



## Trampoline - Competition Card

Name:	Competitor No:	Age Group:
Club:	Flight:	Panel:

1st Exercise				
#	Element (FIG Notation)	*	Adjustments	D Value
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

2nd Exercise (Must be completed even if same as 1st exe)			
#	Element (FIG Notation)	Adjutments	D Value
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
<b>Total</b>			

Notes for Completion

**Prescribed Compulsory Routines** - No \*'s or D values are required

**Routines with Special Requirements** (e.g. WAGC) - Please add \*'s in the column provided to indicate elements meeting the special requirements

**Routines with Counting Difficulty** - Please add a D value for each element with a counting difficulty and a total D score

**Please refer to the relevant Competition Technical Requirements for specific rules**

Final (Must be completed even if same as 1st or 2nd exe)			
#	Element (FIG Notation)	Adjustments	D Value
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
<b>Total</b>			