

DOUBLE MINI-TRAMPOLINE

Name:
Category:

Institution:
Panel: Number:

	Mount		Spotter		Dismount		Total
	Element	Difficulty	Element	Difficulty	Element	Difficulty	
1							
2							
Round Difficulty							
3							
4							
Round Difficulty							

Please complete the white (non-shaded) areas in **FIG notation only**.

Competitor's Signature: _____

Coach Name: _____

Qualification Level: _____

Coach Signature: _____