

COMPULSORY / FIRST ROUTINES

Košice 2023

FIG A		Ko
FIG Senior rules - 2 voluntary exercises, better counts		
FIG B – FIRST routine rules		Ko
1.	The first routine consists of 10 different skills, only one of which can have less than 270° of flip rotation. Each skill meeting the requirement must be marked with an asterisk (*) on the race card. The requirements cannot be met by combining more skills into one, but must be practiced in separate skills.	
2.	One skill with landing either on the abdomen or the back.	
3.	One skill from the abdomen or from the back in combination with requirement 1.	
4.	One double forward or backward somersault with or without twist rotation.	
5.	One skill with at least 540° twist rotation.	

FIG C12 - FIRST routine rules		Ko
1.	The first routine consists of 10 different skills, only two of which can have less than 270° of somersault rotation.	
2.	Each skill meeting the requirement must be marked with an asterisk (*) on the race card. The requirements cannot be met by combining more skills into one, but must be practiced in separate skills.	
3.	One skill with landing on the abdomen.	
4.	One skill with landing on the back.	
5.	One skill with 360° of somersault rotation with at least 360° of twist rotation.	

D1 – COMPULSORY routine rules		Ko
1.	Minimum Degree of Difficulty (Tariff) 2,6 point.	

2.	3/4 front somersault landing on the back arbitrarily or 3/4 back somersault landing on the abdomen arbitrarily (position must be entered on the race card).	
3.	1/1 back somersault arbitrarily (position must be entered on the race card).	
4.	1/1 front somersault arbitrarily or 1/1 front somersault with 1/2 twist arbitrarily (position must be entered on the race card).	

D2 – COMPULSORY routine rules		Ko
1.	Minimum Degree of Difficulty (Tariff) 3,8 point.	
2.	3/4 front somersault with landing on the back arbitrarily or 3/4 back somersault with landing on the abdomen arbitrarily (the position must be entered on the race card).	
3.	From the back 1 1/4 front somersault with or without twist rotation arbitrarily or from the abdomen 1 1/4 back somersault arbitrarily (the position must be entered on the race card)	
4.	1/1 back somersault in tucked position	
5.	1/1 front somersault with 1/2 straight twist.	

COMPULSORY routine R2			Ko
1.	F 1-	Front Landing	0,1
2.	B 1-	Straight Jump	0,1
3.	- -s	Seat Landing	0,0
4.	s-1	Straight Jump with Half Twist	0,1
5.	-1	Half Twist	0,1
6.	--r	Straddle Jump	0,0
7.	B 1-	Back Landing	0,1
8.	F 1 1	Straight Jump with Half Twist	0,2
9.	--o	Tuck Jump	0,0
10.	F 4 -o	Front somersault in tucked position	0,5
Sum		Ko	1,2



Trampolíný

Košice

COMPULSORY routine R3			Ko
1.	B 4- o	Back somersault in tucked position	0,5
2.	- - o	Tuck Jump	0,0
3.	- - 1 s	Half Twist with Seat Landing	0,1
4.	s - 1	Straight Jump with Half Twist	0,1
5.	- 1	Half Twist	0,1
6.	- - r	Straddle Jump	0,0
7.	B 1 1	Half Twist with Front Landing	0,2
8.	B 1 -	Straight Jump	0,1
9.	- - <	Pike Jump	0,0
10.	F 4 - <	Front somersault in piked position	0,6
Sum		Ko	1,7