

# KSTP

## CLUB COMPETITION

Saturday 29<sup>th</sup> May 2021



## Important details for Club Competition



Within this document, please find the following information.

- Schedule
- Banding – Scoring method
- Levels 1 – 3 routines.

Some reminders, athletes should wear their red KSTP t shirt, or other club items such as club singlet or polo with black shorts. White socks with no markings should be worn. Hair should be pulled back off the face.

We will have a bbq and canteen as well as a raffle. Your support in helping us raise money for new trampoline beds is appreciated.

### Schedule

Approximate Times	Trampoline	SMT/DMT	Tumbling
8.45am	<b>Session 1 athletes arrive -Stage 1, Stage 2 and Pre juniors</b> <i>(parents can stay from this time, gold coin donation entry, maximum 2 spectators per family)</i>		
9.00 - 9.45	<b>Session 1 warm up</b>		
9.45 - 10.05	Level 2 (6)	Level 1 (19)	Level 3 (4) Level 4 (3)
10.05 - 10.25	Level 1 (22)	Level 3 (14)	Level 2 (9)
10.25 - 10.45	Level 3 (10)	Level 2 (5)	Level 1 (22)
10.45 - 11.05	<b>Demonstration by our State Team Representatives</b>		
11.05 - 11.25	<b>Presentation</b>		

Approximate Times	Trampoline	SMT/DMT	Tumbling
11.00am	<b>Session 2 athletes arrive Levels, Juniors, Advanced, Open age.</b> <i>(parents will need to drop off and come back on at 11.45am when Session 1 parents left)</i>		
11.15 - 12.15	<b>Session 2 warm up. 11.15am stretch, 11.30 equipment</b>		
11.45am	<b>Parents arrive, gold coin donation entry, maximum 2 spectators per family</b>		
12.15 - 12.45	Level 4 (13)	Level 5+ (10)	Level 3 (11) Level 2 (5)
12.45 - 1.15	Level 5+ (8)	Level 3 (20) Level 2 (2)	Level 4 (10)
1.15 - 1.45	Level 3 (19) Level 2 (2)	Level 4 (10)	Level 5+ (10)
1.45 - 2.15	<b>Presentation</b>		

## Scoring (Banding)

We will be using the 'banding' scoring method for levels 1 – 3. This is the method Gymnastics NSW will use at the Regional and State Trial.

The scores below show the minimum score needed which will determine the colour ribbon they are awarded.

*For instance, Johnny gets 86.4 in level 1 smt (single mini trampoline), he will therefore receive a **red** ribbon.*

Level 1	Ribbon	smt	trp	tum
	Blue	87.8	26.8	28.4
	Red	86	25.1	27.0
	Green	85.9	25	26.9

Level 2	Ribbon	smt	trp	tum
	Blue	89	27.3	56.5
	Red	87	25	54.0
	Green	86.9	24.9	53.9

Level 3	Ribbon	smt	trp	tum
	Blue	58.5	25.4	56.7
	Red	56.5	24.8	55.5
	Green	56.4	24.7	55.4

## NSW Level 1 - 3 Routines

The information below has been taken from the Gymnastics NSW website. You may find this helpful to understand what routines are required for each level.

### Trampoline

#### Level 1

Skill 1 Seat Landing
Skill 2 Feet
Skill 3 Tuck Jump
Skill 4 ½ Twist
Skill 5 Straddle

#### ***Routine Requirements***

Athletes shall perform set **Australian Levels Program** routine twice in succession.

The 1st routine is a compulsory routine. Any variation to the set order will result in an interruption of the routine.

#### Level 2

Skill 1 Seat Landing
Skill 2 ½ twist to feet
Skill 3 Tuck jump
Skill 4 Front Landing
Skill 5 Feet
Skill 6 Pike jump
Skill 7 ½ twist
Skill 8 Straddle
Skill 9 Back Landing
Skill 10 Feet

#### ***Routine Requirements***

Athletes shall perform 1 compulsory routine, which has 2 skills added to the **Australian Levels Program** level 2 requirements to make it a 10-skill routine.

The 1st routine is a compulsory routine. Any variation to the set order will result in an interruption of the routine

### Level 3

Example Routine 1	Example Routine 2	Example Routine 3
Backsault (tuck, pike or sault)	Backsault (tuck, pike or sault)	Backsault (tuck, pike or sault)
Tuck jump	Tuck jump	Tuck jump
Aeroplane	Full turn	Barani (tuck, pike or sault)
Feet	Straddle	Pike jump
Full turn	Back drop	Aeroplane
½ to seat drop	½ turn to feet	Feet
½ to feet	Pike jump	Full turn
Straddle	Aeroplane	Straddle jump
Back drop	Feet	Back drop
½ turn to feet	Frontsault or barani	½ turn to feet
Straight jump	Straight jump	Straight jump
Stop	Stop	Stop

<b><i>Routine Requirements</i></b>
Athletes shall perform 1 voluntary routine, which meets the following minimum requirements.
No Degree of Difficulty will be recorded.
<ul style="list-style-type: none"><li>- Ten (10) skill First Voluntary Routine including:</li><li>- Full Twist</li><li>- Front landing with a minimum of 180° twist into or out of.</li><li>- Back landing with a minimum of 180° twist into or out of.</li><li>- Maximum of 3 non-scoring skills</li></ul>
Each element meeting the requirement must be marked with an (*) on the competition card

### Tumbling

Equipment may vary at different competitions, however at every competition the minimum safety requirement will be followed.

Level 1 & 2 may be held on an artistic floor.

#### Level 1 – One Pass

Forward roll
Forward roll
Jump ½ turn
Backward roll
Straight jump

## Level 2 – Two Passes

Pass 1
Round off
Jump ½ turn
Round off
Straight Jump

Pass 2
Round off
Flip
Straight Jump
-

## Level 3 – Two Passes

Pass 1
Power hurdle – round off
Flip
Straight jump
-
-

Pass 2
Round off
Flip
Flip
Flip
Straight jump

\*In the first pass of Level 3, athletes are required to initiate the pass with a Power Hurdle from a standing start, however, will not be judged on the Power Hurdle itself.

## Single-Mini Trampoline

### Level 1 & 2

Level 1 SMT Compulsory Routines – In Order
Pass 1: Tuck jump
Pass 2: Straddle jump
Pass 3: Pike jump

Level 2 SMT Compulsory Routines – In Order
Pass 1: Half turn (compulsory)
Pass 2: Can choose from the following Full turn Tuck Straddle Pike

Pass 2: Can choose from the following without repeating.

Full turn

Tuck

Straddle

Pike

#### ***Routine Requirements***

Athletes compete 3 passes

Repeated skills are not permitted. Penalty for repeated skills is a zero score for that pass.

Athletes must perform the passes in the order above.

*Thank you to all the families who have donated items for our hampers and sold raffle tickets and to Courtney Holmes Films and Photos for the donation of our major prize. You can return your tickets right up to the day, tickets will be available on the day to buy.*



**Win a Family Photo Session valued at \$1200!**

T&C:

Prize includes a one hour session with photographer, Courtney Holmes, as well as 30 high res digital images delivered via online gallery for downloading and printing valued at \$1200. The session can take place in the winner's home or at an outdoor location in the Hawkesbury. Single family session only, not redeemable for extended family sessions.

Session must take place by 31 Dec 2021.

The winner will be chosen by KSTP.

This voucher may not be redeemed for cash or sold for cash.