



Synchronised Trampoline - Competition Card

Names:	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				
Total				

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

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			
Total			

This declaration must be made by the responsible coach who must be present at the event and qualified to the level of the gymnast's performance

Name of Coach _____

Qualification _____

Signature _____